



ARMY TEN-MILER NEWS RELEASE

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2005 ARMY TEN-MILER HAS TOP WOMEN'S RUNNING FIELD

WASHINGTON, DC – This year's Army Ten-Miler has the best women's running field in its 21-year history. This year's field includes regional favorites, and past ATM winners: Alisa Harvey (Overall Female '98, '99, '03), Patricia Donohue (Masters Female '95), Linda Mills (Masters Female '92), Martha Merz (Masters Female record holder and winner of '02, '03, '04), Patti Shull (Masters Female, '98, '99) and Susan Malloy (Overall Female winner and event record holder '95).

ATM Race Operations Manager and Elite Athlete Coordinator George Banker commented, "For as far back as I can remember we have not had a female field like this at the Army Ten-Miler - not only for the Open competition but the Masters as well. This year there are many possibilities, including having our first Master Female win the Overall Women's competition. It will be very exciting to see what happens."

To challenge former winners, there are a variety of other regional females with impressive running resumes. A new runner to the Army Ten-Miler, Heather Matz Jorris joins the field, from Yardley Pennsylvania. She is a World Ironman Championship qualifier with numerous top placings in Ironman and Triathlon competitions across the United States.

Another runner new to the Army Ten-Miler is American University Alum and Assistant Coach, Samia Akbar. Akbar is American University's most decorated female runner ever, and was the 2003 NCAA Outdoor Track All-American. She holds three outdoor and five indoor records, among others.

Meghan McLaughlin is joining the Army Ten-Miler this year. She was one of the youngest runners to compete in the 2004 Olympic Marathon Trials.

Another competitor, Monica Grillo, regularly places in the top three in her age group at regional races. These women along with many more will make for heavy competition across the board.

Starting at 8 a.m., Sunday, October 2, the 21st edition of the Army Ten-Miler will begin and finish at the Pentagon. Race Day activities also include the Youth Runs, 94.7 Post Race Party featuring bands and entertainment, the HOOAH Tent Zone, and a Youth Activity Zone complete with displays, the GEICO Gecko, McGruff the Crime Dog, and more. This year promises another exceptional ten-mile race steeped in the Army's Tradition of Excellence. Race weekend also features a two-day Expo, clinics and the GEICO Pasta Dinner.

Produced by the U.S. Army Military District of Washington, the ATM is America's largest 10-mile race and attracts over 20,000 runners from around the world. For additional race information visit www.armytenmiler.com.

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