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REVO₂LT RUNNING TEAM'S KATRINA TAFT RUNS PERSONAL BEST TIME AT ING NEW YORK CITY MARATHON

New York, NY - On a cold and sunny autumn day in New York, Katrina Taft, a second grade teacher in San Diego, California and member of [REVO₂LT Running Team™](#), cruised through the city's five boroughs, running 3:25:10 at the ING New York City Marathon on November 7. Her performance was a personal best by 5 minutes and 41 seconds and qualified her for the fourth time for the Boston Marathon.

"This was my first time running the New York City Marathon and it didn't disappoint," said an excited and exhausted Taft. "If someone wants to run only one marathon, this is the one they should do." Taft, who ran 1:33:00 at America's Finest City Half-Marathon in August, averaged 7 minutes and 49 seconds per mile through the streets of New York. "My legs started feeling tired around mile 22/23, so I started taking things a quarter mile at a time, imagining each lap of the track, just like in training."

"Katrina ran a very evenly-paced race, running the second half less than two minutes slower than the first," said her coach, Dr. Jason Karp, who has been coaching Taft since June. "Just two weeks ago, Katrina was doing tempo runs and intervals by herself in the pitch dark of night. Today, she ran smart and shined in the bright sunlight of New York. I'm very proud of her." The 2010 ING New York City Marathon was the largest in the event's history, with over 45,000 runners representing over 100 countries, making it the largest marathon ever held. For complete results of this year's race, go to <http://www.ingnycmarathon.org/Results.htm>.

RunCoachJason is a state-of-the-science running coaching and personal training company based in San Diego, California. It was founded by Dr. Jason Karp, nationally-recognized speaker, author, and exercise physiologist, who hosts Dr. Karp's Run-Fit Boot Camp and the VO₂max Distance Running Clinic. For more information and to subscribe to Dr. Karp's free e-mail newsletter, go to <http://www.runcoachjason.com>.