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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S GENEVIEVE QUINN QUALIFIES FOR NCAA DIVISION III NEW ENGLAND CHAMPIONSHIPS; RANDY FAIN TAKES SECOND AT SOUTHERN CALIFORNIA STRIDERS MEET OF CHAMPIONS

Middletown, CT & Norwalk, CA – Genevieve Quinn, a member of *REVO₂LT Running Team™* and a junior at Trinity College in Hartford, Connecticut, ran another personal best at 5,000 meters in 18:54 to take 14th place at the New England Small College Athletic Conference Championships on April 30 at Wesleyan University in Middletown, Connecticut. Her performance qualified her for the NCAA Division III New England Championships.

"I'm super excited," said Quinn, who has run a string of personal bests this season. "I'm the only girl on our entire distance team who qualified for New Englands, and one of only two girls on the whole team!"

"Genevieve has been on fire this season," said her coach, Dr. Jason Karp, owner of RunCoachJason.com. "It's great to see her so happy."

For results of the NESCAC Championships, go to http://www.nescac.com/sports/track/2010-11/championship/champ_results.htm.

Also on April 30, in a race that saw a new world record for 60- to 65-year-olds, 54-year-old *REVO₂LT Running Team™* member Randy Fain took second place in the 1,500 meters at the Southern California Striders Meet of Champions at Cerritos College in Norwalk, California, lowering his personal best to 4:48.55.

"Randy continues to impress me at his age," said Dr. Karp, who has been coaching Fain since October, 2010.

For information on the Southern California Striders Meet of Champions, go to <http://scstriders.org/Meets.php>.

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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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