

PRESS RELEASE

FOR INTEGRA TELECOM



FOR IMMEDIATE RELEASE



Investing in the lives of the people we serve.

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INTEGRA TELECOM BECOMES TITLE SPONSOR OF 2010 PORTLAND TO COAST WALK RELAY

*Sister Event to OfficeMax Hood To Coast Relay Looks to
Help Meet \$400,000 Fundraising Goal*

Portland, Ore. – Nov. 11, 2009 – [Integra Telecom Inc.](http://www.integratelecom.com) will become the title sponsor of the 2010 Portland To Coast Walk Relay, the sister event of the Hood To Coast Relay. For the past three years Integra Telecom has served as a gold sponsor of the event. Both are considered to be the largest running and walking relay events in the world. The 2010 relay is slated for Aug. 27 and 28 and marks the 20th year of the walking event.

Race organizers hope to raise \$400,000 at this year's events to help benefit the American Cancer Society. Limited spaces are still available for teams interested in participating in the walk relay in 2010. The run relay filled the 1,000 team limit on the opening day of registration. For more information or to register a walk relay team, please visit www.hoodtocoast.com or www.Portlandtocoastwalk.com.

"We couldn't be more pleased to become the title sponsor for the Portland To Coast Walk Relay event in 2010," said John Nee, vice president of corporate communications and regular OfficeMax Hood to Coast participant. "This event has come to mean a great deal to our employees and our company and it is an honor to be able to further assist the organization, while helping raise additional funds for the American Cancer Society."

In 2009, 130 employees from throughout Integra Telecom's 11 state service area participated in Hood To Coast and Portland To Coast Relay events. Through the company's Community Matters program and participation in the 2009 Hood To Coast Relay, Integra employees raised more than \$27,500 for the American Cancer Society.

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The 2010 Integra Telecom Portland To Coast Walk Relay is 127 miles long. The event begins in Portland and finishes on the beach in Seaside, Ore. Four-hundred teams of 12 walkers each cover the scenic terrain each year during the two-day event.

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, 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.

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