



CONTACT: Roxana Hoveyda
Marketing Manager
(202) 685-4820
roxana.hoveyda@jfhqncr.northcom.mil

ARMY TEN-MILER NEWS RELEASE

FOR IMMEDIATE RELEASE

DATE: March 27, 2007

JEFF GALLOWAY AND ARMY TEN-MILER TEAM UP AGAIN ON TRAINING PROGRAM

WASHINGTON, DC – With the opening of registration fast approaching this Monday, April 2, it's time to start thinking about training for the 23rd running of the Army's annual race. After a successful start in 2006, the Army Ten-Miler has once again partnered with Jeff Galloway Training to bring its registrants specialized training programs to help runners of all abilities achieve their goals.

Army Ten-Miler runners can choose between an online virtual training program and a DC-based on-site training program in which participants meet weekly to run together. Both programs start on July 23 and span ten weeks. Each participant will receive personal communication with Jeff Galloway training leaders, a training schedule, Galloway's Book on Running, and more. Additional information on Jeff Galloway's Army Ten-Miler training can be found on the Training Page on www.armytenmiler.com. Upon registration for the 2007 race, runners will receive a link with information on how to join in their confirmation e-mails.

"I was amazed at the success of our Army Ten-Miler training program last year - I heard from hundreds who used it effectively. With our program you can get off the couch and finish the ATM or potentially improve your time. Galloway and the Army Ten-Miler are working together to improve the quality of life through fitness," commented Jeff Galloway.

This is what 2006 Army Ten-Miler runners thought about the Jeff Galloway training program: "It was a fantastic experience for me as I ran the Army Ten-Miler for the very first time. I can't wait to sign up for the 2007 race. I am going to work on cutting my time. Thank you for everything," said one Army runner. A couple that trained together stated, "We really enjoyed the training as well as the race!! I think we did OK considering this was our first 10 mile. Thanks again for training us and we look forward to the 2007 Army Ten-Miler!"

About Jeff Galloway Training

Olympian, author, and motivational speaker, Jeff Galloway has been running since 1958 and set an American record at 10-miles (47:49) in 1973. Galloway also represented the USA as a member of the U.S. National Track & Field team in Europe, Russia, and Africa. At age 35, he ran the Houston-Tenneco Marathon in 2:16:35. Galloway conducts over 60 running clinics a year and makes between 80 and 100 appearances at running stores, YMCA's, and fitness clubs. His training programs have helped over 500,000 runners achieve their goals. Designer of the walk-run, low mileage marathon training program with a 98% success rate, Jeff Galloway spends the time necessary to answer the questions of thousands of beginners, recreational runners, aspiring marathoners, and time-goal runners every year. To sign up for the Army Ten-Miler Training Program,



CONTACT: Roxana Hoveyda
Marketing Manager
(202) 685-4820
roxana.hoveyda@jfhqncr.northcom.mil

visit the [Army Ten-Miler Training Page](#).

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 something to be experienced.

Race weekend activities including the Race Expo, fitness clinics, and press conference 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 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.

- ### -