

December 30, 2010

FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM™ WORKOUTS BEGIN IN SAN DIEGO

San Diego, CA – Starting January 5, *REVO₂LT Running Team™*, the official running team of RunCoachJason, will launch its brand new local edition, with group workouts held every Wednesday at 6:00 pm at the University of California - San Diego track. For runners in the San Diego area who want to run faster and smarter and train with others in an exclusive, inspirational team atmosphere, this is the best opportunity in San Diego to become a better runner!

An acronym for the three physiological factors that determine running performance — **R**unning **E**conomy, **VO₂**max, and **L**actate **T**hreshold — *REVO₂LT Running Team™* uses a revolutionary scientific formula to make runners fitter and faster, regardless of their ability. Emphasis is on preparing recreational and competitive runners to meet individual goals for a variety of racing distances as well as on team competitions, including the annual San Diego-based Dirt Dog cross country series, USATF-San Diego Association Championships, and U.S. National Cross Country and Track and Field Championships.

Members of *REVO₂LT Running Team™* receive:

- * Weekly expert-coached group workouts
- * Team training program
- * Team support and motivation
- * Team uniform
- * Opportunities to travel to races around the country
- * Physiological testing at discounted rates
- * FREE PowerBar products

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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