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FOR IMMEDIATE RELEASE

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REVO₂LT RUNNING TEAM'S GENEVIEVE QUINN TAKES 15TH PLACE AT NCAA DIVISION III NEW ENGLAND CHAMPIONSHIPS AND QUALIFIES FOR EASTERN COLLEGE ATHLETIC CONFERENCE CHAMPIONSHIPS

Cambridge, MA – Genevieve Quinn, a member of *REVO₂LT Running Team™* and a junior at Trinity College in Hartford, Connecticut, cut 15 seconds off her personal best time at 5,000 meters from a week ago, running 18:39 to take 15th place at the NCAA Division III New England Championships on May 7 at MIT in Cambridge, Massachusetts. Her performance qualified her for the NCAA Division III Eastern College Athletic Conference Championships on May 20 at Moravian College in Bethlehem, Pennsylvania.

"I ran really well," said an excited Quinn, who has been on fire this outdoor track season, improving her personal best four times and cutting 53 seconds off her 5,000-meter time in just over a month. "This was another huge PR and I couldn't be more excited!"

"I am so proud of Genevieve," said her coach, Dr. Jason Karp, owner of RunCoachJason.com. "She has worked so hard for so long, developing herself aerobically before doing the speedwork. It is wonderful to see her reach a whole new level of running."

For results of the 2011 NCAA Division III New England Championships, go to <http://scripts.mit.edu/~hwtaylor/otf/2011/ned3.res.php>.

REVO₂LT Running Team™ was founded in 2007 by Dr. Jason Karp, 2011 IDEA Personal Trainer of the Year Award finalist and nationally-recognized coach, speaker, 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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