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FOR IMMEDIATE RELEASE

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DR. JASON KARP NAMED FINALIST FOR 2011 IDEA PERSONAL TRAINER OF THE YEAR AWARD

San Diego, CA – Jason Karp, PhD, nationally-recognized running coach and personal trainer, speaker, writer, and exercise physiologist, was recently named one of the three finalists for the prestigious IDEA Personal Trainer of the Year, the fitness industry's highest award.

"It's an understatement to say this is a great honor," said Dr. Karp, who is a USA Track & Field certified coach. "I have been passionate about running and fitness for a very long time, and it is a thrill to be recognized for something I care so much about."

The IDEA Personal Trainer of the Year award recognizes an industry professional who has demonstrated exceptional leadership, business management, and motivational and instructional skills, and who has inspired his or her clients to greater personal growth and a higher level of fitness. It is awarded by IDEA Health and Fitness Association, the world's largest association for health and fitness professionals. The winner of the award will be announced in July, with the award ceremony taking place at the 2011 IDEA World Fitness Convention August 11-14 in Los Angeles. For more information on the award finalists, go to http://www.ideafit.com/fitness-library/2011-idea-world-fitness-awards-finalists?utm_source=Fit+Tips+May&utm_medium=email&utm_campaign=H1

Dr. Karp is owner of RunCoachJason.com, a state-of-the-science running coaching and personal training company in San Diego, California. A sought after speaker, he is a frequent presenter at national fitness, coaching, and academic conferences. He has taught USA Track & 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. He is also the founder and host of the VO₂max Distance Running Clinic, the San Diego Personal Training Summit, and Dr. Karp's Run-Fit Boot Camp and founder and coach of *REVO₂LT Running Team™*. He is a prolific writer, with over 200 articles published in numerous international coaching, running, and fitness

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trade and consumer magazines. He is also author of *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010), *101 Winning Racing Strategies* (Coaches Choice, 2011) and *Women's Running Bible* (Human Kinetics, 2012).

Dr. Karp received his Ph.D. in exercise physiology with a physiology minor from Indiana University, his master's degree in kinesiology from the University of Calgary, and his bachelor's degree in exercise and sport science with an English minor from Penn State University. His research has been published in scientific journals. He is an adjunct faculty member at Miramar College in San Diego, where he teaches applied exercise physiology and at the University of California-San Diego, where he teaches dissertation writing.

For more information, visit RunCoachJason.com.

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