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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S RANDY FAIN CAPTURES 73RD PLACE AT U.S. NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIPS

Charlotte, NC - 54-year-old Randy Fain, owner of Fain Drilling & Pump Company, Inc. in Valley Center, California and member of [REVO₂LT Running Team™](#), chopped nearly four minutes from his personal best time, running 40:10 over the McAlpine Park 10-kilometer course in Charlotte, North Carolina to place 73rd in the 50-to 54-year-old age division at the U.S. National Club Cross Country Championships on December 11.

"This was a great race for Randy," said his coach, Dr. Jason Karp, who started coaching Fain in October. "Just five weeks ago, Randy averaged 6:40 per mile in a 4-mile race. In Charlotte, he averaged 6:28 per mile for 6.2 miles. That's a huge improvement in such a short time."

Fain, a 4:20 miler in college, took 33 years off from competitive running until starting to run again in 2010. This winter, he'll turn his attention back to the track, where he will focus on the 1,500 meters, running at the U.S. Masters Indoor Track and Field Championships in March in Albuquerque, New Mexico and will go head to head with the best masters runners in the world at the World Masters Track and Field Championships in July in Sacramento, California.

The 13th annual U.S. National Club Cross Country Championships featured America's top post-collegiate club teams from across the United States. More than 1,100 athletes competed in the event, which featured 10-kilometer races for open and masters men and 6-kilometer races for open and masters women. For complete results of this year's race, go to <http://www.usatf.org/events/2010/USATFClubXCChampionships/results/>.

[REVO₂LT Running Team™](#) is the official team of RunCoachJason, a state-of-the-science running coaching and personal training company based in San Diego, California. It was founded by Dr. Jason Karp, nationally-recognized speaker, author, exercise physiologist and author of [101 Developmental Concepts & Workouts for Cross Country Runners](#). For more information and to subscribe to Dr. Karp's free e-mail newsletter, go to <http://www.runcoachjason.com>.