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NEW ELITE RUNNING TEAM LAUNCHES AS 2020 U.S. OLYMPIC TRIALS APPROACHES

SAN DIEGO, CA – With just 2½ years until the 2020 U.S. Olympic Marathon Trials, REVO₂LUTION RUNNING ELITE, a non-profit, elite running team with runners around the U.S. and Canada, launched today.

The mission of REVO₂LUTION RUNNING ELITE, a name that includes an acronym of the 3 physiological factors that determine running fitness and performance (**R**unning **E**conomy, **VO**₂max, and **L**actate **T**hreshold), is to develop distance runners to reach their highest potential by using smart, systematic training and working together as a team to compete on a national and international level, including qualifying for the U.S. Olympic Trials and beyond.

“Forming a team like this has been a dream of mine for years,” said Dr. Jason Karp, the team’s founder and coach. “Although our athletes live in different places, they all share the same goal of becoming the best runners they can be and competing on a national level.”

The team, which is seeking sponsorship from a running shoe company and will compete at select races around the country, launches with an impressive roster, including Matt Gonzales (3:58 mile/13:32 5K/2:16 marathon; Albuquerque, New Mexico), Lilah Sutphen (1:18 half marathon; Oakland, California), Irene Kalbian (5:02 mile/17:45 5K/1:23 half marathon; Philadelphia, Pennsylvania), Marija Byrne (3:01 marathon; Essex, Ontario), and Henry Valdez (15:30 5K/32:50 10K; Santa Fe, New Mexico). Three-time Olympic Marathon Trials qualifier Susan Loken (1:16 half marathon/2:41 marathon; Phoenix, Arizona), who is also currently coached by Dr. Karp, serves as the team’s honorary member and mentor. Additional elite athletes will be invited to the team in the coming months.

For more information, and to view the athlete roster of REVO₂LUTION RUNNING ELITE, please visit <http://run-fit.com/revo2lutionrunningelite>.

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