

# PRESS RELEASE

FOR INTEGRA TELECOM



FOR IMMEDIATE RELEASE



community  
matters

AN INTEGRA TELECOM PROGRAM

*Investing in the lives of the people we serve.*

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## INTEGRA TELECOM RAISES MORE THAN \$8,000 AND SERVES AS MAJOR SPONSOR OF HOOD TO COAST

*Employees Run/Walk a Combined 915 Miles,  
Raise Funds for American Cancer Society*

**Portland, Ore. – Sept. 10, 2010** – The employees of [Integra Telecom Inc.](http://IntegraTelecom.com) raised more than \$8,000 for the American Cancer Society by participating in the 2010 OfficeMax Hood to Coast and Portland to Coast Relays. In support of cancer research and prevention, 75 employees from throughout the company's 11 state service area ran or walked a combined 915 miles.

"We are very proud that our employees continue to support, volunteer and participate in Hood to Coast to raise funds for the American Cancer Society," said Dudley Slater, CEO of Integra Telecom. "It's an honor to once again be part of this inspiring event and to help reduce the impact of cancer within our communities."

This year Integra Telecom was a title sponsor of the Portland to Coast Walk, and a gold sponsor of both the Hood to Coast Relay and the High School Challenge. Employees who participated in the races logged many hours of practice during their lunch hours while at work, including members of the executive team.

Through Integra's Community Matters program, Integra Telecom continues to challenge its employees to host community events to raise awareness and funds for cancer research.

### [About Community Matters](#)

Community Matters is an Integra Telecom program supporting causes and organizations that promote the health, education and well-being of youth; the improved stability and quality of life within Integra's communities; and the wellness, safety and eradication of disease. Through Community Matters, all full-time Integra employees receive eight hours of paid time off per year to volunteer in their communities.

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## About Integra Telecom

Integra Telecom Inc. provides voice, data and Internet communications to thousands of business and carrier customers in 11 Western states, including: Arizona, California, Colorado, Idaho, Minnesota, Montana, Nevada, North Dakota, Oregon, Utah and Washington. The company owns and operates a best-in-class fiber-optic network comprising metropolitan access networks, a nationally acclaimed Internet and data network, and a 4,700-mile high-speed long haul network. The company has earned some of the highest customer loyalty and customer satisfaction ratings in the telecommunications industry. Integra Telecom and Electric Lightwave are registered trademarks of Integra Telecom Inc. For more information, visit [www.integratelecom.com](http://www.integratelecom.com).

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