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FOR IMMEDIATE RELEASE

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DR. JASON KARP WINS 2011 IDEA INTERNATIONAL PERSONAL TRAINER OF THE YEAR AWARD

San Diego, CA – Jason Karp, PhD, nationally-recognized running coach and personal trainer, speaker, writer and author, and exercise physiologist, has been named the 2011 IDEA International Personal Trainer of the Year, the fitness industry's highest award.

The IDEA Personal Trainer of the Year award recognizes an industry professional who has demonstrated exceptional leadership, business management, and motivational and instructional skills, and who has inspired his or her clients to greater personal growth and a higher level of fitness. It is awarded by IDEA Health and Fitness Association, the world's largest association for health and fitness professionals. The award ceremony, which also includes awards for Fitness Instructor of the Year and Program Director of the Year, will take place on August 13 at the JW Marriott in downtown Los Angeles at the 2011 IDEA World Fitness Convention. On August 13, Dr. Karp will be part of a panel discussion on fitness industry trends with the other award recipients. On August 14, he will exhibit his skills during two presentations at the convention at the Los Angeles Convention Center — *The Runner's Clinic* and *The Art and Science of Recovery*. For more information, go to <http://www.ideafit.com/conference/idea-world-fitness-convention-2011>. For a profile of the award winners, go to <http://www.runcoachjason.com/IDEAAwardRecipients.pdf>.

Dr. Karp is owner of RunCoachJason.com, a state-of-the-science running coaching and personal training company in San Diego, California. A sought after speaker, he is a frequent presenter at national fitness, coaching, and academic conferences. A former college and high school cross country and track coach, he has taught USA Track & Field's highest level coaching certification and was an instructor at the USATF/U.S. Olympic Committee's Emerging Elite Coaches Camp at the U.S. Olympic Training Center. He is also the founder and host of the VO₂max Distance Running Clinic, the San Diego Personal Training Summit, and Dr. Karp's Run-Fit Boot Camp and founder and coach of REVO₂LT Running Team™. He is a prolific writer, with over 200 articles published in numerous international coaching, running, and fitness trade and consumer

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magazines. He is also the author of four books, including *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010), *101 Winning Racing Strategies* (Coaches Choice, 2011) and *Women's Running Bible* (Human Kinetics, 2012).

Dr. Karp earned his Ph.D. in exercise physiology with a physiology minor from Indiana University, his master's degree in kinesiology from the University of Calgary, and his bachelor's degree in exercise and sport science with an English minor from Penn State University. His research, which has ranged from locomotor-respiratory coupling in runners to training characteristics of Olympic Marathon Trials qualifiers, has been published in scientific journals and presented at national conferences. He is an adjunct faculty member at Miramar College in San Diego, where he teaches applied exercise physiology and at the University of California-San Diego, where he teaches dissertation writing.

For more information, or to contact Dr. Karp for an interview, visit RunCoachJason.com.

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