

Registration Form  
2010 Jenny Spangler  
Winter Running Programs

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone(\_\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_

\_\_\_ Marathon Training (Boston Focused) \$175.00

\_\_\_ ½ Marathon Training \$175.00

\_\_\_ Stay Fit! \$175.00

\*\*\* \$175.00 includes running program plus  
Golden Legs winter training kit \*\*\*

Please make checks payable to **Golden Legs Racing**  
and mail registration with payment to:

Jenny Spangler  
585 Huntington Circle  
Lake Villa, IL 60046  
(847)245-4507

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a qualified health professional. I acknowledge that running is a test of a person's physical and mental limits and carries with it the potential for death, permanent disability, and serious injury. I hereby assume the risks of participating in the "2010 Jenny Spangler Winter Running Programs". I understand that it is my responsibility to reduce the intensity or stop exercise when I deem it necessary. I acknowledge that the coaches are not trained medical professionals and cannot render medical treatment. I waive, release and discharge from any and all claims or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damages of any kind, including economic losses, which may in the future arise out of or relate to my participation in this training program. I assume all risks associated with running during any organized or individual training sessions. I further acknowledge that these risks include risks that may be the result of negligence, active or passive, of the persons organizing or sponsoring the program. I agree not to sue Jenny Spangler, Andrej Tasic, Tom Ouimet, Mark Scott, Golden Legs Racing LLC, or any other persons or organizations who assist with this program.

\_\_\_\_\_  
Name and Date

Athlete Questionnaire

Winter Training Goals:

Bests over last 2 years:

*Marathon:*

*!2 Marathon:*

*10K:*

*5k:*

*Other:*

Average Weekly Mileage:

Average Training Pace:

Any Significant Injuries?

Running Shoe Size:

Current Model of Running Shoe:

2010  
JENNY SPANGLER  
WINTER RUNNING  
PROGRAMS

PRESENTED BY  
GOLDEN LEGS  
RACING

[www.goldenlegsracing.com](http://www.goldenlegsracing.com)

**OBJECTIVE**

Programs designed for those who are interested in completing a ½ or full marathon in the Spring as well as anyone looking to set a PR in 2010 or stay fit during the winter. All ability levels are welcome!!

## PROGRAM INFORMATION

**Dates:** This 19 week running program begins Saturday, December 5<sup>th</sup> and goes thru Saturday, April 17<sup>th</sup>.

**Training Program:** Each registered athlete will receive a monthly training program that details the run workouts for the week. The workouts will not be “day specific” so that you have the flexibility to run when your schedule permits.

The training program each athlete receives depends on average weekly mileage:

Green  Less than 25 miles/week

Blue  25 – 50 miles/week

Black  50+ miles/week

**Group Run:** There will be a group run (optional) every Saturday morning (Holidays excluded) at 7am at various locations (Barrington, Cary, Lake Forest, Libertyville, Mundelein).

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*Due to unpredictable weather conditions please be flexible to possible changes in start time, location, and day (Saturday/Sunday). If there will be a change in the schedule you will be notified via email by 4pm Friday.*  
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## REGISTRATION

Complete the attached registration form and return it with your signed waiver, payment (checks payable to [Golden Legs Racing](#)), and completed athlete questionnaire to:

Jenny Spangler  
585 Huntington Circle  
Lake Villa, IL 60046

There are no refunds or prorated fees after the program begins.

### Questions?

Jenny Spangler  
(847)245-4507  
[jennyspangler@comcast.net](mailto:jennyspangler@comcast.net)

[www.jennyspangler.com](http://www.jennyspangler.com)

## ABOUT the COACH Jenny Spangler

U.S. Female Junior Marathon Record Holder (2:33:51)  
Former U.S. Female Masters Marathon Record Holder (2:32:38)  
1996 Olympic Marathon Trials Champion (2:29:54)  
1996 Olympic Marathon Participant  
1984, 1988, 1996, 2004 Olympic Marathon Trials Participant  
1983 Grandma's Marathon Female Champion  
NCAA All-American Cross-Country  
NCAA All-American 10,000 Meter Run

More than 10 years coaching experience  
Youth and Adults

## Assistant Coaches Tom Ouimet

Tom of Golden Legs is an avid runner/cyclist who has competed in triathlons, duathlons and 11 marathons including THE Boston Marathon. He is a volunteer coach for the Mundelein High School's track and cross country teams. Tom and his wife Tracie reside in Mundelein with their five children.

## Mark Scott

Mark of Golden Legs ran four years of track and cross country at St. Ignatius in Chicago during the late 90's. After graduating from Marquette University, Mark moved to Japan where he taught English and coached basketball at Hachinohe Commercial High School for 3 years.

### Personal Bests:

1 mile: 4:32  
2 miles: 10:04  
3 mile/XC 15:49  
½ Marathon: 1:24:49