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ACTRESS AND MARATHONER TANNA FREDERICK TO WORK WITH COACH JASON KARP AS SHE PREPARES FOR LONG BEACH MARATHON

San Diego, CA – Actress Tanna Frederick will be running the Long Beach Marathon on October 9th as a member of *REVO₂LT Running Team™* under the direction of her new coach, award-winning personal trainer and running coach to the stars, Dr. Jason Karp. Frederick, whose best marathon time is 3:46, hopes to run 3:40 to qualify for the Boston Marathon.

“It’s a challenge to train for a marathon while playing a dog,” joked Frederick, who currently stars in the hit comedy, *Sylvia*, a play about a man, his dog, and the other woman—his wife at the Edgemar Center for the Arts in Santa Monica, California. “Even if I run only a few miles in the morning, it’s hard to give a good performance that night. It’s a very active role.” For an interview with Frederick about her life as a marathoner and actress, go to

<http://www.blogtalkradio.com/themarathonshow/2011/08/17/actress-and-marathon-runner-tanna-frederick>.

A veteran of stage and screen, Frederick starred in the independent films *Hollywood Dreams*, *Irene in Time*, *Queen of the Lot*, and the upcoming *Just 45 Minutes from Broadway*, which she also starred in on the stage in 2010. She received the 2009 Maverick Award from the Los Angeles Women’s Theatre Festival and the Performer to Watch Award at the 2009 Method Fest. She has also received the Best Actress award for her performance in *Hollywood Dreams* at the 2008 Fargo Film Festival, the Montana Film Festival, and the Houston International Film Festival.

REVO₂LT Running Team™ was founded in 2007 by Dr. Jason Karp, nationally-recognized coach, speaker, writer, exercise physiologist, and 2011 IDEA Personal Trainer of the Year. A sought after speaker on running and fitness, he is author of *101 Developmental Concepts & Workouts for Cross Country Runners* and the forthcoming *101 Winning Racing Strategies* and *Women’s Running Bible*. *REVO₂LT Running Team™* is based in San Diego, California, with affiliate members around the U.S. For more information, visit RunCoachJason.com.

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