

Raffle for a FREE pair of running shoes from Road Runner Sports!

“If you want to make your training more effective, listen to the teachings of Dr. Jason Karp.” – Art M.

Learn how to get faster and never get injured!

“With the information gained at this clinic, I feel more confident coaching my endurance runners and helping my clients lose weight.” – Anna R.

**Receive a 10% discount at Road Runner Sports!
(20% with RRS membership)**

“In the 6 weeks following the clinic, I lowered my 5K PR from 20:30 down to the low 19-minute range.” – Gerry S.

FREE PowerBar products!



You Can't Afford to Miss This Unique Opportunity to Become a Better Runner!

VO2max Distance Running Clinic
RunCoachJason.com
3714 31st Street, Suite 2
San Diego, CA 92104

**FOURTH ANNUAL
VO₂MAX
DISTANCE RUNNING
CLINIC**

**PRESENTED BY
DR. JASON KARP of
RUNCOACHJASON.COM**

Where Science Meets Training

**The Best Running Clinic
in the Country!**

**Receive Exclusive Information
You Won't Get Anywhere Else
Guaranteed to Make You Faster!**

Featured Speakers:

Jason Karp, Ph.D.

Exercise Physiologist, Author, & Owner of
RunCoachJason.com

Ceci St. Geme, M.A.

National Champion, Corona del Mar H.S.
Coach, & Elite Masters Runner

Paul Greer, M.A.

San Diego Track Club Coach, Olympic Trials
Qualifier, & Sub 4-Minute Miler

**Saturday, August 21, 2010
8:30 a.m. – 1:30 p.m.**

**Suite E1
Marina Village Conference Center
San Diego, California**

You are cordially invited to attend the VO2max Distance Running Clinic for runners, coaches, and fitness professionals. Named after the most popular physiological variable related to distance running, the VO2max Distance Running Clinic will transform your running.

Receive exclusive training guidelines using the best scientific methods proven to make you faster. Enjoy a relaxed, elegant atmosphere with runners and coaches in San Diego's beautiful Mission Bay.

Featured Speakers:

Dr. Jason Karp is a PowerBar-sponsored coach, founder of *REVO2LT Running Team*™ and Run-Fit Boot Camp, writer, and college professor. He holds a Ph.D. in exercise physiology and has published 2 books and over 100 articles in coaching, running, and fitness magazines. He speaks at many conferences and has taught USA Track & Field's highest level coaching certification. He coaches runners through RunCoachJason.com.

Ceci St. Geme, M.A., is assistant X-C and track coach at Corona del Mar H.S. She was the national high school X-C and 3K champion, NCAA 3K champion, and U.S. 5K champion. She qualified for the U.S. Olympic Trials in the 800, 1,500, and 5,000 meters. Still running as an elite masters runner, she has appeared on the cover of *Runner's World* 7 times.

Paul Greer, M.A., is professor of exercise science, fitness center director, and men's cross country coach at San Diego City College. He is the long-time coach of San Diego Track Club and directs its marathon training program. A former sub 4-minute miler, he competed in the 1,500 meters at the 1992 U.S. Olympic Trials.

Clinic Schedule

Time	Topic
8:15-8:45 a.m.	Registration & Continental Breakfast
8:50-9:00 a.m.	Introduction Jason Karp
9:00-10:00 a.m.	Chasing Mercury: Training to Combat Fatigue Jason Karp
10:00-11:00 a.m.	The Secret to Longevity in Running Ceci St. Geme
11:00-11:30 a.m.	Snack Break/Networking
11:30 a.m.-12:30 p.m.	Speed Training for Distance Runners Paul Greer
12:30-1:30 p.m.	Building Your Training Program with Periodization Jason Karp

All seminars will be held in suite E1 at the Marina Village Conference Center in Mission Bay at 1936 Quivira Way, San Diego, CA (www.marinavillage.net). Free parking is available throughout Marina Village.

Registration Fees*:

\$79 per person/\$118 per couple

(received by July 15, 2010)

\$89 per person/\$138 per couple

(received after July 15, 2010)

\$99 per person/\$158 per couple

(at the door)

*students subtract \$20

Name _____

Affiliation _____

Address _____

Phone # _____

E-mail _____

Please send registration with check payable to:

Dr. Jason Karp

RunCoachJason.com

Attn: VO2max Distance Running Clinic

3714 31st Street, Suite 2

San Diego, CA 92104

You can also register online at

www.runcoachjason.com/clinic.