



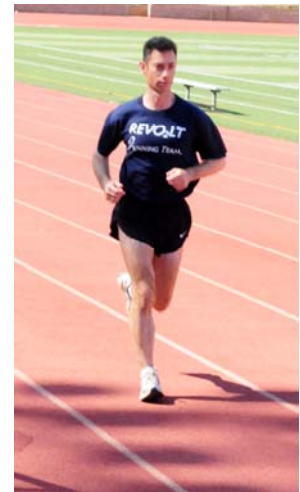
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FOR IMMEDIATE RELEASE

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JASON KARP TO REPRESENT USA AT 2013 WORLD MACCABIAH GAMES IN ISRAEL

SAN DIEGO, CA – Jason Karp, PhD, has been selected by the Maccabi USA Organizing Committee to run the masters half marathon at the 19th World Maccabiah Games in Israel, July 18-30, 2013.

“Who would’ve thought that 28 years after I started running competitively, I’d have the opportunity to represent the United States at the World Maccabiah Games in Israel,” said Dr. Karp, whose late Jewish mother worried about him every time he walked out the door to run. “When my twin brother and I had our Bar Mitzvah, our mother gave us the choice to have a party or go to Israel. We chose the party. So now, 28 years later, I have the chance to go to Israel and see it the way I never thought I would... by running. I’m so honored to be a part of Team USA.”



The third largest international 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 begin on July 18 with the Opening Ceremonies in Jerusalem. They will be shown live at 1 pm ET/10 am PT at <http://jltv.tv/shows.php?id=59>. For more on the World Maccabiah Games, visit <http://www.maccabiusa.com/index.php>.



As part of his participation in the World Maccabiah Games, Jason is raising \$6,000 to help sponsor the Maccabi USA Team. Donations of any amount are welcome through his online donation page: <https://friendraising.towercare.com/Markslist/campaign/display/profile.do?campaignId=11821>.

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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 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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