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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S SEAN MUELLER RUNS 8:52 3,000 METERS TO LEAD U.S. HIGH SCHOOL RUNNERS

Boston, MA – Sean Mueller, a member of *REVO₂LT Running Team™* and a senior at Cheshire High School in Cheshire, Connecticut, ran the fastest 3,000 meters in the nation among high school runners this season at the Mini Track and Field Meet at Boston University on January 2. His time of 8:52.30, an average pace of 4:43 per mile, was good for 12th place overall in this college and open meet, and was only 7 seconds off his personal best of 8:45.

"I ran the first mile conservative and felt good," said Mueller, who was diagnosed with exercise-induced asthma and severe allergies in October, which caused a lot of breathing problems and curtailed his cross country season. "I didn't know what to expect, but I closed very fast. I'm excited for the rest of the season."

"This was Sean's first race since October 21," said his coach, Dr. Jason Karp, who has been coaching Mueller since his freshman year. "He's been through a lot lately, and we've had to spend some time rebuilding his aerobic fitness, so it's great to see him run so well in his first race of the indoor track season off of only aerobic training."

Now healthy, Mueller will run a few more races this indoor track season, concluding 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 run the 5,000 meters.

For complete results of the Boston University Mini Meet, go to http://www.coolrunning.com/results/11/ma/Jan2_Boston_set1.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 *Women's Running Bible*. For more information about *REVO₂LT Running Team™*, go to <http://www.runcoachjason.com/REVO2LTRunningTeam>.

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