

Customer Reviews

101 Winning Racing Strategies for Runners

“Dr. Jason Karp’s *101 Winning Racing Strategies for Runners* is terrific! The points Jason makes in this book should be known by every aspiring runner, no matter what your final goals are. His book answers all the key questions a runner might have to improve their efforts.”

- Bill Rodgers, 4-time Boston Marathon and New York City Marathon Champion & bronze medalist at World Cross Country Championships

“At last, a book that illustrates and documents, brilliantly, the full essence of running. Too often athletes and coaches concentrate only on the physical aspects of training, at the neglect of the tactical aspects of competing. Dr. Karp has captured and combined the mind/body aspects of training and competing as well as I have ever seen explained, yet so vital to distance running success. I believe every distance runner and coach should have in their library, a copy of *101 Winning Racing Strategies for Runners*.”

- Dr. Joe Vigil, 1988 & 2008 Olympic Distance Coach and Coaching Educator for the International Olympic Committee, International Association of Athletics Federations, & USA Track & Field

“In *101 Winning Racing Strategies for Runners*, Dr. Jason Karp has produced a most insightful collection of pre-race, during race, training, and mental strategies. If you want to run smarter, faster races, my advice: you need to read this book!”

- Rod Dixon, Olympic 1,500 meters medalist, 2-time World Cross Country Championships medalist, & New York City Marathon champion

“Dr. Karp’s *101 Winning Racing Strategies for Runners* presents the most practical, comprehensive, and straightforward advice for achieving racing success for every level of runner, recreational to professional. This is yet another one of his books portraying his extensive knowledge and experience of the sport of running.”

- Mbarak Hussein, 2-time U.S. National Marathon Champion and 3-time Honolulu Marathon Champion with a marathon best of 2:08:10



To order a signed copy of *101 Winning Racing Strategies for Runners*, go to run-fit.com/books.