

Receive CECs for ACE and NSCA certifications!

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

Receive 10% discount on the huge selection of fitness equipment and accessories at Fitness Direct!

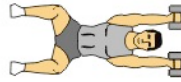
*“With the information gained at this clinic, I feel more confident helping my clients lose weight.” – Anna R.*

Drawing for a FREE Polar heart rate monitor from Fitness Direct!

Drawing for a FREE acupuncture treatment from Natural Health Acupuncture!

*“Jason Karp has an exceptional gift of comprehending and synthesizing an enormous amount of material and teaching it to others so they can understand and apply the information.” – Lisa K.*

FREE products from PowerBar!



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

**San Diego Personal Training Summit**  
**RunCoachJason.com**  
3714 31<sup>st</sup> Street, Suite 2  
San Diego, CA 92104

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# **SAN DIEGO PERSONAL TRAINING SUMMIT**

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

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*Where Science Meets Training*

Learn the Best Training Methods  
to Get Your Clients Results!

Receive Exclusive Information  
You Won't Get Anywhere Else!

Receive CECs for Your Fitness  
Certifications!

**Featured Speakers:**

**Jason Karp, Ph.D.**

Exercise Physiologist, Running & Fitness  
Coach, & Writer/Author

**Justin Price, M.A.**

Corrective Exercise Specialist &  
Co-Owner of The Biomechanics

**Fabio Comana, M.A., M.S.**

ACE Curriculum Developer, ACE Master  
Trainer, & College Instructor

**Saturday, April 18, 2009  
8:30 a.m. – 4:30 p.m.**

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Suite E1

Marina Village Conference Center  
San Diego, California

You are cordially invited to attend the San Diego Personal Training Summit for fitness professionals. Learn about the biggest issues in the fitness industry and receive exclusive scientific training guidelines that will transform your skills and get your clients results while enjoying a relaxed, elegant atmosphere in San Diego's beautiful Mission Bay.

Featured Speakers:

**Dr. Jason Karp** is a PowerBar-sponsored running and fitness coach, director of *REVO2LT Running Team™*, freelance writer, and fitness consultant. He holds a Ph.D. in exercise physiology and has published over 100 articles in fitness, running, and coaching magazines. He speaks at numerous conferences, has taught USA Track & Field's highest level coaching certification, and coaches runners and consults with fitness professionals through RunCoachJason.com.

**Justin Price, M.A.**, is co-owner of The BioMechanics, a corrective exercise facility in San Diego, which helps people eliminate chronic pain by correcting neuromuscular and structural imbalances. A biomechanics specialist, he is an international presenter, media consultant, the national personal training spokesperson for IDEA Health & Fitness Association, and the 2006 IDEA Personal Trainer of the Year.

**Fabio Comana, M.A., M.S.**, is the educational curriculum developer, technical publications editor, media spokesperson, and former certification manager for the American Council on Exercise. An ACE Master Trainer, he teaches exercise science and nutrition at San Diego State University and UC-San Diego, and holds fitness certifications from ACE, ACSM, NSCA, and ISSN.

**Summit Schedule**

<b>Time</b>	<b>Topic</b>
8:15-8:45 a.m.	Registration & Continental Breakfast
8:50-9:00 a.m.	<b>Introduction</b> Jason Karp, Ph.D.
9:00-10:00 a.m.	<b>The Resting Metabolic Rate Debate</b> Jason Karp, Ph.D.
10:00-11:00 a.m.	<b>Assessing/Correcting Deviations of the Feet to Alleviate Pain and Improve Function</b> Justin Price, M.A.
11:00-11:10 a.m.	Break
11:10 a.m.-12:10 p.m.	<b>Exercise and Weight Loss: A Look at the Scientific Research</b> Jason Karp, Ph.D.
12:15-1:15 p.m.	Lunch & Networking
1:20-2:20 p.m.	<b>Chasing Pheidippides: Marathon Training 101</b> Jason Karp, Ph.D.
2:20-3:20 p.m.	<b>Train Movement Patterns, Not Exercises</b> Fabio Comana, M.A., M.S.
3:20-3:30 p.m.	Break
3:30-4:30 p.m.	<b>Battling Hercules: Getting Fitter and Stronger with Periodization Training</b> Jason Karp, Ph.D.

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 will be available throughout Marina Village.

Registration Fees\*:

\$99 per person/\$158 per couple  
(received by Mar. 1, 2009)

\$109 per person/\$178 per couple  
(received after Mar. 1, 2009)

\$119 per person/\$198 per couple  
(at the door)

\*students subtract \$20

Summit fee is non-refundable.

Name \_\_\_\_\_

Affiliation \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

Please send registration with check payable to:

Dr. Jason Karp  
RunCoachJason.com  
Attn: San Diego Personal Training Summit  
3714 31<sup>st</sup> Street, Suite 2  
San Diego, CA 92104

You can also register online at  
[www.runcoachjason.com/personaltrainingsummit](http://www.runcoachjason.com/personaltrainingsummit).