

REGISTRATION FORM  
WINTER 2023 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 2023 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

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WHEN: Wednesdays, February 8 - April 26

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.

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

# WINTER 2023 JENNY SPANGLER RUNNING PROGRAMS

*Beginning....February 8th!!!*  
(12 week session)

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

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

Programs designed for runners  
of  
ALL ability levels.