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DR. JASON KARP RECEIVES 2011 IDEA PERSONAL TRAINER OF THE YEAR AWARD

Los Angeles, CA – At a red carpet award ceremony held at the JW Marriott in downtown Los Angeles on August 13, Jason Karp, PhD, nationally recognized running coach and personal trainer, speaker, writer and author, and exercise physiologist, received the 2011 IDEA Personal Trainer of the Year award, the fitness industry's highest award. The spectacular gala, which was attended by the fitness industry's elite, was the largest gathering of fitness professionals in the U.S.

"Throughout my career, there have been many people who have influenced me, including the scientists who taught me how to think like a scientist; my twin brother, who has rightfully thought all these years that he is the smarter one; and my mother, a former tough high school physical education teacher, who gave me her strength and the courage to pursue my own path," said Dr. Karp during his acceptance speech. "Even though both my parents are gone, they are with me every day. I thank them for the gifts they gave me."

Dr. Karp is owner of RunCoachJason.com, a state-of-the-science running coaching and personal training company in San Diego, California. A sought after speaker, he is a frequent presenter at national fitness, coaching, and academic conferences. A former college and high school cross country and track coach, he has taught USA Track & Field's highest level coaching certification and was an instructor at the USATF/U.S. Olympic Committee's Emerging Elite Coaches Camp at the U.S. Olympic Training Center. He is also the founder and host of the VO₂max Distance Running Clinic, the San Diego Personal Training Summit, and Dr. Karp's Run-Fit Boot Camp and founder and coach of REVO₂LT Running Team™. He is a prolific writer, with over 200 articles published in numerous international coaching, running, and fitness trade and consumer magazines. He is also the author of four books, including *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010), *101 Winning Racing Strategies* (Coaches Choice, 2011) and *Women's Running Bible* (Human Kinetics, 2012).

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Dr. Karp earned his Ph.D. in exercise physiology with a physiology minor from Indiana University, his master's degree in kinesiology from the University of Calgary, and his bachelor's degree in exercise and sport science with an English minor from Penn State University. His research, which has ranged from the coordination of breathing and stride rate in runners to muscle fiber recruitment during eccentric muscle contractions, has been published in scientific journals and presented at national conferences. He is an adjunct faculty member at Miramar College in San Diego, where he teaches applied exercise physiology and at the University of California-San Diego, where he teaches dissertation writing.

For more information, or to contact Dr. Karp for an interview, visit RunCoachJason.com.

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