

REGISTRATION FORM  
WINTER 2019 JENNY SPANGLER  
RUNNING PROGRAMS

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

Wednesdays 9:00am, Gurnee

Program Cost: \$130.00 (15 sessions)

Please make checks payable to Jenny Spangler and  
mail registration with payment to:

Jenny Spangler  
585 Huntington Circle  
Lake Villa, IL 60046

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 "Winter 2019 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 Tosic, Grayslake Rehabilitation and Complete Physical Therapy, LLC, Robin K. Erker PT, or any other persons or organizations who assist with this program.

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



JENNY SPANGLER  
R U N N I N G



T&M TriSport  
*because you can!*



GRAYSLAKE  
REHABILITATION

WINTER 2019  
JENNY  
SPANGLER  
RUNNING  
PROGRAMS

*Beginning.....January 16th!!!*

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

Programs designed for runners  
of  
ALL ability levels.

## PROGRAM INFORMATION

**WHEN:** Wednesdays, January 16 - April 24

**TIME:** 9:00 AM

**WHERE:** Gurnee Centre Club Parking Lot  
1405 Hunt Club Road, Gurnee

**OBJECTIVE:** Establish and/or improve aerobic and anaerobic base through tempo runs, fartlek, and interval workouts.

## 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)

## THE COACH

### Jenny Spangler

More than 13 years coaching experience Youth and Adults

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

Personal Bests:

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

