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## **ARMY TEN-MILER NEWS RELEASE**

### **FOR IMMEDIATE RELEASE**

DATE: September 6, 2007

### **CLINIC SCHEDULE ANNOUNCED FOR THE ARMY TEN-MILER**

#### *Jeff Galloway to do a Virtual Clinic*

WASHINGTON, DC -- The 2007 Army Ten-Miler will feature clinics that are free and open to the public, on Friday, October 5 and Saturday, October 6 in the TANDBERG Interactive Zone located in the Race Expo at the Crystal Gateway Marriott in Arlington, VA. The TANDBERG Interactive Zone will provide a space for runners to mingle with the best in the industry! Additionally service members in Iraq will be able to participate in clinics via live videoconference. The clinics will feature elite athletes, demonstrations and for the first time ever a virtual clinic with Jeff Galloway via videoconference from Portland, OR!



#### **Alisa Harvey**

Friday, October 5, 6:00pm – 7:00pm

Alisa will lead a discussion about race preparation and strategies. Alisa Harvey is a hometown favorite with an illustrious running career. The current ATM Masters record holder, she found success early and has maintained it over the years. She is a 4-time women's overall champion of the Army Ten-Miler – in 1998, 1999, 2003 and 2006! She is also the 2007 USATF Masters Female Athlete of the Year.

#### **Jeff Galloway Virtual Clinic**

Saturday, October 6, 12:30pm – 2:00pm

A first of its kind for a major running event! Join Jeff Galloway “in person” via live video teleconference! Jeff and DC Training Group Leader Bob Bieri, who will be on hand at the Expo, will conduct a motivation, nutrition, wellness, fitness and run/walk clinic. Olympian, author, and motivational speaker, Jeff Galloway and his training programs have helped over 500,000 runners achieve their goals.

#### **Abdi Bile**

Saturday, October 6, 9:00am - 10:00am and 11:00am – 12:00pm

Abdi Bile will conduct a training clinic with a QA session. The 1987 former 1500m world champion, and a four-time Olympian (1984, 1988, 1992, 1996), Bile has over 15 years of experience competing on the world



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class level and dominating his event in the mid and late 80's.

### **Biomechanical Assessment Clinic and Nordic Pole Walking Demo by Foot Solutions**

Saturday, October 6, 2:00pm – 4:00pm

The world's largest and top-ranked health and wellness franchise focusing on foot care and proper fit offers their unique service to ATM Expo attendees. The assessment is innovative because the highly trained staff uses digital computerized foot scanning technology to analyze and fit each client and their specific foot care needs. Runners will receive a four-way measurement of each foot, a dynamic gait analysis as well as a computer scan and analysis of each foot. Foot Solutions will also demonstrate Nordic pole walking, described as cross-country skiing without the skis, which provide numerous health benefits.

### **Pacers Running Store Clinics**

Friday, October 5, 7:00pm – 8:00pm and Saturday, October 7, 10:00am – 11:00am

Local running store owner Chris Farley will lead a talk on selecting the correct gear for runners and walkers to ensure a happy and healthy training and racing regimen. Chris will dissect shoe, apparel, and foot type lingo and offer his views on the best in training equipment. Personal gait analyses will be available as well!

### **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 US 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 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](http://www.armytenmiler.com).