

# 2021 JENNY SPANGLER RUNNING PROGRAMS

[www.jennyspangler.com](http://www.jennyspangler.com)  
[jennyspangler@comcast.net](mailto:jennyspangler@comcast.net)

Programs designed for  
runners of ALL ability levels



**JENNY SPANGLER**  
R U N N I N G

## PROGRAM INFORMATION

### Interval Training

**WHEN:** Tuesdays at 6pm  
May 4 - October 12

**WHERE:** Lake Forest High School Track  
1285 N. McKinley Road  
Lake Forest, IL

**WHEN:** Wednesdays at 6pm  
May 5 - October 13

**WHERE:** Warren High School Track  
34090 N. Almond Road  
Gurnee, IL

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### Aerobic Fitness Training

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

**WHEN:** Thursdays at 6pm  
June 10 - September 30

**WHERE:** Various locations including Lake Forest, Lake Bluff, and Libertyville.

**\*\*Our first meeting will be held at Lake Forest High School: 1285 N. McKinley Road, Lake Forest \*\***

### Individual

For those of you who are unable/not comfortable meeting in a group setting, I will continue to send you workouts. I am also available for one-on-one consultation to answer any questions/concerns you may have about the workouts or your training.

## REGISTRATION FORM 2021 JENNY SPANGLER RUNNING PROGRAMS

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Tuesdays	Lake Forest	\$170.00
Wednesdays	Gurnee	\$170.00
Thursdays	Lake Forest	\$170.00
Individual (workouts done on your own)		\$170.00
Two Program Combination		\$280.00
Student Fee		\$ 70.00

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

585 Huntington Circle, Lake Villa, IL 60046

OR

Venmo @Jenny-Spangler

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 "2021 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, Warren Township High School, Lake Forest High School, Lake Forest College, The Lake Forest /Lake Bluff Running Club or any other persons or organizations who assist with this program.

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Name and Date