

2012 GLR and Jenny Spangler Winter Training Program

Please make checks payable to Golden Legs Running.

Name _____

Address _____

City _____ Zip _____

Phone (____) _____ Email _____

*** 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 "2012 Golden Legs Running and Jenny Spangler Winter 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 Tom Ouimet, Mark Scott, Golden Legs Racing, Inc., Golden Legs Running, Inc., Mundelein High School, Jenny Spangler, Miki Totic, Libertyville and Gurnee Centre Clubs, Advocate/Condell Medical Center and or any other persons or organizations who assist with this program.

Name and Date

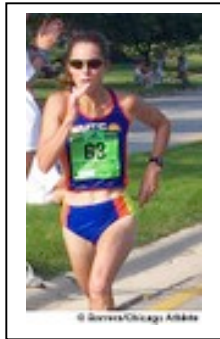
2012 Golden Legs Running and Jenny Spangler



2012 Winter Training Program

About the Coach

Jenny Spangler



- US 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 and 10,000 Meter Run.
- More than 10 years experience coaching Youths and Adults.



JENNY SPANGLER

R A C I N G

2012 Winter Training Program

About: The 2012 Winter Training Program (“WTP”) is designed for the athlete looking to improve his or her speed, endurance, and conditioning through distance runs and speed work. **Runners of all ability are welcome.**

Training Plan: Each WTP participant will receive a monthly training program that details the runs for the week. These plans can be tailored to your specific race and fitness goals.

Date and Time: January 4th through April 30th. Group Runs will be held on Tuesdays PM, Wednesday AM, Thursdays PM, and Saturdays, weather permitting.

Where: Group runs will be held at various locations in Lake County, including the GLR stores in Mundelein, Libertyville, and Gurnee, the Millennium Trail, Cary, Barrington, as well as other locations.

Gift card: All WTP participants will receive a \$50 gift card that can be used to purchase anything for sale in the Golden Legs Running store in Mundelein.

10K Race: All WTP participants receive a free entry into the Valentine's Day 10K, a new 10K hosted by GLR!

Price: \$200