

2022 JENNY SPANGLER RUNNING PROGRAMS

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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 3 - October 11

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

WHEN: Wednesdays at 6pm
May 4 - October 12

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

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 2 - September 29

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

**** This will be an informal group gathering. No fluid support provided. Jenny will provide a workout each week, but will not be conducting the workout.***

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 2022 JENNY SPANGLER RUNNING PROGRAMS

Name _____
 Address _____
 City _____ Phone _____
 Email _____

Tuesdays	Lake Forest	\$175.00
Wednesdays	Gurnee	\$175.00
Thursdays	Informal-various locations	\$ 0.00*
Individual	(workouts done on your own)	\$175.00
Student Fee		\$ 75.00

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 "2022 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, Warren Township High School, Lake Forest High School, The Lake Forest /Lake Bluff Running Club or any other persons or organizations who assist with this program.

Name and Date