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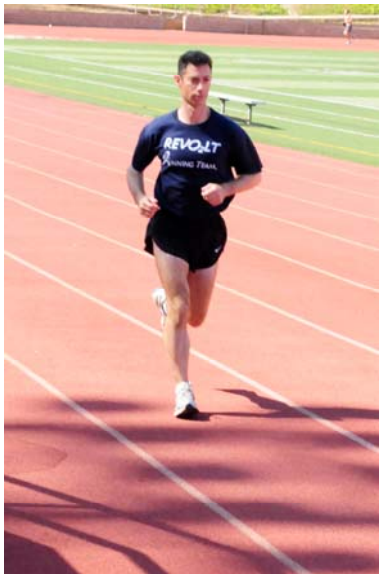
**JASON KARP SELECTED TO REPRESENT USA AT 2013 MACCABIAH GAMES IN ISRAEL**



**SAN DIEGO, CA** – Jason Karp, PhD, has been selected by the Maccabi USA Organizing Committee to run the masters half marathon at the 19th World Maccabiah Games in Israel, July 17-31, 2013.

"Who would've thought that 28 years after I started running competitively, I'd be selected to represent the United States in the masters half marathon at the 2013 World Maccabiah Games in Israel," said Dr. Karp, whose late Jewish mother worried about him every time he walked out the door to run. "When my twin brother and I had our Bar Mitzvah, our mother gave us the choice to have a party or go to Israel. We chose the party. So now, 28 years later, I have the chance to go to Israel and see it the way I never thought I would… by running. I'm honored to be a part of Team USA."

The World Maccabiah Games are the quadrennial Jewish Olympics, held in Israel the year following the Olympic Games. First held in 1932, every four years, the best Jewish athletes from around the world compete in open, masters, juniors, and disabled competitions. The 2009 World Maccabiah Games hosted athletes from 51 countries competing in 31 sports. For more on the World Maccabiah Games, visit http://www.maccabiusa.com/index.php.

Maccabi USA
BUILDING JEWISH PRIDE THROUGH SPORTS
ISRAEL – JULY 2013

Athletes competing in the World Maccabiah Games are required to raise $6,000 to support youth athletes to make the trip to Israel. Donations can be made online through Jason Karp's donation page at https://friendraising.towercare.com/Markslist/campaign/display/profile.do?campaignId=11821. In addition to making a direct donation, you can take part in Maccabi USA's Raffle Extravaganza program.

**About Dr. Jason Karp**

A runner since age 11, Dr. Jason Karp is a nationally-recognized running coach, 2011 IDEA Personal Trainer of the Year, and owner of RunCoachJason.com, providing private coaching and training programs to runners of all levels. He holds a Ph.D. in exercise physiology and is founder and coach of *REVO$_2$LT Running Team*™ and Dr. Karp's Run-Fit Boot Camp. A prolific writer, he has more than 200 articles published in international running, coaching, and fitness magazines, has authored five books, including *Running for Women*, *Running a Marathon For Dummies*, *101 Winning Racing Strategies for Runners, 101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*, and is a frequent presenter at national fitness and coaching conferences.

For interviews, book signings, or any additional questions, please contact publicist Katherine Fleischman at katherine@blinkpr.com or Jason Karp at jason@runcoachjason.com.