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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM EXCELS AT CARLSBAD 5000 AND COAST GUARD INVITATIONAL

Carlsbad, CA – The streets of downtown Carlsbad were scorched with navy blue and white on Sunday, April 3, as five members of *REVO₂LT Running Team™* cruised to personal bests and top placings at the world-famous Carlsbad 5000.

The first two races of the day proved to be the most successful, as masters runners Celest Arambulo and Randy Fain both set masters personal records. 41-year-old Arambulo, a geriatric care physician at Kaiser Permanente in San Diego, took 9th place overall and 1st place among San Diego County runners in Carlsbad's unique masters-only race. Running the first mile in a quick 5:48, she finished in 18:32. In the men's masters race, 54-year-old Randy Fain of Valley Center, California, took his miler's speed to the road, taking 66th place overall and 7th in the 50- to 54-year-old age division in 18:08.

In the women's 30-39 race, Katrina Taft, a fourth grade teacher in La Jolla, California, chopped 58 seconds from her personal best, running 19:40 for 37th place. Kim Roach of Carlsbad ran 20:57 for 57th place and Shae Givens of San Diego ran 24:55.

Meanwhile, on the other side of the country, *REVO₂LT Running Team™* member Genevieve Quinn, a junior at Trinity College in Trinity, Connecticut, ran a personal best of 19:32 to place 5th in the 5,000 meters at the Coast Guard Invitational Track Meet at the Coast Guard Academy in New London, Connecticut.

"This was a great weekend for *REVO₂LT Running Team™*," said Dr. Jason Karp, the team's coach. "It's always exciting when runners see the training pay off. I'm proud of our runners for the smart races they ran and the commitment they have made to strive for excellence. This weekend should give them a lot of confidence for the future. Exciting and infectious things are happening with *REVO₂LT Running Team™*."

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For complete results of the Carlsbad 5000, go to

<http://results.active.com/pages/page.jsp?eventLinkageID=12>. For results of the Coast Guard Invitational, go to http://www.coolrunning.com/results/11/ct/Apr2_USCoas_set2.shtml.

REVO₂LT Running Team™ was founded in 2007 by Dr. Jason Karp, nationally-recognized coach, speaker, writer, exercise physiologist, and author of *101 Developmental Concepts & Workouts for Cross Country Runners* and the forthcoming *101 Winning Racing Strategies* and *Women's Running Bible*. *REVO₂LT Running Team™* is based in San Diego, California, with affiliate members around the U.S. For more information about *REVO₂LT Running Team™*, go to <http://www.runcoachjason.com/REVO2LTRunningTeam>.

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