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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S GENEVIEVE QUINN WINS EASTERN CONNECTICUT STATE UNIVERSITY INVITATIONAL 5,000 METERS; NICOLE PRAUSE WINS ALBUQUERQUE 10K

Williamantic, CT & Albuquerque, NM – Genevieve Quinn, a member of *REVO₂LT Running Team™* and a junior at Trinity College in Trinity, Connecticut, won the 5,000 meters at the Eastern Connecticut State University Invitational on April 15 in Williamantic, Connecticut, crushing her personal best time by 34 seconds to run 18:58.

"It was my best race ever," said an excited Quinn, who has run personal bests in each of her last three track meets.

"This was a huge breakthrough for Genevieve," said her coach, Dr. Jason Karp, owner of RunCoachJason.com. "She has been working so hard and has been patient for so long, it's great to see her work pay off."

For results of the Eastern Connecticut State University Invitational, go to http://www.coolrunning.com/results/11/ct/Apr15_4thAnn_set1.shtml.

Meanwhile, in Albuquerque, New Mexico, *REVO₂LT Running Team™* member Nicole Prause, PhD, a research scientist at the Mind Research Network for Neurodiagnostic Discovery, won the Albuquerque 10K on April 16 in 41:31.

"Nikky has been through a lot lately, adjusting to her new home and new job in Albuquerque," said Dr. Karp. "Over the last two weeks, her training has been getting sharper. This race was a step in the right direction."

Both Quinn and Prause will be in action again soon, as Quinn will race in the Connecticut College Invitational on April 23 and Prause will race the popular and competitive Run for the Zoo 10K in Albuquerque on May 1.

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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*. *REVO₂LT Running Team™* is based in San Diego, California, with affiliate members around the U.S. For more information about *REVO₂LT Running Team™*, go to <http://www.runcoachjason.com/REVO2LTRunningTeam>.

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