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James Crumlin Teams Up with St. Jude Rock 'n' Roll Nashville for Community Workout

Spencer Fane attorney [James Crumlin](#) joined St. Jude Rock 'n' Roll Nashville for a special Capitol Steps Workout event on January 28.

James co-founded the Capitol Steps Workout in 2012 and continues to lead this community exercise group in what *Nashville Fit Magazine* has voted the Best Free Community Workout for the last four years. In addition to providing its usual full-body fitness class, the January 28 event also included free giveaways and served as a training kickoff for Rock 'n' Roll Nashville's latest running series.

The Rock 'n' Roll Running Series is the world's largest running series taking part in destination events around the world every year. Established in 1998, the Rock 'n' Roll Running Series' simple idea of making running fun has transformed both the U.S. and global running landscape by infusing the course with live bands, cheer teams, and entertaining water stations, creating a block-party atmosphere for participants and spectators alike. The Nashville branch helps to raise money for its title partner and National Featured Charity, [St. Jude Children's Research Hospital](#).

At Spencer Fane, James concentrates his practice in the areas of labor and employment law, business and corporate law, litigation and dispute resolution, and entertainment and media law. As an industry thought leader, he is routinely featured in various print and media outlets and is frequently called on for speaking engagements and in-house training sessions for clients regarding compliance with the numerous federal and state laws affecting employers.

James is also an active member of the Nashville community who fervently supports several organizations such as the Leadership Nashville Foundation, American Baptist College, YWCA Nashville & Middle Tennessee, S3 Recycling Solutions, Leadership

Middle Tennessee, and many more.