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ARMY TEN-MILER MEDIA ADVISORY

FOR IMMEDIATE RELEASE
DATE: September 17, 2007

3RD INFANTRY DIVISION WIVES RUN IN HONOR OF THEIR DEPLOYED HUSBANDS

"The longer I run, the smaller my problems become"

WASHINGTON, DC -- For the last few months, a group of 37 wives at Forts Stewart and Hunter Army Airfield in Georgia have been training to run the 23rd annual Army Ten-Miler in honor of their deployed husbands of the 3rd Infantry Division. For some of these ladies, it's their third deployment that they have had to cope with.

The Army Ten-Miler provides a goal for these women – that not only honors their husbands' call to duty but allows them to support one another, get in shape and, for some, run a distance they hadn't even thought about doing before. The group tries to get together monthly for larger practices with smaller groups getting together more regularly. According to group member Gabrielle Winton, most of the runners are doing this more for the camaraderie of the event, the idea of

representing Army Wives in a positive light, and to stay focused on positive things while their husbands are deployed. Some are doing it because their husband didn't think they could run the distance – and, according to her, those are the ones to watch out for on race day as they are determined to get to that finish line fast!

"I believe we represent the families of deployed soldiers and the spirit of Army Families everywhere in that our running is one of the many ways we carry on and don't quit while our loved ones are gone. Running the Army Ten-Miler as a group shows solidarity, and a desire to keep physically healthy. But more than the physical benefits of running, we all enjoy the emotional benefits."

Group members support one another. "When we're running with friends, laughing and talking through problems, things just seem better. We have a saying that 'the longer I run, the smaller my problems become' — it is so true!" says Winton. Gabrielle's husband, Lt. Col. Doug Winton is deployed in Iraq for the second time. "I think it's important to have groups like ours out there so that people don't forget that for every Soldier serving, there is a family he or she left behind. Those families are making a huge sacrifice too and we're just as proud to do it."



Gabrielle Winton and Elizabeth Mrsas
Courtesy: Action Sports International



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Runners can cheer on the 37 wives of the 3rd Infantry Division on race day. For media opportunities, please contact Roxana Hoveyda at 202-685-4820 or Shaunteh Kelly at 202-685-3603.

About the Army Ten-Miler

The 23rd edition of America's largest 10-mile running event takes place on Sunday, October 7 in Washington, DC. The Association of the United States Army (AUSA) and KBR are the co-lead sponsors for this year's event. This Army tradition attracts over 26,000 runners, of varying experience, from around the world to run a course that starts and finishes at the Pentagon and passes such national landmarks as the Lincoln Memorial, the Washington Monument and the U.S. Capitol. Known for its organizational excellence and American heroes - the Army Ten-Miler is an event to be experienced.

Race weekend activities including the Race Expo presented by New Balance, featuring over 50 vendors, fitness clinics, the Press Conference presented by TANDBERG, and new this year, the TANDBERG Interactive Zone. The Expo and all included activities are free and open to the public. Race day features the Health Net Federal Services Youth Runs, the 94.7 the Globe Post Race Party with bands, entertainment and a live broadcast and HOOAH Tents representing Army installations from around the world. Families will enjoy the Health Net Federal Services Youth Activity Zone, interactive inflatables, Army racing displays, the GEICO Gecko, unique sports experience the Hill, and much more. Proceeds from the Army Ten-Miler go to support soldier and soldier family Morale, Welfare, and Recreation (MWR) programs. For more information on DC's premier running event, visit www.armytenmiler.com.

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