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ARMY TEN-MILER NEWS RELEASE

FOR IMMEDIATE RELEASE

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**ARMY TEN-MILER CELEBRATES ITS 25TH ANNIVERSARY**

WASHINGTON, DC – This year the Army will celebrate the 25<sup>th</sup> running of its annual 10-mile race on October 4, 2009 in Washington, DC. "The Army Ten-Miler has been built on a tradition of excellence over the years," commented race director Jim Vandak. "Every year in October thousands of runners come to our nation's capital to experience the Army Ten-Miler – the spirit of sport -- the spirit of a nation."

There were 1,600 runners registered for the first annual Army Ten-Miler that took place on October 13, 1985. This year over 30,000 military and civilian runners from around the world are expected to compete for top honors in 27 divisions. Nearly half of the 700 teams expected to participate will be U.S. military teams competing for the coveted Commander's Cup and the bragging rights that come with the Cup.

In 1987, race officials established the Commander's Cup to be awarded to the fastest Male and Female United States military teams. The 2000 Fort Carson men's team holds the event record for the top military male team with a time of 3:19:36. And, the 2004 Fort Bragg women's team holds the event record for the best military female team with a time of 4:19:16.

The Army Ten-Miler has attracted many distinguished runners and athletes throughout its 25 year history. In honor of the 25<sup>th</sup> anniversary, the ATM will be inviting some of its past runners and record holders back this year. Some of the outstanding athletes include:

- Dan Browne, former Olympian and current Army WCAP member is the current overall male record holder. Dan established the record of 47:44 in 2004.
- Alisa Harvey (local DC professional runner) – only four time overall female winner in race history. Alisa also is a two time master female winner.
- Darrell General – only three time overall male winner.



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- Sammy Ngatia – only male to win both the overall and master’s title in the same year. Sammy’s 2000 winning time of 48:50 established the event record for the master’s men division.
- Susan Malloy – her 1995 overall winning time of 56:20 still stands today.

### **About the Army Ten-Miler**

The Army Ten-Miler is celebrating its 25<sup>th</sup> anniversary this year on Sunday, Oct. 4 in Washington, DC. This unique road race has both its start and finish lines at the Pentagon. Race weekend activities include a two-day race expo, fitness clinics, youth runs, Classic Rock 94.7 post race party and HOOAH tents from Army installations around the world.

The ATM is produced U.S. Army Military District of Washington (MDW), with proceeds benefiting Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their families. The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations. For more information about this prestigious race, visit [www.armytenmiler.com](http://www.armytenmiler.com).

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