

Train this year for the 2020 Bolder Boulder— FREE
Now for our 3rd Year the Boulder Road Runners
invites you to come and train with us.
Certified Coach developed training plans.

FREE 10 Week Beginner & Intermediate Training Program
To help YOU get ready to walk/run-walk/or run the 6.2 mile
Bolder Boulder 10K

- > FREE to anyone age 12 and over (under 18 requires parent or guardian presence at training sessions)
- > FREE to anyone wishing to complete the Bolder Boulder by walking or running at your own selected pace.
- > FREE to persons with physical limitations and requiring special assistance.
- > Training begins Tuesday March 17th ~ 6:00-7:00PM
At East Boulder Rec Center 5660 Sioux Dr. Boulder

Boulder Road Runners, Inc. is a local non-profit organization that is committed to the health and well-being of our community. The program is FREE because it furthers our goals of building a healthy place to live.

REGISTER !!



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1. Send an email message to Coach Will Dillard
coachwill@coachwillsathletes.com
2. Attend one informational/registration meeting at
East Boulder Rec Center
 - Saturday, Feb. 22nd at 2:00PM
 - Thursday, March 5th at 6:30PM
 - Saturday, March 14th at 2:00 PM