



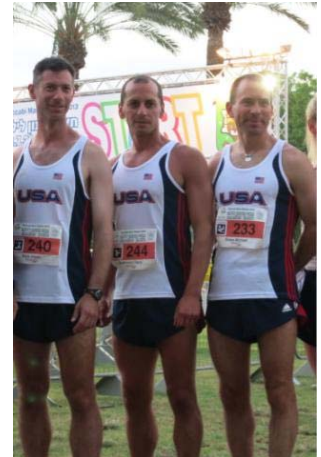
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FOR IMMEDIATE RELEASE

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JASON KARP WINS TEAM SILVER MEDAL AT 2013 WORLD MACCABIAH GAMES

RAMAT GAN, ISRAEL – It was a dark and humid night in Ramat Gan, a suburb of Tel Aviv, where Jason Karp, Ph.D., won a silver medal in the half-marathon along with his two teammates in the 40 to 49 age division at the 19th World Maccabiah Games in Israel on July 23. Israel won the gold and South Africa won the bronze.

“Between the very hilly course and the humidity that soaked my clothes, shoes, and even my Lycra underwear within the first kilometer, it was one of the most difficult races I’ve ever run,” said Dr. Karp. “I’m so proud of my teammates and having the opportunity to represent the United States! It was a great experience!”



USA Masters 40-49-year-old Half-Marathon Team (L to R): Jason Karp, Terry Robinson, & Michael Gross

The third largest sporting event in the world, the World Maccabiah Games are the quadrennial Jewish Olympics, held in Israel the year following the Olympic Games. First held in 1932, the best Jewish athletes from around the world compete every four years in open, masters, juniors, and disabled competitions. The 2013 World Maccabiah Games were the largest ever, including 9,000 athletes from over 60 countries. For more on Jason’s recount of the race, go to <http://run-fit.com/blog>. For more on the World Maccabiah Games, visit <http://www.maccabiah.com>.



About Dr. Jason Karp

A runner since age 11, Dr. Jason Karp is a nationally-recognized running and fitness expert and 2011 IDEA Personal Trainer of the Year. He holds a Ph.D. in exercise physiology. A prolific writer, he has more than 200 articles published in international running, coaching, and fitness magazines, is the author of five books, including *Running for Women*, *Running a Marathon For*

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Dummies, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*, and is a frequent speaker at international fitness and coaching conferences. For interviews, book signings, or any additional questions, please contact Dr. Jason Karp at jason@run-fit.com.

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