

# 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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## NEARLY 100 INTEGRA TELECOM EMPLOYEES PARTICIPATE IN HOOD TO COAST

*Competitive Telecom Employees Run/Walk Combined 1,296 Miles,  
Raise More Than \$30,300 for American Cancer Society*

**Portland, Ore. – Sept. 9, 2009** – The employees of [Integra Telecom Inc.](http://Integra Telecom Inc.) raised more than \$30,300 for the American Cancer Society (ACS) through the company's Community Matters program and participation in the 2009 Nike Hood to Coast and Portland to Coast Relays. In total, 96 employees from throughout the company's 11 state service area ran or walked a combined 1,296 miles in support of cancer research and prevention.

"We continue to be amazed by the generosity and community support illustrated by our employees," said Dudley Slater, CEO of Integra Telecom. "It's an honor to once again be part of the Hood to Coast event and to support the American Cancer Society in reducing the impact of cancer within our communities."

Spurred by the company's sponsorship of the event and commitment to supporting community organizations, Integra Telecom challenged its employees to host community events to raise awareness and funds for cancer research. Integra contributed to its employees' total donation of \$20,316 by matching 100 percent of their funds raised up to \$10,000. In 2009, Integra's employees raised more than \$7,300 more for the ACS than they did in 2008.

### [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.

### [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,

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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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