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FOR IMMEDIATE RELEASE

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NEW BOOK FOR FEMALE RUNNERS NOW AVAILABLE FOR PRE-ORDER

SAN DIEGO, CA – According to Running USA, women account for 53 percent of all road race finishers. Their participation rates have rocketed from 908,000 in 1989 to over 5.4 million in 2009. Readers have been seeking a comprehensive book that appeals to both recreational and competitive runners that uniquely addresses a female audience. Exercise physiologist, coach, competitive runner, and 2011 IDEA Personal Trainer of the Year Dr. Jason Karp teams with physician and USA Track & Field ultramarathon champion Dr. Carolyn Smith to fill this void with *Running for Women*, a book that explains the physiology and anatomy of female runners and provides guidance for training differently from men.

"I'm very excited about this book," said author Jason Karp, Ph.D. "This is the first book that specifically shows women runners how to capitalize on being female."

A major thrust of the book is the menstrual cycle, with guidelines for tailoring training for maximum response and adaptation as well as determining the best times to perform various types of workouts. The book also contains recommendations for modifying workouts and training programs for all stages of the life span, including pregnancy, menopause, and post-menopause. Common injuries are covered, particularly the increased incidence of knee injuries and stress fractures among female runners, as are health, wellness, performance nutrition, and the female athlete triad—a combination of disordered eating, menstrual irregularities, and osteoporosis.

Running for Women, Dr. Karp's fourth book, will be released in June, 2012 by Human Kinetics. His other books include *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice 2010), and *101 Winning Racing Strategies* (Coaches Choice, 2012).

To pre-order your copy of *Running for Women*, go to <http://www.humankinetics.com/products/all-products/Running-for-Women>. For an autographed copy, go to <http://www.runcoachjason.com/merchandise>.

To contact Dr. Jason Karp for an interview, visit RunCoachJason.com.

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