



MEDIA ADVISORY

FOR IMMEDIATE RELEASE #08-32

OCTOBER 2, 2008

CONTACTS:

Joint Force Headquarters-National Capital Region/U.S. Army Military District of Washington Public Affairs Office:
Shaunteh Kelly, Chief, Media Relations
(202) 685-4645, cell (202) 497-2011 or Shaunteh.Kelly@jfhqncr.northcom.mil

Joanna Hawkins, Media Relations
(202) 841-0059, joanna.hawkins@us.army.mil

SAVE THE DATE: 2008 ARMY TEN-MILER WEEKEND ACTIVITIES FRIDAY, OCT. 3-SUNDAY, OCT. 5

WHAT: 2008 Army Ten-Miler Press Conference & Panel Discussions

WHEN: Friday, Oct. 3 from 1 – 2:30 p.m.

WHERE: TANDBERG Interactive Zone located in the Arlington Ballroom at the Crystal Gateway Marriott, located at the intersection of Eads and 15th Streets in Arlington, Va. The hotel is metro accessible on the blue/yellow lines at the Crystal City Station.

The Press Conference/Panel Discussions gives the media an opportunity to meet a variety of runners and people associated with the Army Ten-Miler. Set to attend are:

- **Missing Parts in Action Team** – Several members of the famed military amputee team from Walter Reed Army Medical Center and Brooke Army Medical Center discuss what it takes to train for this event, the new life challenges they face, what the event means to them and how they have triumphed over their injuries.
- **Elite Runners – More TBA**
 - ❖ **Alisa Harvey** – United States of America Track and Field 2007 Masters Female Athlete of the Year, four-time Army Ten-Miler winner, Pan American Games gold medal winner and Olympic trials qualifier. Alisa Harvey is a hometown favorite and some of her personal records include: 4:08.33 (1500m), 4:29.65 (1 Mile). Recent career highlights are: USA Masters Record Female 40-44 (4:46.29) Mile Run, PA (4/06). USA Masters Record Female 40-44 (2:07.23) Indoor 800 Meter Run, NY (2/06). USA Masters Record Female 40-44 (4:50.95) Indoor Mile Run, VA (2/06).
 - ❖ **Elite Athletes from the Foot Solutions Team** – Retired Lt. Col. Sue Bozgoz, coach of the USA Track and Field and Road Runner Clubs of America certified coach, will be joined by the 2007 ATM female winner Firaya Sultanova-Zhdanova, 2008 Olympian Gabriela Trana-Trigueros, Tatyana Pozdnyakova, 8-time *Runner's World* Female Master's Runner of the Year and world's fastest master runner in long distance running (2:34:24), 1st Overall Female Freescale Austin Marathon (02/06), (59:00) and 1st Masters Female Crim Festival of Races 10-miler (08/06), and Foot Solutions team members Irina Suvorov and Birhau Wukaw.
- **Shadow Races being held at Camps Victory and Taji, Iraq** – Joint Force Headquarters-National Capital Region and the U.S. Army Military District of Washington Army leadership and the press can talk to runners in Iraq via live video conference to discuss the challenges of training in a war zone and in the desert. These runners will run their own Ten-Miler Oct. 5 in honor of the 24th annual Army Ten-Miler stateside.

-more-



Opening remarks by Maj. Gen. Richard J. Rowe, Jr., commanding general, Joint Force Headquarters-National Capital Region & the U.S. Army Military District of Washington.

Moderated by: Steve Nearman – the running writer and columnist for “The Washington Times.” Nearman is also a competitive, middle-distance runner.

Note: Media will have access to the Crystal Gateway Marriott Arlington Ballroom to conduct stand-up interviews with runners and other race participants.

WHAT: Free Race Expo and Clinics

WHERE: TANDBERG Interactive Zone, Arlington Ballroom, Crystal Gateway Marriott

WHEN: Friday, Oct. 3, 10 a.m. - 7 p.m. and Saturday, Oct. 4, 8:30 a.m. – 4 p.m.

Friday Clinic Schedule

2:30 - 3:30 p.m. **Successful Event Planning Thru Project Management** hosted by Jim Vandak, race director

4:30 - 5:30 p.m. **Running Gear Clinic** hosted by Chris Farley of Pacers Running Stores

5:30 - 6:30 p.m. **Runner Clinic** hosted by Alisa Harvey, four time ATM winner

Saturday Clinic Schedule

9 – 10 a.m. **Running Gear Clinic** hosted by Chris Farley of Pacers Running Stores

10 – 11 a.m. **Runner Clinic** hosted by Meredith Rainey Valmon, former Olympian

1- 3 p.m. **Biomechanical Assessment Clinic and Nordic Pole Walking Demo** hosted by Foot Solutions

Note: Media will have access to the Crystal Gateway Marriott Arlington Ballroom to conduct stand-up interviews with runners and other race participants.

WHAT: 2008 Army Ten-Miler

WHEN: Sunday, Oct. 5 from 6:30 a.m. - noon

WHERE: Pentagon

Race day schedule is as follows:

- **Golden Knights and Canadian SkyHawks Jump** - Start Area, 7:10 a.m.
- **Presentation of Colors & National Anthem** – Start Area, 7:40 a.m.
- **Invocation** – Start Area, 7:44 a.m.
- **Secretary of the Army Remarks** – Start Area, 7:45 a.m.
- **U.S. Army Chief of Staff Remarks** – Start Area, 7:48 a.m.
- **Army Ten-Miler Wheelchair/Missing Parts in Action Start** – 7:50 a.m.
- **Army Ten-Miler Wave 1 Start** – Starts at the Pentagon at 8 a.m.
- **Army Ten-Miler Wave 2 Start** – Starts at the Pentagon at 8:10 a.m.
- **Health Net Federal Services Youth Run** - After completion of the Army Ten-Miler it's time for the Youth Runs. Parents and kids in grades K-3 will participate in a 100-meter run. Kids in grades 4 thru 8 will participate in a 200-meter run. These are non-competitive runs and all participants receive a special finisher medal. Runs start at approximately 10:45 am. at the Health Net Federal Services Youth Activity Zone.
- **94.7 Post Race Party** – Celebrate the 24th Army Ten-Miler in the Finish Area with live music, door prizes and fun!

-more-



- **Health Net Federal Services Youth Activity Zone** - The Army Ten-Miler is fun for the entire family. Youth Zone activities start at 8 a.m. on race day and take place in the Main Staging Area at the Pentagon. Activities include a visit by the DC Divas, Army Racing displays, The GEICO Gecko, a fire truck display, balloons, and other cool stuff.
- **HOOAH Tent Zone** - Army teams from around the world show their spirit, celebrate the race, and enjoy the post-race festivities in the HOOAH Tent Area. Over 40 groups participated last year.
- **Awards Ceremony** – Starts at 11 a.m. on the Awards/Entertainment Stage.

MEDIA INTERVIEWS WITH SENIOR ARMY LEADERS

The following Senior Army leaders are available for media interviews on race day:

- **Maj. Gen. Richard J. Rowe Jr.**, commanding general, Joint Force Headquarters-National Capital Region & the U.S. Army Military District of Washington
- **General George W. Casey, Jr.**, 36th Chief of Staff, United States Army
- **Secretary Pete Geren** - 20th Secretary of the U.S. Army

Note: To schedule an interview with any of these Senior Army leaders, media MUST contact Shaunteh Kelly or Joanna Hawkins NLT 5 p.m. Saturday, Oct. 4, to coordinate and confirm.

ARMY TEN-MILER MEDIA CREDENTIALING AND ACCESS

CREDENTIAL APPLICATION PROCESS

1. All media **must** register with the Army Ten-Miler Public Affairs Office if they desire access to the 24th annual Army Ten-Miler, its participants, runners, the Golden Knights, Canadian SkyHawks, and associated events (Press Conference, Panel Discussions, Race Expo, Clinics, 94.7 The Globe Post Race Party, Health Net Federal Services Youth Activity Zone and Runs).

2. **Please contact Shaunteh Kelly and/or Joanna Hawkins and provide the following:**

Name of the individual(s); media outlet, email address, phone number and indication of specialty (i.e. reporter, photographer, videographer, etc.).

MEDIA SAT TRUCK PARKING

There is very limited space available for media satellite truck parking at the start line area. Parking access will be provided on a first come, first served basis. Network pooling is an option for those unable to park their SAT Trucks at the start line area. Contact Shaunteh Kelly or Joanna Hawkins to secure parking.

CREDENTIAL PICK – UP

Pre-Race

When: Friday, Oct. 3, noon – 4 p.m.

Saturday, Oct. 4, 8 a.m. – 4 p.m.

Where – Media Check-In, Crystal Gateway Marriott, Arlington, Va., located at the intersection of Eads and 15th Streets in Arlington, Va. The hotel is metro accessible on the blue/yellow lines at the Crystal City Station.
Tel: (703) 920-3230.



Race Day

When: Sunday, Oct. 5, 6 – 8 a.m.

Where - Hayes Street parking lot (adjacent to Army Navy Drive, across from the Pentagon City Mall) and at the Media Check-In Tent located in the Pentagon South parking lot next to the VIP Tent in lane 29 next to the finish line

Media must be credentialed before gaining entry to the start line. The media badge will grant access to all areas EXCEPT the Scoring Van, Race Operations Center, VIP Tent and Runner's Food Area. Media representatives will be required to have their credential visible to all persons at all times. Passes must be worn on the OUTSIDE of the media persons' clothing, identifying them at all times as representatives of the press.

TRANSPORTATION, DIRECTIONS & SECURITY

Transportation - All events are accessible by Metro (Pentagon and Pentagon City stations – blue/yellow lines). Metro will open at 6 a.m. on Sunday morning and is the highly recommended mode of transportation.

Directions to Start - From the Pentagon Metro Station, continue walking west toward the balloon arches on Route 27. From Pentagon City Metro Station & Army Navy Drive, use Fern Street or the I-395 pedestrian tunnel to get to the Pentagon South Parking Lot, pass through the security checkpoint and continue walking west toward the balloon arches on Route 27.

Media Parking: There will be limited parking available to the Media in the Pentagon's Hayes Street parking lot. Overflow parking is available at the Pentagon City Mall. Passes for the Hayes Street parking will be available prior to the race at the hotel at the media check-in table.

Security - Please allow extra time on race day to pass through Security to Start-Line Media Tent. **Times for media to report on Race Day are from 6-7 a.m.** Security checks will include bag checks prior to entering Pentagon South parking and a public affairs representative will be present to assist the media through the process.

For additional information: please call Shaunteh Kelly at 202-685-4645 or Joanna Hawkins at 202-841-0059.