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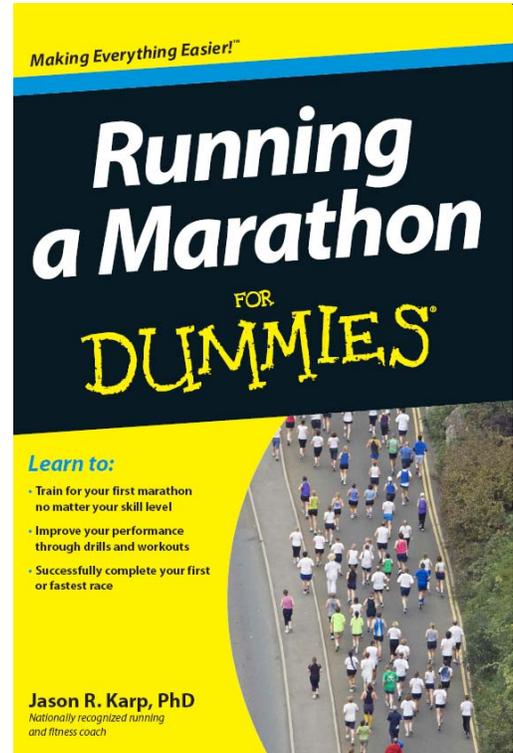
## ***RUNNING A MARATHON FOR DUMMIES* PROVIDES COMPREHENSIVE ADVICE FOR RUNNERS OF ALL LEVELS**

**SAN DIEGO, CA** – To paraphrase the ancient Chinese philosopher Confucius, “A journey of 26.2 miles begins with a single step.” From the time the ancient Greek runner Pheidippides ran from Marathon to Athens in 490 B.C. to announce the Greeks’ victory in the Battle of Marathon, humans have had a compelling interest in taking that single step, and many more after that. Marathons in the U.S. have seen record increases in participation during the past few years.

In *Running a Marathon For Dummies*, published by John Wiley & Sons, 2011 IDEA Personal Trainer of the Year Dr. Jason Karp shows you how to take 26.2 miles’ worth of steps to run a marathon, whether it’s your first one or fastest one. But don’t be fooled by the title. The

comprehensive and smartly written 360-page book, part of the highly successful *For Dummies* brand, covers everything all runners need to know about the marathon, including shoe selection, ten things you must do on marathon race day, secrets of the long run, and how to avoid injuries. It even offers 20-week training programs for beginner, intermediate, and advanced runners and provides information on top destination marathons around the world.

“The marathon changes people’s lives,” said Dr. Jason Karp, who is represented by literary agent Grace Freedson of Grace Freedson’s Publishing Network, LLC in New York. “Given the popularity of the marathon and the continued misinformation that runners are given, people now have the definitive resource as they prepare for their life-changing event.”



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*Running a Marathon For Dummies* is Dr. Karp's fifth book. It is available in bookstores nationwide and online at [Wiley.com](http://Wiley.com) and [Amazon.com](http://Amazon.com). Signed copies may be ordered through the author's website at [RunCoachJason.com/merchandise](http://RunCoachJason.com/merchandise). Dr. Karp's other books include *Running for Women* (Human Kinetics, 2012), *101 Winning Racing Strategies for Runners* (Coaches Choice, 2012), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010) and *How to Survive Your PhD* (Sourcebooks, 2009). In memory of the author's mother, ten percent of Jason's royalties on every copy of *Running a Marathon For Dummies* and *Running for Women* sold will be donated to Susan G. Komen for the Cure®.

For book signings, speaking engagements, or any additional questions, please contact publicist Katherine Fleischman of Blink PR at [katherine@blinkpr.com](mailto:katherine@blinkpr.com) or Dr. Jason Karp at [jason@runcoachjason.com](mailto:jason@runcoachjason.com).

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