

REGISTRATION FORM
WINTER 2022 JENNY SPANGLER
RUNNING PROGRAMS

Name _____
Address _____
City _____ Zip _____
Phone () _____
Email _____

Wednesdays 8:30am, Gurnee

OR

Remote

Program Cost: \$100.00 (12 sessions)

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

Jenny Spangler
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 "Winter 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 Tomic, or any other persons or organizations who assist with this program.

Name and Date

PROGRAM INFORMATION

WHEN: Wednesdays, February 9 - April 27

TIME: 8:30 AM

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

OR

REMOTE Coach Jenny will send workout for
each week via email for you to do on your own.

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

OR

Venmo (Jenny-Spangler)

There are no refunds or prorated fees after the
program begins.

Questions:

Jenny Spangler
jennyspangler@comcast.net
www.jennyspangler.com

WINTER 2022 JENNY SPANGLER RUNNING PROGRAMS

Beginning....February 7th!!!
(12 week session)

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

www.jennyspangler.com

Programs designed for runners
of
ALL ability levels.