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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S RANDY FAIN PLACES 9TH AT U.S. MASTERS NATIONAL INDOOR TRACK CHAMPIONSHIPS

Albuquerque, NM – Running his first race at altitude, 54-year-old *REVO₂LT Running Team™* member Randy Fain ran 5:20.17 to place 9th in the mile in the 50- to 54-year-old age division at the U.S. Masters National Indoor Track Championships on March 5.

"I'm happy with my performance," said Fain, who took off 33 years from running after running a 4:20 mile in college.

"This was an excellent race for Randy," said his coach, Dr. Jason Karp, who has been coaching Fain since October. "He ran a 5:11 mile a few weeks ago at sea-level, so we knew going in that he was fit. Next year, with another year of training under him and moving up to another age division, he'll be hard to beat."

For results of the U.S. Masters National Indoor Track Championships, go to <http://www.usatf.org/events/2011/USAMastersIndoorTFChampionships/results/day2.asp>.

REVO₂LT Running Team™ was founded in 2007 by Dr. Jason Karp, nationally-recognized coach, speaker, writer, exercise physiologist, and author of *101 Developmental Concepts & Workouts for Cross Country Runners* and the forthcoming *101 Winning Racing Strategies* and *Women's Running Bible*. For more information about *REVO₂LT Running Team™*, go to <http://www.runcoachjason.com/REVO2LTRunningTeam>.

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