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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S CELESTINE ARAMBULO WINS BOLT TO THE Q 5K

San Diego, CA – Dr. Celestine Arambulo, a member of *REVO₂LT Running Team™* and a geriatric care doctor of osteopathic medicine at Kaiser Permanente in San Diego, navigated a hilly course to win the inaugural Bolt to the Q 5K on July 23 in 18:44. The race finished on the 50-yard line of Qualcomm Stadium, home of the San Diego Chargers. The 41-year-old Arambulo, a former standout runner at Miami University of Ohio and a mother of three children, has had a successful summer of racing. She took 6th place overall and 2nd masters woman at the Bonita 5,000 in Bonita, California on June 18, running 18:11. She also won the masters division of the San Diego Summer Nights Track and Field Meet Series, winning every race she entered. She ran 64 seconds for 400 meters, 2:26 for 800 meters, 3:08 for 1,000 meters, 5:00 for 1,500 meters, and 5:28 for the mile.

"I'm very proud of Celest," said her coach, Dr. Jason Karp, owner of RunCoachJason.com and the 2011 IDEA International Personal Trainer of the Year. "It's very impressive that she is able to run so well despite being a full-time physician and a mother to three children. Women can learn a lot from Celest about how to excel at many things at once."

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*. *REVO₂LT Running Team™* is based in San Diego, California, with affiliate members around the U.S. For more information about *REVO₂LT Running Team™*, go to [http://www.runcoachjason.com/REVO₂LTRunningTeam](http://www.runcoachjason.com/REVO2LTRunningTeam).

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