

PRESS RELEASE

FOR INTEGRA TELECOM



FOR IMMEDIATE RELEASE

MEDIA CONTACTS

John Nee, 503-453-8084, john.nee@integratelecom.com
Keith Metz-Porozni, 503-546-7870, keith@lanep.com

MARCH MADNESS SPIKES INTERNET TRAFFIC 28 PERCENT

Integra Telecom Reports First Day of the NCAA Tournament Was Busiest of the Year

Portland, Ore. – March 18, 2011 – [Integra Telecom Inc.](http://www.integratelecom.com), a telecommunications provider for business, recorded an increase in business Internet traffic of 28 percent above normal on Thursday, March 17, as March Madness took off across the nation on the first day of the NCAA Division I Men’s Basketball Tournament.

“For the past several years, we’ve tracked Internet patterns during the NCAA basketball tournament and this year’s traffic spike nearly doubled that of 2010,” said John Nee, vice president of corporate communication for Integra Telecom. “Based on when the increase was recorded, we anticipate that a great deal of the traffic came from our customers’ employees keeping tabs of their favorite teams throughout the workday.”

Compared against Internet traffic from the past 12 months, Thursday’s traffic recorded by Integra Telecom represents the busiest day of the year. Integra attributes Thursday’s spike in Internet usage to the employees of their customers streaming video from sports websites, visits to social networking sites and to e-mail exchanges.

Integra’s March Madness Internet usage was compared against its Internet usage recorded on a normal Thursday to the first round of “Big Dance” games.

About Integra Telecom

Integra Telecom Inc. provides voice and Internet solutions to thousands of business and carrier customers in the 11 Western states of Arizona, California, Colorado, Idaho, Minnesota, Montana, Nevada, North Dakota, Oregon, Utah and Washington. It owns and operates a best-in-class fiber-optic network comprised of metropolitan access networks, nationally acclaimed Internet and data networks, and a 5,000-mile high-speed long haul network. The company has earned some of the highest customer loyalty and customer satisfaction ratings in the telecommunications industry. Primary equity investors in the company include Goldman, Sachs & Co., Tennenbaum Capital

RESPONSIVE. RELIABLE. LOCAL.

Partners, funds managed by Farallon Capital Partners and Warburg Pincus. Integra Telecom and Electric Lightwave are registered trademarks of Integra Telecom Inc. For more information, visit: www.integratelecom.com.

##