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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S SEAN MUELLER AND RANDY FAIN RUN VERY FAST TIMES

Boston, MA & San Diego, CA – Sean Mueller, a member of *REVO₂LT Running Team™* and a senior at Cheshire High School in Cheshire, Connecticut, ran the fastest 3,000 meters of his life to place 70th in a very competitive college meet at the Valentine's Invitational at Boston University on February 12. His time of 8:38.18, an average pace of 4:36 per mile, was a personal best by 7 seconds and currently ranks third in the country among high school runners.

"I came through the first mile in 4:36 and held it the whole way," said Mueller. "I'm so excited right now."

"Sean inspires me with every race runs," said his coach, Dr. Jason Karp, who has been coaching Mueller since his freshman year. "After everything he's been through in the last year, it's great to see him run his fastest in his senior year. He has a very bright future ahead of him."

Mueller concludes his indoor track season with the New Balance National High School Indoor Track and Field Championships on March 11 at the famed Armory Track and Field Center in New York City, where he will compete against the nation's best in the 5,000 meters.

For complete results of the Valentine's Invitational, go to <http://www.goterriers.com/sports/m-track/stats/2010-2011/finalvalentinem.html>.

On the same day on the opposite side of the country, 54-year-old Randy Fain, running against guys a third of his age, ran a 5:11 mile at the Winter Series All-Comers Track Meet at Mt. Miguel High School in San Diego, California.

"I'm happy with this race," said Fain, who took off 33 years from running after running a 4:20 mile in college. "My goal is to get under 5 minutes so I can compete with the best masters runners in the country."

Fain will run the mile and 800 meters at the U.S. Masters Indoor National Track Championships in Albuquerque, New Mexico on March 5-6.

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REVO₂LT Running Team™ was founded in 2007 by Dr. Jason Karp, nationally-recognized coach, speaker, writer, exercise physiologist, and author of *101 Developmental Concepts & Workouts for Cross Country Runners* and the forthcoming *101 Winning Racing Strategies* and *Women's Running Bible*. For more information about *REVO₂LT Running Team™*, go to <http://www.runcoachjason.com/REVO2LTRunningTeam>.

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