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## Jason Karp, Ph.D.



It all started with a race once around the track in sixth grade in Marlboro, New Jersey. Little did Jason know how much it would define his career and his life. A Brooklyn native (you can take the boy out of Brooklyn but you can't take Brooklyn out of the boy), he grew up playing baseball and soccer and running

track. And it was intoxicating. The passion that Jason found as a kid for the science of athletic performance placed him on a yellow brick road that he is still following all these years later as a coach, exercise physiologist, author, speaker, and educator.

Dr. Karp has given hundreds of international lectures and has been a featured speaker at most of the world's top fitness conferences and coaching clinics, including Asia Fitness Convention, Indonesia Fitness & Health Expo, FILEX Fitness Convention (Australia), U.S. Track & Field and Cross Country Coaches Association Convention, American College of Sports Medicine Conference, IDEA World Fitness Convention, SCW Fitness MANIA, National Strength & Conditioning Association Conference, ECA World Fitness Convention, and CanFitPro, among others. He has been an instructor for USA Track & Field's level 3 coaching certification and for coaching camps at the U.S. Olympic Training Center.

At age 24, Dr. Karp became one of the youngest college head coaches in the country, leading the Georgian Court University women's cross country team to the regional championship and winning honors as NAIA Northeast Region Coach of the Year. As a high school track and field and cross country coach, he has produced state qualifiers and All-Americans. He is also the founder and coach of the elite developmental team, REVO<sub>2</sub>LUTION RUNNING ELITE.

A prolific writer, Jason is the author of eight books: *The Inner Runner*, *Run Your Fat Off*, *14-Minute Metabolic Workouts*, *Running a Marathon For Dummies*, *Running for Women*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*, and is editor of the sixth edition of *Track & Field Omnibook*. He has more than 400 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*, *Runner's World*, *Running Times*, *Women's Running*, *Marathon & Beyond*, *IDEA Fitness Journal*, *Oxygen*, *PTontheNet.com*, *Shape*, and *Ultra-Fit*, among others. He also served as senior editor for Active Network.

Dr. Karp is a USA Track & Field nationally-certified coach, has been sponsored by PowerBar and Brooks, and was a member of the silver-medal winning United States masters team at the 2013 World Maccabiah Games in Israel.

For his work and contributions to his industry, Jason was awarded the 2011 IDEA Personal Trainer of the Year (the fitness industry's highest award) and was honored with the President's Council on Fitness, Sports, & Nutrition Community Leadership Award in 2014.

Dr. Karp received his PhD 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 Penn State University in 1995. His research has been published in the scientific journals *Medicine & Science in Sports & Exercise*, *International Journal of Sport Nutrition and Exercise Metabolism*, and *International Journal of Sports Physiology and Performance*.