

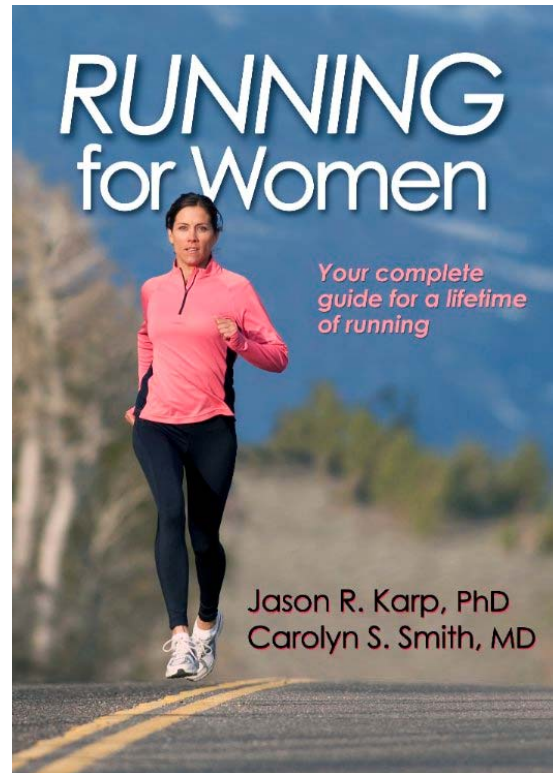
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FOR IMMEDIATE RELEASE

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## GROUND-BREAKING GUIDE FOR FEMALE RUNNERS RELEASED JUNE 15

**SAN DIEGO, CA** – As best-selling author John Gray pointed out, men are from Mars and women are from Venus. There are obvious differences between women and men in anatomy, physiology, hormones, and metabolism. So why do running books take a one-size-fits-all approach to training? Finally, here's one that doesn't.

In *Running for Women*, published by Human Kinetics, the world's leading publisher of books on exercise and sports, 2011 IDEA Personal Trainer of the Year Dr. Jason Karp has teamed up with sports medicine physician and elite ultramarathon runner Dr. Carolyn Smith to provide the most comprehensive information on training female runners based on their cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. This authoritative guide answers the questions and tackles the topics women need to know:



- The impact of the menstrual cycle on hydration, body temperature, metabolism, and muscle function
- The most effective workouts for endurance, speed, strength, lactate threshold, and VO<sub>2</sub>max
- How and when to train during the menstrual cycle, pregnancy, and menopause
- Preventing knee injuries, stress fractures, and other female-specific running-related injuries
- Avoiding the risks of the female athlete triad—disordered eating, osteoporosis, and menstrual irregularities
- How to use sex differences to your advantage
- Female-specific nutrition for optimal running performance

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Based on the latest research on estrogen, metabolism, and other sex-specific performance factors, *Running for Women* will change the way you fuel, train, and compete. If you want to be a better runner, this is one guide you must own.

### What Others are Saying

"Using meticulous research, Karp and Smith have created a practical and intriguing masterpiece for female runners of all ages and abilities. Highly recommended!"

- **Lorraine Moller**, Boston Marathon winner, Olympic Marathon medalist, and co-founder of the Lydiard Foundation

"In *Running for Women*, Dr. Karp and Dr. Smith provide women and their coaches a clear path to success and enjoyment in training and racing."

- **Joe Compagni**, Head Cross Country and Track and Field Coach, Monmouth University

"In *Running for Women*, Carolyn Smith and Jason Karp combine scientific research with realistic guidelines that all women can follow to combat the effects of aging."

- **Meghan Arbogast**, Four-time Olympic Marathon Trials qualifier, team USA leader at the World 100K Championships, and 100K World-Record Holder for 50+ age group

*Running for Women* is Dr. Karp's fourth book. His other books include [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). His fifth book, [Running a Marathon For Dummies](#), will be published by John Wiley & Sons in November. All of his books can be ordered through the publishers' websites, [Amazon.com](#), and at [RunCoachJason.com/merchandise](#). In memory of his mother, ten percent of Jason's royalties on every copy of *Running for Women* sold will be donated to Susan G. Komen for the Cure®.

For book signings, speaking engagements, or any additional questions, please contact Jason Karp at [jason@runcoachjason.com](mailto:jason@runcoachjason.com).