



PRESS RELEASE

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ARMY TEN-MILER TO OFFER INTERACTIVE ONLINE TRAINING SERVICE

Exclusive price for Army Ten- Miler Participants from Focus-N-Fly

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In its 26th year, the 2010 Army-Ten Miler will feature an online, interactive training service available with an exclusive promotion for all entrants.

The Army Ten-Miler, one of the nation's most well known endurance running events, is thrilled to partner with Focus-N-Fly the leader in personalized online training. All race participants, from beginners to experienced competitors, will have the opportunity to sign up via the website for individually crafted training at an exclusive Army Ten-Miler price (\$24.95 before May 31st and \$29.95 after). Programs are developed immediately upon registration with daily assignments and guide the trainee up to race day.

“One of the objectives for our Army Ten-Miler race is to promote health and fitness. Over the last 25 years, the Army Ten-Miler has helped over 226,000 people achieve their running and fitness goals. We are excited to team-up with the Focus-N-Fly online training program for the 2010 race to offer runners, of all levels, another great tool to achieve their fitness and race goals,” said Jim Vandak, Army Ten-Miler race director.

Tom McGlynn, 3-Time US Olympic Trials marathon qualifier and founder of Focus-N-Fly adds, “We are energized about the opportunity to partner with the Army Ten-Miler and join them in their goals of promoting fitness and supporting the families of our nation's service members. We look forward to helping as many participants as possible train effectively and enjoy the running experience over America's most historic 10M race course this October.”

The Focus-N-Fly training system collects a variety of personal information upon initial login and then utilizes this data against the thousands of workouts and records in its database to generate an individualized schedule. The training adapts to each participant's fitness level, as they enter training log details and run/time trial results so that paces, progression and variance adapt accordingly. The Web 2.0 experience is user-friendly and features a forum where race participants can discuss nutrition, shoes and injuries.

For more information and to access this exclusive Focus-N-Fly training offer, please visit <http://armytenmiler.focusnfly.com>.

About Focus-N-Fly

Focus-N-Fly is a training service that has helped runners produce thousands of personal bests in races from the 5K-Marathon. The system assigns training to individuals based on personal fitness levels, background and schedule availability. As members use the system it updates to keep training at an optimal stress/recovery level. Runners gain fitness, avoid injury and become more aware of personal paces. Members use a social forum to access hundreds of other peers and high-level coaches provide feedback, suggestions and lead on-line webinars. For more information about Focus-N-Fly or to start using the system today, please visit www.focusnfly.com or call 650-342-4683.

About the Army Ten-Miler

Each year tens of thousands of runners and spectators come to Washington, DC to join in this race classic. Produced by the U.S. Army Military District of Washington, the Army Ten-Miler proceeds support Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of soldiers and their families.
