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FOR IMMEDIATE RELEASE

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DR. JASON KARP SIGNS BOOK DEAL FOR *RUNNING A MARATHON FOR DUMMIES* WITH JOHN WILEY & SONS

SAN DIEGO, CA – Jason Karp, Ph.D., nationally-recognized coach and 2011 IDEA Personal Trainer of the Year, signed a deal this week with the famed publisher John Wiley & Sons, Inc. to write *Running a Marathon For Dummies*, part of the well-known *For Dummies* brand. The 400-page book, which will cover everything runners need to know about the marathon, including ten things not to do on marathon race day and the secrets of never getting injured, is scheduled to be published in late 2012.

"I'm very excited about writing *Running a Marathon For Dummies*," said Dr. Jason Karp, who is represented by literary agent Grace Freedson of Grace Freedson's Publishing Network, LLC in New York. "Of course, this book isn't just for dummies; it's for everyone. Given the popularity of the marathon and the mountain of misinformation that runners are given, my hope is that this will be the definitive resource for runners as they prepare for their big event."

Running a Marathon For Dummies is Dr. Karp's fifth book. His other books include *Running For Women* (Human Kinetics, 2012), *101 Winning Racing Strategies for Runners* (Coaches Choice, 2012), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice 2010), and *How to Survive Your PhD* (Sourcebooks, 2009). All of his books can be ordered through his website at RunCoachJason.com/merchandise.

Founded in 1807 and headquartered in Hoboken, New Jersey, John Wiley & Sons is a global publishing company. In addition to its well-known academic publishing market, its Dummies brand has more than 200 million books in print and more than 1,600 titles, making it the world's best-selling reference brand. For more information, go to <http://www.wiley.com>.

Dr. Karp owns RunCoachjason.com, the premier running coaching and personal training company based in San Diego, California. Through in-person and online coaching, fitness boot camps, seminars, clinics, and articles, books, and DVDs, RunCoachJason.com helps runners meet their potential through systematic, smart training. To learn more, visit RunCoachJason.com.

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