

Get Ready for the 2010 Boston Marathon with **REVO₂LT Marathon Training™**



Run Your Best
Marathon!

Have you qualified for Boston? Ready to run your best marathon? REVO₂LT Marathon Training™, the official marathon training program of RunCoachJason.com, is a unique, science-based program with flexible options to meet your needs and goals. We're not just a different program. *We're better.*

What you get:

- ★ The best 5-month marathon preparation available
- ★ Coaching by internationally recognized expert
- ★ 2 in-person coached workouts per week
- ★ Scenic, group long runs
- ★ FREE PowerBar products
- ★ Weekly educational seminars
- ★ 10% discount at Road Runner Sports
- ★ REVO₂LT Marathon Training™ dri-fit T-shirt
- ★ Pre-marathon pasta party
- ★ Inspirational & motivational group atmosphere
- ★ Monthly e-mail newsletter

Training Schedule

Nov. 21, 2009 – Apr. 19, 2010

Tuesdays @ 6:00 p.m.
(track workout @ Point Loma Nazarene University)

Saturdays @ 8:00 a.m.
(long run @ various locations around San Diego)

1st run on Sat., Nov. 21 @ Mission Bay Park Visitors' Information Center, East Mission Bay Drive

Registration: \$249 per person / \$398 per couple / \$447 per group of 3
(save \$50 per person by registering with a friend or family member or \$100 per person with 2 friends!)

Since this program is about training smart and effectively and achieving results, you must be running at least 25 miles per week and can run at least 8 miles at the start of the program.

You can't afford to miss this unique opportunity to meet your marathon goal! If you want results, have fun, and train correctly with an expert coach, **you need to join REVO₂LT Marathon Training™.**

About the Coach:

Dr. Jason Karp is a nationally-recognized speaker, writer, and exercise physiologist who coaches recreational runners to Olympic hopefuls through his company, RunCoachJason.com. A PowerBar-sponsored coach, he holds a Ph.D. in exercise physiology and is director and coach of REVO₂LT Running Team™. He writes for numerous international running, coaching, and fitness magazines, speaks at numerous conferences, taught USA Track and Field's highest-level coaching certification, and was an instructor at the USATF/U.S. Olympic Committee's Emerging Elite Coaching Camp at the U.S. Olympic Training Center. Dr. Karp is adjunct faculty at Miramar College and is the cross country coach at San Diego State University.

To register, either go to www.runcoachjason.com/marathontraining, bring cash or check to the first meeting, or send a check payable to Dr. Jason Karp, RunCoachJason.com, Attn: REVO₂LT Marathon Training™, 3714 31st Street, Suite 2, San Diego, CA 92104. For more information, contact Dr. Jason Karp at jason@runcoachjason.com or at 619-546-8386.