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**ARMY TEN-MILER NEWS RELEASE  
FOR IMMEDIATE RELEASE  
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**ARMY WILL CONDUCT AMERICA'S LARGEST 10-MILE RACE IN DC THIS WEEKEND**

*WASHINGTON, DC* – The 23<sup>rd</sup>

Annual Army Ten-Miler, America's largest 10-mile race, attracts 26,000 runners from all over the world to participate in a jam-packed weekend of activities. Race weekend is not just for the runners – there is something for everyone! The weekend kicks off this Friday with a two-day race Expo presented by New Balance, open to the public press conference, clinics, and the GEICO Pasta Dinner at the Crystal Gateway Marriott in Arlington, VA.



Opening Ceremonies for the race kick off at 7:10a.m., Sunday, October 7 at the Pentagon with the U.S. Army Golden Knights and Canadian SkyHawks parachute jump. Other race day activities include the Health Net Federal Services Youth Runs; the 94.7 Post Race Party featuring bands, entertainment and giveaways; the HOOAH Tent Zone – where Army Teams from around the world show their spirit, celebrate the race in over 50 decorated tents; and the Health Net Federal Services Youth Activity Zone and Youth Runs complete with displays, inflatables, the GEICO Gecko, DC Divas, and much more! For complete race weekend information, visit [www.armytenmiler.com](http://www.armytenmiler.com).

Participants in the 2007 Army Ten-Miler hail from all around the world. Below is just a sampling of the many outstanding athletes you will see at this year's race:

**Missing (Parts) in Action (MPIA)** - MPIA will support five military amputee teams along with two teams of their physical therapists – who all have very inspiring stories. This is the largest MPIA turnout in the team's four-year appearance at the Army Ten-Miler.

**Alisa Harvey, Manassas, VA - Four-Time Army Ten-Miler Winner in 1998, 1999, 2003, 2006** – Harvey is the 2007 USA Track and Field Masters Female Athlete of the Year and a constant



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victor on the Washington, DC racing scene. Alisa hopes to defend her 2006 title as both the Army Ten-Miler Overall Female Winner as well as the Overall Female Masters Winner (and record holder).

**Jared Nyamboke – 2006 Army Ten-Miler Overall Winner** – Jared hails from Kenya and has been running professionally since the age of 26. As a part of the Foot Solutions Elite Team, Jared has seen much success on the road race circuit. Jared hopes to repeat his victory at this year's event.

**3<sup>rd</sup> Infantry Division Wives** – This group of 37 wives from Fort Stewart and Hunter Army Air Field in Georgia will be “showing their solidarity and representing the spirit of Army Families everywhere.” The group was organized by Gabrielle Winton, who has run four previous Army Ten-Milers and also knows the stress of being the spouse of a deployed soldier. Her intent with organizing this group is to remind others that for every soldier serving in Iraq or Afghanistan there is a family making huge sacrifices as well, and proud to do it. Gabrielle and the other spouses will be showing their HOOAH spirit during race weekend.

**Foot Solutions Elite Men's Team** - The Foot Solutions Elite Team is a competitive men's racing team who hopes to capture the men's team division title. Two of the team's star performers are Tamrat Ayalew and Belay Teka-Kassa of Ethiopia. Teka-Kassa finished second in the 2006 Army Ten-Miler and set a course record (2:34:57) at the 2006 Potomac River Run Marathon.

**Foot Solutions Elite Women's Team** – In addition to the Men's elite racing team, Foot Solutions also has an impressive women's team. Standouts on this team include Tatyana Pozdnyakova, an 8-time *Runner's World* Female Masters Runner of the Year; Firaya Sultanova-Zhdanova and Elena Paramonova, both well-accomplished Masters runners; and Claudia Colita who has set a goal is to win the 2007 Army Ten-Miler in 56:00.

**Fort Bragg Women's Teams - 2006 Commander's Cup Female Champions and ATM Record Holders** - Established in 1996, the Fort Bragg Women's Team was victorious in the Army Ten-Miler Commander's Cup competition in 1997, 1998, 2000, 2004, and 2006. In 2004, they set the race record for the active duty women's division. There are several returning runners from the 2006 team - CPT Betsy Hove, Amy Bourie, and Kerryn Story. MAJ Cynthia Hazel, who served as the coach in 2000 2004, and 2006 will return again this year and states that this year's team has some very strong runners and she expects the team to be very competitive.

**Eighth Army Men's Team** – As the 2006 Commander's Cup Male Champions, this team has been training hard in the mountainous terrain of Korea and will be returning to DC once again under the leadership of SFC Paul Lancaster, Jr. who expects nothing less than a top three finish.



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Race weekend opportunities to interview many of these runners include the Army Ten-Miler Press Conference on Friday, Oct. 5, 1:30 p.m. at the Crystal Gateway Marriott, TANDBERG Interactive Zone, in the Arlington Ballroom and on race day. For more information, visit the Media Page at <http://www.armytenmiler.com/Stories/index.cfm> and download the Media Kit and credential form.

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

The 23rd edition of America's largest 10-mile running event takes place on Sunday, Oct. 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.

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