

Registration Form
2009 Jenny Spangler
Running Programs

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

- Tuesday am – Mundelein High School \$150.00
- Tuesday pm – Lake Forest High School \$150.00
- Wednesday – Warren High School \$150.00
- Thursday – Lake Forest College \$150.00
- Two Program Combination \$270.00
- *** Student Fee..... \$ 60.00

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

Jenny Spangler
585 Huntington Circle
Lake Villa, IL 60046
(847)245-4507

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 "2009 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 Tasic, Lake Forest High School, Warren Township High School, Mundelein High School, Lake Forest College, The Lake Forest/Lake Bluff Running Club, or any other persons or organizations who assist with this program.

Name and Date

2009
JENNY SPANGLER
RUNNING
PROGRAMS

NEW PROGRAM THIS YEAR:
Tuesday Mornings 6am
Mundelein High School

www.jennyspangler.com

OBJECTIVE

Programs designed for those who are interested in improving their running speed, aerobic and anaerobic capacity, as well as increasing overall fitness level through running.

PROGRAM INFORMATION

Track Interval Training

Program designed to increase your anaerobic fitness level through intervals on the track ranging from 200 meters to 1600 meters in length.

When: **Tuesdays-- AM**
April 7 – October 13

Time: 6:00 AM
Where: Mundelein High School
1350 W. Hawley Street
Mundelein

Fee: \$150.00

When: **Tuesdays-- PM**
April 7 – October 13

Time: 6:00 PM
Where: Lake Forest High School
1285 N. McKinley Road
Lake Forest

Fee: \$150.00

When: **Wednesdays**
April 8 – October 14

Time: 6:00 PM
Where: Warren High School
O'Plaine Campus
500 N. O'Plaine Road
Gurnee

Fee: \$150.00

Aerobic Fitness Training

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

When: **Thursdays**
April 9 – October 1

Time: 5:30 PM
Where: Lake Forest College
Sports Center
Lake Forest

-Southwest corner of Maplewood and Sheridan Road in Lake Forest
-Maplewood is approximately 1/2 mile South of Deerpath Road

Fee: \$150.00

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
jandmfitness@comcast.net

www.jennyspangler.com

ABOUT the COACH

Jenny Spangler

U.S. Female Junior Marathon Record Holder (2:33:51)
Former U.S. Female Masters Marathon Record Holder (2:32:38)

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

More than 10 years coaching experience
Youth and Adults

Personal Bests:

Marathon: 2:29:54
½ Marathon: 1:13:48
10K: 33:39.94
5K: 16:09.26

Assistant Coach

Miki Tonic

1999/2000 Asst. Girls Cross-Country/Track Coach at Lake Forest High School
Former Head Coach Girls Summer Running Program at Lake Forest High School
ACE Certified Personal Trainer

Marathon Personal Best: 2:47:51
Half-Marathon Personal Best: 1:18:24