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ACTORS TANNA FREDERICK AND JOEL WEST RUN 1:39 AT ROCK 'N' ROLL LOS ANGELES HALF MARATHON

LOS ANGELES, CA – On a beautiful fall day in southern California that felt more like summer, Tanna Frederick, a member of *REVO₂LT Running Team* and star of the recently released film, *Just 45 Minutes from Broadway*, cruised the Rock 'n' Roll Los Angeles Half Marathon course on October 28 in 1:39:24. Actor and former Calvin Klein model Joel West came back from an injured Achilles tendon to run 1:39:34.



"I knew this was going to be the best race ever when I ran through the legs of a giant air balloon," exclaimed the award-winning actress Frederick, whose next play, *The Rainmaker*, opens at the Edgemar Center for the Arts in Santa Monica in January.

"This is a big step toward Tanna's marathon in five weeks," said her coach, Dr. Jason Karp, owner of RunCoachJason.com and the 2011 IDEA Personal Trainer of the Year. "She ran 7:35 pace for a half marathon today when she ran 7:02 pace for 5K in September. You don't need a PhD to see that's a great improvement in endurance."



West, who stars in the HGTV series, *Design on a Dime* this winter and next year's movie, *The Farm*, was also pleased with his race despite a nagging Achilles tendonitis. "I started slow and after mile 5, no one passed me. During the second half of the race, I was eating people up like Pac Man! I loved that race!"

Frederick and West will both run the California International Marathon on December 2, where Frederick will attempt to qualify for the prestigious Boston Marathon. For full results of the Rock 'n' Roll Los Angeles Half Marathon, go to <http://running.competitor.com/cgiresults?eld=12>.

RunCoachJason.com is a state-of-the-science run coaching and personal

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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.

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

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