



ARMY TEN-MILER NEWS RELEASE

FOR IMMEDIATE RELEASE

DATE: September 26, 2005

Number: 04-044

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ARMY WILL CONDUCT AMERICA'S LARGEST 10-MILE RACE IN DC THIS WEEKEND

WASHINGTON, DC – The 21st Annual Army Ten-Miler, America's largest 10-mile race, attracts over 20,000 runners from all over the world to run a course that starts and finishes at the Pentagon and passes such other national landmarks as the Lincoln Memorial, the Washington Monument and the Capitol.

Participants in the 2005 Army Ten-Miler hail from all around the world. Below is just a sampling of the many talents you will see at the 2005 Army Ten-Miler:

3rd Inf. Div. Army Spouse Ten-Miler Team - For more than three months, a group of 40 or so military spouses at Fort Stewart and Hunter Army Airfield have been training to compete in the Army's premier annual road race. "Our Soldiers can't be here to compete, but we are here in place of them, and in honor of them," runner Jacqui Coffman says. An article in the Aug. 25 Stewart/Hunter Frontline describes them training all during the hot months of June, July and August, with the weeks just before the race denominated "crunch time" for getting in those last training miles. They will make up multiple teams and already consider themselves winners.

Christopher Graff, Arlington, Va. - Army Ten-Miler Winner – 1999 - Graff is an accomplished athlete and a champion runner. Some of his achievements have included: fifth at 2004 Olympic Trials 10,000m ; first at USA Track & Field 10 Mile Championship 2003 (championship record time) ; second at USATF 20k Championship 2004 ; second at USATF 10 mile Championship 2004 ; third at USATF 15k Championship 2004 ; seventh at USA Track & Field Marathon 2003 ; and fifth at USA Track & Field Championships 10,000m in 2002.

Christine Clifton - Christine began her professional athletic career as a runner in 1997 as has developed into a top marathon competitor. In her debut marathon, the 2000 Chicago Marathon, she posted an impressive time of 2 hours, 32 minutes and 45 seconds, earning her seventh place. Since then, she has been a serious factor in races at both the national and international levels, earning top U.S. team spots and invited runner status nationwide and worldwide, including Colombia, Italy, Spain, Portugal, Ireland, Austria, and South Korea.

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Sgt. 1st Class Gerardo “Ponch” Avila - While assigned to 1st Bde, 25th Infantry Division operating near Mosul in Iraq less than a year ago, Sgt. 1st Class Avila was hurt in an Improvised Explosive Device blast. His driver lost both legs while Avila was injured in the face, eye, and has lost much of his hearing in one ear. Several operations are still pending, yet he has maintained his fitness and his training, inspiring on a very fast Fort Lewis men’s team as its fastest runner.

Fort Bragg Women’s Team - 2005 Commander’s Cup Female Champions and ATM Record Holders

The Fort Bragg Women’s Ten-Miler Team was established in 1996 and has been victorious at the Army Ten-Miler in 1997, 1998, 2000, and 2004. In 2004, they set the race record for the active-duty women’s division. Three members from the team are returning this year: Sgt. Michelle Lopez, 1st Lt. Julie Murray, and Sgt. Sara Derosa.

Of course, race weekend is not just for the runners – there is something for everyone in the event put on by the United States Army Military District of Washington.

A two-day race Expo kicks off Friday. There are press conferences and media availabilities with runners. Participants can take part in clinics and many carb load the night before the race at the GEICO Pasta Dinner at the Crystal Gateway Marriott in Arlington, Va.

The race starts at 8 a.m. Oct. 2 at the Pentagon. Other race-day activities include Youth Runs; 94.7 Post Race Party featuring bands, entertainment and a live broadcast; the HOOAH Tent Zone; and a Youth Activity Zone complete with displays, inflatables, the GEICO Gecko, McGruff the Crime Dog, and much more.

For complete race information visit www.armytenmiler.com. For more runner information, visit the Media Page and download the 2005 Media Kit.