

Registration Form
Jenny Spangler Running
Winter 2010
Training Program

Name _____

Address _____

City _____ Zip _____

Phone(____) _____

Email _____

___ Wednesday, Gurnee \$ 100.00

*** \$50.00 for those who have registered for the
Winter training program with Golden Legs ***

Please make checks payable to **Jenny Spangler**
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 "Jenny Spangler Running Winter 2010 Training Program". 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 Tomic, or any other persons or organizations who assist with this program.

Name and Date

**JENNY
SPANGLER
RUNNING
WINTER 2010
TRAINING
PROGRAM**

OBJECTIVE

Programs designed for those who are interested in establishing and/or improving their aerobic and anaerobic base through interval and hill workouts during the winter months.

INFORMATION

When: Wednesdays
January 6th – April 7th

Time: 9:30 AM

Where: Parking Lot located at
The North East corner of
Hunt Club and Dada Drive

Gurnee

Fee: \$100.00

*** \$50.00 for those who have
registered for the winter training program
with Golden Legs ***

Contact: Jenny Spangler
jandmfitness@comcast.net
(847)245-4507

ABOUT the COACH

Jenny Spangler

American Female Junior Marathon
Record Holder
Former American Female Masters Marathon
Record Holder
1996 Olympic Marathon Trials Champion
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

REGISTRATION

Complete the attached registration form and
return it with your signed waiver and
payment (payable to Jenny Spangler) to:

Jenny Spangler
585 Huntington Circle
Lake Villa, IL 60046

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

Questions? Contact:

Jenny Spangler
(847)245-4507
jandmfitness@comcast.net