



**FOR IMMEDIATE RELEASE**

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**AUTHOR DR. JASON KARP TO HOST *THE INNER RUNNER* BOOK LAUNCH VIP EVENTS**

**SAN DIEGO, CA** – Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life. This is the subject of Dr. Jason Karp's highly-anticipated new book, *The Inner Runner: Running to a More Successful, Creative, and Confident You*. The book, which includes an inspirational runner's story framing each chapter, explores how running helps us become better people and provides a path to a more meaningful, more creative, more imaginative, more productive, more confident, more healthful, and more successful life.

The book's release will be celebrated with two VIP events—April 12 at Prospect Bar and Lounge in La Jolla, California from 7:00 to 9:00 pm and April 14 at The View Lounge atop the Marriott Marquis in New York's Times Square from 6:00 to 8:00 pm. All guests receive a complimentary signed copy of *The Inner Runner* and a gift certificate to a local running shoe store. Additional copies of the book may be purchased at the event, with 10% of sales donated to charity in memory of the author's parents.

*The Inner Runner* is Dr. Karp's sixth book. The 2011 IDEA Health & Fitness Association's Personal Trainer of the Year, his other books include *Running a Marathon For Dummies* (Wiley, 2012), *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). His seventh book, tentatively titled *The Running Diet*, will be published by Reader's Digest in March, 2017. All of his books can be ordered through the publishers' websites, Amazon.com, and signed copies at [run-fit.com](http://run-fit.com).

For book signings, speaking engagements, or any additional questions, please contact [media@run-fit.com](mailto:media@run-fit.com).

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