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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM ATHLETES EXCEL AT WEEKEND RACES IN SAN DIEGO

San Diego, CA – Last weekend was hot for *REVO₂LT Running Team™* athletes, with one winning her race and two others running personal best times. Celest Arambulo, a physician in gerontology at Kaiser Hospital, won the inaugural Safari Park Half Marathon on March 13 in 1:26:30. Shae Givens, a senior planner at TRS Consultants, ran 2:01:17 for a 7-minute personal best.

At the St. Patrick's Day 10K in Mission Bay Park on March 12, fourth grade teacher Katrina Taft improved her personal best by over five minutes, running 40:46 to place 13th overall.

"This was a great weekend for Celest, Shae, and Katrina," said *REVO₂LT Running Team* coach, Dr. Jason Karp. "They're training smart and we're looking forward to more great things to come."

For results of the Safari Park Half Marathon, go to
<https://www.runraceresults.com/secure/raceresults.cfm?id=RCPH2011>.

For results of the St. Patrick's Day 10K, go to
<https://www.runraceresults.com/secure/raceresults.cfm?id=RCPH2011>.

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 *101 Winning Racing Strategies* and *Women's Running Bible*. For more information about *REVO₂LT Running Team™*, go to
<http://www.runcoachjason.com/REVO2LTRunningTeam>.

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