AMERICA'S LARGEST 10-MILER

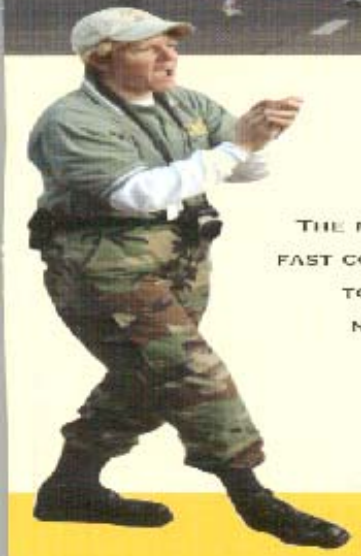
PACE YOURSELF FOR MONUMENTAL FUN IN OUR NATION'S CAPITAL AT THE 20TH RUNNING OF THE ARMY TEN-MILER RACE ON OCTOBER 24TH IN WASHINGTON, DC AT THE PENTAGON.

THIS YEAR, WE ARE ISSUING A COMMEMORATIVE LONG SLEEVE, MOCK TURTLENECK SHIRT AND A SPECIAL FINISHER'S COIN TO MARK THE 20TH ANNIVERSARY OF AMERICA'S LARGEST 10-MILE RACE.

20,000 RUNNERS AND 750 TEAMS FROM AROUND THE WORLD ARE EXPECTED TO PARTICIPATE IN THIS TRADITIONAL ARMY EVENT THAT IS RENOWNED FOR ITS TRADITION OF EXCELLENCE.

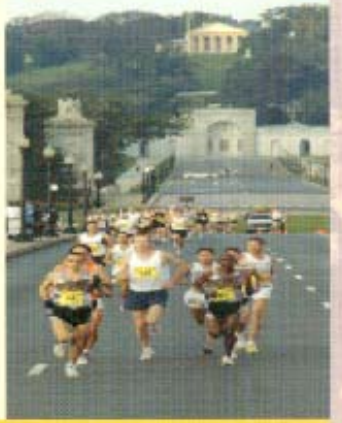
DEDICATION, TEAMWORK, AND ESPRIT DE CORPS ARE A FEW OF THE CHARACTERISTICS THAT DESCRIBE THE ARMY'S RACE AND ITS PARTICIPANTS.

INDIVIDUALS AND TEAMS COMPETE FOR TOP DIVISION HONORS WHILE



U.S. MILITARY TEAMS COMPETE FOR THE COVETED COMMANDER'S CUP.

THE MOSTLY FLAT, USATF-CERTIFIED FAST COURSE OFFERS A PICTURESQUE TOUR OF NATIONAL PARK LANDS, NATIONAL BUILDINGS, HISTORIC MONUMENTS AND MEMORIALS.



www.armytenmiler.com

CELEBRATING 20 YEARS!

In 1985, the inaugural Army Ten-Miler had 1,379 runners, including 105 teams, toe the line. Today, the run has grown to 20,000 runners with over 750 teams from around the world.

The prestigious Commander's Cup was first awarded in 1987 to the fastest military team, and starting in 1997 womens' teams were included. Fort Carson holds the event record for men's teams with 3:19:36 set in 2000.

The women's team USAREUR holds the event record of 4:21:17 set in 2002.

The event record for men was set in 1997 by Dan Browne, 22 years old from Fort Lee, VA (US Army), with a time of 47:44.

The women's race record was set by 30-year old Susan Molloy, from Charlottesville, VA in 1995 with a time of 56:20.

Sgt. Sammy Ngatia, 41, of Fort Carson, CO holds the men's masters event record of 48:50, set in 2000. The women's masters record was set in 2002 by Martha Merz, 40, from Mystic, CT with a time of 59:49.

QUICK FACTS...

RACE DAY: Sunday, October 24 at the Pentagon

- 7:50 am Wheelchair Racers
- 8:00 am ATM Start
- 10:45 am Kids' Run

ONLINE REGISTRATION: www.armytenmiler.com

QUESTIONS: Phone: 202-685-3361 or E-mail: armytenmiler@fmmc.army.mil

PACKET PICK-UP: Friday & Saturday, October 22 & 23, 10-7pm

GEICO PASTA DINNER: Saturday, October 23, 6-8pm

HOST HOTEL: Crystal Gateway Marriott, Arlington VA 1-800-228-9290 *(walking distance to race start)*

HOOAH TENT RESERVATIONS: Download application from web site, call, or email ATM office

VOLUNTEERS: Individuals register at www.armytenmiler.com Groups of 10+ call, 202-685-3361

RACE INFORMATION & WEEKEND EVENTS

ONLINE REGISTRATION

- For individuals, teams, or volunteers. Go to www.armytenmiler.com
- Entry **deadline is September 17th** or when the 20,000 field is filled

MAIL-IN REGISTRATION

- Entry forms can be downloaded at www.armytenmiler.com
- **All mail-in entries must be postmarked by August 16th**

START TIMES

7:50 AM	Wheelchair Race
8:00 AM	Army Ten-Miler
10:45 AM	Kids' Run
11:00 AM	Awards Ceremony

REGISTRATION & FEES

ATM	$30 + processing fee *(before July 31st)*
ATM	$35 + processing fee *(after July 31st)*
Kids' Run	$8.00 + processing fee

–PAST WINNERS– COMMANDER'S CUP

85	105 teams	not established
86	85 teams	not established
87	Military District Of Washington	3:37:48
88	Military District of Washington	3:34:38
89	The Marine Warriors	3:34:36
90	National Guard	3:37:02
91	Follow Me, Fort Benning	3:25:42
92	Team Mission Accomplished USAREUR	3:36:13
93	101st Airborne Division Fort Campbell, KY	Unavailable
94	Fort Carson	Unavailable
95	The Screaming Eagles of Fort Campbell	Unavailable
96	Fort Hood	Unavailable
97	Fort Carson *(M)* Fort Bragg *(F)*	3:27:44 4:23:43
98	US Army Europe *(M)* Fort Bragg *(F)*	3:36:27 4:30:37
99	Fort Carson *(M)* USAREUR V Corps *(F)*	3:29:51 4:35:46
00	Fort Carson *(M)* Fort Bragg *(F)*	# 3:19:36 4:33:46
01	Cancelled	
02	Fort Carson *(M)* USAREUR *(F)*	3:27:38 # 4:21:17
03	Fort Lewis & I Corps USAREUR *(F)*	3:35:01 # 4:21:17

EVENT RECORD

INDIVIDUAL COMPETITION

Runners come from all over the world to participate in this premiere event. Men and women, civilian and military runners train to race amongst their peers. Many compete for the sport; others for self-accomplishment and others just for fun. The consensus by all is the race is one of the best in America. Awards are given to top five Males and Females in each division except Overall, Masters and Wheelchair categories.

TEAM COMPETITION

Over 700 military and civilian teams compete for top awards. In addition, U.S. military teams compete for the prestigious Commander's Cup. This competition is very spirited and competitive amongst the teams. These groups have a resounding effect and impact on the overall feeling of the race. Much like the Army, they work hard and as one to place in this competition. Awards are given to the top three teams in each division.

PACKET PICK-UP

Friday Oct 22nd 10 AM - 7 PM
Saturday Oct 23rd 10 AM - 7 PM

Crystal Gateway Marriott Arlington Ballroom. Please show photo ID to obtain packet(s).

- **No race day pick-up**
- **No team or individual changes allowed**

RACE EXPO Friday & Saturday, Oct 22-23, 10 AM –7 PM

Crystal Gateway Marriott - Arlington Ballroom

The Expo features over 40 exhibitors offering running apparel, shoe health and fitness items, and official Army Ten-Miler merchandise at great prices. It's free and open to the public.

GEICO PASTA DINNER Saturday, Oct 23rd, 6:00 - 8:00 PM

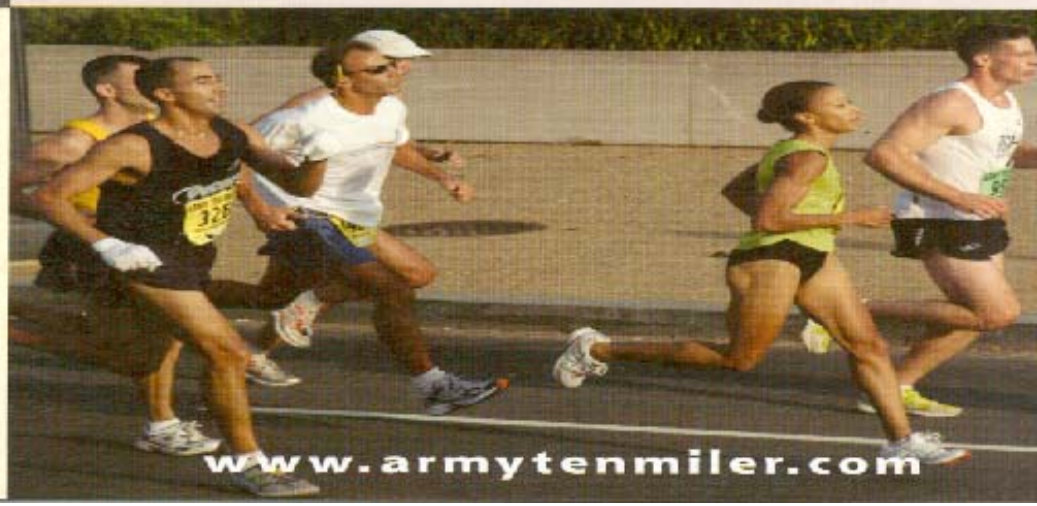
Crystal Gateway Marriott Grand Ballroom Tickets: $25.00

All-you-can-eat buffet includes pasta, choice of sauces, salad, bread dessert and beverage. Order tickets online or by mail. All seats are prepaid. **No refunds.**

Traditionally attended by the Army Chief of Staff, the Sergeants Ma of the Army, Reserve and National Guard and Army teams from around the world.

KIDS' RUN & KIDS' ZONE

- Kids' Run will begin at 10:45 AM
- Kids in grades K-3 run 100 meters
- Kids in grades 4-8 run 300 meters
- All participants receive short-sleeve t-shirt and finisher's medal
- Entry fee is $8 each. Register online or by mail
- Parent or legal guardian must pick up packet at hotel

KIDS' ZONE

In the main staging area, see McGruff the Crime Dog, enjoy face-painting and other fun activities. A parent or guardian must accompany children at all times. Bring the kids and have a good tin