



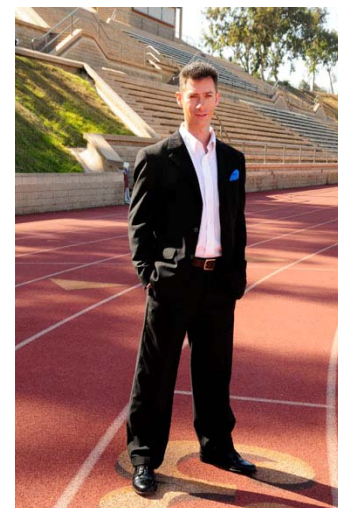
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FOR IMMEDIATE RELEASE

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

## **DR. JASON KARP NAMED HEAD TRACK AND FIELD COACH AT LA JOLLA HIGH SCHOOL**

**LA JOLLA, CA** – Nationally-recognized running coach and author Jason Karp, PhD, has been named the head track and field coach at La Jolla High School for the 2014 spring track and field season.

“I’m really excited for the opportunity to inspire and motivate the athletes of La Jolla High School and show them how the sport of track and field can help them become better people,” said Dr. Karp, the 2011 IDEA Personal Trainer of the Year and owner of [Run-Fit](#). “Few things fulfill me more than seeing someone accomplish something he or she initially never thought possible.”



Nestled just a few blocks from the beach in beautiful La Jolla, California, La Jolla High School serves approximately 1,650 students in grades 9 through 12 within the San Diego Unified School District. La Jolla High School Track & Field begins practice on February 24<sup>th</sup> and opens its track and field season against Cathedral Catholic High School on March 27<sup>th</sup>. Everyone is invited to attend the track meets. For more information on the La Jolla High School Vikings, go to <http://www.ljhs.sandi.net/content/athletics/athletics/general-information>.

### **About Dr. Jason Karp**

Dr. Jason Karp is a nationally-recognized running and fitness expert and 2011 IDEA Personal Trainer of the Year. He holds a Ph.D. in exercise physiology. He has more than 200 articles published in international running, coaching, and fitness magazines, is the author of 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*, is a frequent speaker at international fitness and coaching conferences, and was a USA National Team Member at the 2013 World Maccabiah Games in Israel. For his popular training programs and an autographed copy of his books, go to [Run-Fit.com](#). For free running advice and contests for free training programs, follow Run-Fit on [Facebook](#) and [Twitter](#).

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