



**FOR IMMEDIATE RELEASE**

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**JASON KARP SIGNS BOOK DEAL WITH SKYHORSE PUBLISHING FOR *THE INNER RUNNER***

**SAN DIEGO, CA** – Running expert Dr. Jason Karp signed a deal this week with Skyhorse Publishing to write *The Inner Runner*, a unique book that explores what it means to be a runner and how running helps you become a better person and provides a path to a better, more successful life. It is scheduled to be published in Fall, 2015.

Why are so many people drawn to running? What is it about running that empowers people? How can runners harness that power to create a more meaningful life? With chapters on creative runs, productive runs, imaginative runs, empowering runs, and healthful runs, *The Inner Runner* draws on Dr. Karp's experiences, anecdotes, personal revelations, and commentary from 30 years of running and 15 years of coaching to address these questions. The book even includes the science on the effects of exercise on hormones and the brain to discover why we feel the way we do when we run.

"This topic means a lot to me and I'm so grateful to be working with Skyhorse on this project," said Dr. Karp, who is represented by literary agent Grace Freedson of Grace Freedson's Publishing Network, LLC in New York. "You don't become a runner and then run. You run and run and run and then begin to understand what it means to be a runner. *The Inner Runner* is about becoming a runner, becoming a better runner and, through running, becoming a better you."

*The Inner Runner* is Dr. Karp's sixth book. 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). He is also the editor of the sixth edition of *Track & Field Omnibook*, due out in 2015.

Founded in 2006 and headquartered in New York, Skyhorse Publishing, Inc. is the fastest-growing small publisher in America and has had eight New York Times bestsellers. For more information, go to <http://www.skyhorsepublishing.com>.

**About Dr. Jason Karp**

Dr. Jason Karp is one of the foremost running experts in America, 2011 IDEA Personal Trainer of the Year, and 2014 recipient of the President's Council on Fitness, Sports and Nutrition Community Leadership Award. In addition to writing, he is the creator of the [Run-Fit Specialist™](#) certification, a frequent speaker at international fitness and coaching conferences, and senior editor at Active Network. He was a member of the U.S. National Team at the 2013 World Maccabiah Games in Israel. For more information, visit <http://run-fit.com>. For free running and fitness tips, follow Run-Fit on [Facebook](#) and [Twitter](#).