

Customer Reviews

Running for Women

“Using meticulous research, Drs. Karp and Smith have created a practical and intriguing masterpiece for female runners of all ages and abilities. Highly recommended!”

- Lorraine Moller, Boston Marathon Winner, Olympic Marathon medalist, and Co-founder of the Lydiard Foundation

“Dr. Karp's expertise and knowledge into the world of running, physiology and mechanics behind it surpasses even the most avid runner's expectations and knowledge. As a personal friend of Dr. Karp and a fellow Personal Trainer, I often scrutinize the writings and works of fellow peers, and Jason's research into the role of the endocrine system and the female athlete is by far the most superior work I have seen to date. He truly understands the needs of the female triad, the needs of the female during training for extreme races and marathons and has the gift of compassion and understanding. A first-class author, educator, athlete and friend. A MUST READ!!!!”

- Erin Morgart

“This books is great- it explains the science behind improving running, instead of just giving instructions or giving anecdotes. The female-specific information covers issues that I have never seen before: monthly hormonal changes, female anatomy, and specific health issues for women. It also provides practical advice, with weekly plans and stretches and strength training. All movements (stretches and strength training) have clear directions and images. This book is probably not for the "couch-to-5k" beginner, but for the runner who is ready to improve on her running. If you're ready to really understand running and see some improvement, this book will not disappoint!”

- Deborah, Honolulu, HI

“In *Running for Women*, Dr. Karp and Dr. Smith provide women and their coaches a clear path to success and enjoyment in training and racing.”

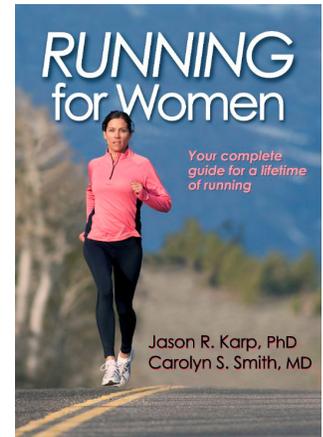
- Joe Compagni, Head Cross Country and Track and Field Coach, Monmouth University

“This book is phenomenal! It helped me understand my body better as a Woman athlete. This author is well knowledged and represents this information in a way that was easy for me to understand! I look forward to more of his books!”

- Christine

“In *Running for Women*, Carolyn Smith and Jason Karp combine scientific research with realistic guidelines that all women can follow to combat the effects of aging.”

- Meghan Arbogast, Four-time Olympic Marathon Trials qualifier, team USA leader at the World 100K Championships, and 100K World-Record Holder for 50+ age group



To order a signed copy of *Running for Women*, go to run-fit.com/books.