

October 10, 2012  
FOR IMMEDIATE RELEASE

**Contact:**  
Katherine Fleischman  
305-490-5911  
katherine@blinkpr.com

## ACTRESS TANNA FREDERICK PLACES 9<sup>TH</sup> AT SANTA MONICA 10K

**SANTA MONICA, CA** – Tanna Frederick, a member of *REVO<sub>2</sub>LT Running Team* and star of the recently released film, *Just 45 Minutes from Broadway*, placed 9<sup>th</sup> among women and won her age division at the Santa Monica 10K on October 7 in 44:17.



“I learned a lot about myself,” said the award-winning actress Frederick, a veteran of stage and screen, whose starring roles include *Hollywood Dreams*, *Irene in Time*, and *Queen of the Lot*. “Running is a lot like acting – you have to push yourself and not be afraid to be successful.”



“I’m very proud of Tanna,” said her coach, Dr. Jason Karp, owner of RunCoachJason.com and the 2011 IDEA Personal Trainer of the Year. “This was her first 10K race. She’s learning to challenge herself in ways she never has before.”

Frederick’s next race is the Rock ‘n’ Roll Los Angeles Half Marathon on October 28 in preparation for the California International Marathon on December 2, where she will attempt to qualify for the prestigious Boston Marathon. For results of the Santa Monica 10K, go to <http://www.santamonica5000.com/results.html>.

RunCoachJason.com is a state-of-the-science run coaching and personal training company based in San Diego, California. Through in person and online coaching, consulting, and clinics, RunCoachJason.com uses science and inspiration to get people in the best shape of their lives. To learn more and to experience Jason Karp’s training programs and books, including *Running for Women* and *Running a Marathon For Dummies*, visit [RunCoachJason.com](http://RunCoachJason.com).

For interviews, book signings, or any additional questions, please contact publicist Katherine Fleischman at [katherine@blinkpr.com](mailto:katherine@blinkpr.com) or Jason Karp at [jason@runcoachjason.com](mailto:jason@runcoachjason.com).

RunCoachJason

3714 31<sup>st</sup> Street, Suite 2 • San Diego, CA 92104 • 619.546.8386  
[runcoachjason.com](http://runcoachjason.com) • [jason@runcoachjason.com](mailto:jason@runcoachjason.com)