

Registration Form  
2011 Jenny Spangler  
Running Programs

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

Tuesday – Lake Forest High School      \$165.00  
 Wednesday – Warren High School      \$165.00  
 Thursday – Lake Forest College      \$165.00  
 Two Program Combination      \$250.00  
\*\*\* Student Fee..... \$ 60.00

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 "2011 Jenny Spangler 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 Tomic, Lake Forest High School, Warren Township High School, Lake Forest College, The Lake Forest/Lake Bluff Running Club, or any other persons or organizations who assist with this program.

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

2011  
JENNY SPANGLER  
RUNNING  
PROGRAMS

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

**OBJECTIVE**

Programs designed for those who are interested in improving their running speed, aerobic and anaerobic capacity, as well as increasing overall fitness level through running.

## PROGRAM INFORMATION

### Track Interval Training

Program designed to increase your anaerobic fitness level through intervals on the track ranging from 200 meters to 1600 meters in length.

**When:** **Tuesdays**  
April 19 – October 11

**Time:** 6:00 PM  
**Where:** Lake Forest High School  
1285 N. McKinley Road  
Lake Forest

**Fee:** \$165.00

**When:** **Wednesdays**  
April 20 – October 12

**Time:** 6:00 PM  
**Where:** Warren High School  
O'Plaine Campus  
500 N. O'Plaine Road  
Gurnee

**Fee:** \$165.00

## Aerobic Fitness Training

Program designed to increase speed over longer distances through tempo runs, faartlek, hill workouts, and one/two/three mile repeats.

**When:** **Thursdays**  
June 2 – September 29

**Time:** 5:30 PM  
**Where:** Lake Forest College  
Sports Center  
Lake Forest

-Southwest corner of Maplewood and Sheridan Road in Lake Forest  
-Maplewood is approximately 1/2 mile South of Deerpath Road

**Fee:** \$165.00

## 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?

Jenny Spangler  
(847)245-4507  
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  
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 11 years coaching experience  
Youth and Adults

### Personal Bests:

Marathon: 2:29:54  
½ Marathon: 1:13:48  
10K: 33:39.94  
5K: 16:09.26

## Assistant Coach

### Miki Tasic

1999/2000 Asst. Girls Cross-Country/Track Coach at Lake Forest High School  
Former Head Coach Girls Summer Running Program at Lake Forest High School  
ACE Certified Personal Trainer

Marathon Personal Best: 2:47:51  
Half-Marathon Personal Best: 1:18:24