

Jason Karp, Ph.D.

Dr. Jason Karp is a nationally-recognized running and fitness coach, freelance writer and author, and exercise physiologist. He owns RunCoachJason.com, a state-of-the-science running coaching and personal training company in San Diego, California. As America's running expert and the 2011 IDEA Personal Trainer of the Year, Dr. Karp is a trusted source of information. Through his writing, conference presentations, DVDs, and numerous print and television interviews on topics related to running and fitness, he brings the state of the science directly to the public. A sought after speaker on running and fitness, Dr. Karp is a frequent presenter at national coaching and fitness industry conferences, including U.S. Track & Field and Cross Country Coaches Association, American College of Sports Medicine, IDEA World Fitness Convention, SCW Fitness MANIA, ECA World Fitness Convention, and FitnessFest, among others. 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 Coaches Camp at the U.S. Olympic Training Center. He also regularly holds clinics for runners, coaches, and fitness professionals. He is a prolific writer, with over 200 articles published in numerous international coaching, running, and fitness trade and consumer magazines, including *Track Coach*, *Techniques for Track & Field and Cross Country*, *New Studies in Athletics*, *Running Times*, *Runner's World*, *Women's Running*, *Marathon & Beyond*, *Fitness Management*, *IDEA Fitness Journal*, *PTontheNet.com*, *Shape*, *Oxygen*, *SELF*, *Ultra-Fit*, and *Maximum Fitness*, among others. He is also author of four books, including *How to Survive Your PhD* (Sourcebooks, 2009), *101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010), *101 Winning Racing Strategies for Runners* (Coaches Choice, 2012), and *Running for Women* (Human Kinetics, 2012).

In 1997, at age 24, Dr. Karp became one of the youngest head college coaches in the country, leading the Georgian Court University (N.J.) women's cross country team to the regional championship and was named NAIA Northeast Region Coach of the Year. He has coached cross country and track at the high school, college, and elite club levels. His personal training experience ranges from elite athletes to cardiac rehab patients. As a private coach and founder of *REVO₂LT Running Team™*, he has helped many runners meet their potential, ranging from a first-time race participant to an Olympic Trials qualifier. He has been profiled in a number of publications and received the fitness industry's highest award in 2011. A competitive runner, Dr. Karp is a nationally-certified running coach through USA Track & Field and is sponsored by PowerBar as a member of PowerBar Team Elite™.

Dr. Karp received his Ph.D. in exercise physiology with a physiology minor from Indiana University in 2007, his master's degree in kinesiology from the University of Calgary in 1997, and his bachelor's degree in exercise and sport science with an English minor from Pennsylvania State University in 1995. His research in the field of exercise physiology has been published in scientific journals. Dr. Karp has taught at several universities and currently teaches applied exercise physiology at Miramar College in San Diego and dissertation writing at the University of California-San Diego.

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