

July 26, 2011  
FOR IMMEDIATE RELEASE

**Contact:**  
Dr. Jason Karp  
619-546-8386  
jason@runcoachjason.com

## **REVO<sub>2</sub>LT RUNNING TEAM'S CELESTINE ARAMBULO WINS BOLT TO THE Q 5K**

San Diego, CA – Dr. Celestine Arambulo, a member of *REVO<sub>2</sub>LT Running Team™* and a geriatric care doctor of osteopathic medicine at Kaiser Permanente in San Diego, navigated a hilly course to win the inaugural Bolt to the Q 5K on July 23 in 18:44. The race finished on the 50-yard line of Qualcomm Stadium, home of the San Diego Chargers. The 41-year-old Arambulo, a former standout runner at Miami University of Ohio and a mother of three children, has had a successful summer of racing. She took 6<sup>th</sup> place overall and 2<sup>nd</sup> masters woman at the Bonita 5,000 in Bonita, California on June 18, running 18:11. She also won the masters division of the San Diego Summer Nights Track and Field Meet Series, winning every race she entered. She ran 64 seconds for 400 meters, 2:26 for 800 meters, 3:08 for 1,000 meters, 5:00 for 1,500 meters, and 5:28 for the mile.

"I'm very proud of Celest," said her coach, Dr. Jason Karp, owner of RunCoachJason.com and the 2011 IDEA International Personal Trainer of the Year. "It's very impressive that she is able to run so well despite being a full-time physician and a mother to three children. Women can learn a lot from Celest about how to excel at many things at once."

*REVO<sub>2</sub>LT 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*. *REVO<sub>2</sub>LT Running Team™* is based in San Diego, California, with affiliate members around the U.S. For more information about *REVO<sub>2</sub>LT Running Team™*, go to [http://www.runcoachjason.com/REVO<sub>2</sub>LTRunningTeam](http://www.runcoachjason.com/REVO2LTRunningTeam).

RunCoachJason

3714 31<sup>st</sup> Street, Suite 2 • San Diego, CA 92104 • 619.546.8386  
runcoachjason.com • jason@runcoachjason.com