

January 24, 2011  
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## **REVO<sub>2</sub>LT RUNNING TEAM'S SEAN MUELLER RUNS 4:23 MILE AT HARVARD**

Cambridge, MA – Sean Mueller, a member of *REVO<sub>2</sub>LT Running Team™* and a senior at Cheshire High School in Cheshire, Connecticut, blazed the final 400 meters in 64 seconds to win his heat of the mile and finish ninth overall at the Greater Boston Track Club Invitational at Harvard University on January 23.

"I'm happy with the way I ran," said Mueller, who eclipsed his personal best time of 4:22 in the 1,600 meters with his 4:23 for a full mile. "With 3 laps to go, I took off. It felt good to win the race against college runners."

"Sean is very aerobically strong," said his coach, Dr. Jason Karp, who has been coaching Mueller since his freshman year. "We have been focusing on his aerobic development since that will give him the best long-term results. Once he does the speedwork, he will be able to do some amazing things on the track this outdoor season."

Mueller, who currently ranks 10<sup>th</sup> in the U.S. among high school runners in the 3,000 meters, will race at the Valentine's Invitational at Boston University on February 12<sup>th</sup> before concluding his indoor track season with the New Balance National High School Indoor Track and Field Championships on March 11-13 at the Armory Track and Field Center in New York City, where he will compete against the nation's best in the 5,000 meters.

For complete results of the Greater Boston Track Club Invitational, go to [http://www.coolrunning.com/results/11/ma/Jan23\\_Greate\\_set1.shtml](http://www.coolrunning.com/results/11/ma/Jan23_Greate_set1.shtml).

*REVO<sub>2</sub>LT 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 *Women's Running Bible*. For more information about *REVO<sub>2</sub>LT Running Team™*, go to <http://www.runcoachjason.com/REVO2LTRunningTeam>.

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