

PRESS RELEASE

FOR INTEGRA TELECOM



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Integra Telecom Named One of Oregon's Most Admired Companies for Third Consecutive Year

Oregon CEOs and the Portland Business Journal select Integra as Oregon's 6th Most Admired Technology Company in 2007

PORTLAND, Ore. - Dec. 7, 2007 - Integra Telecom was once again recognized by the Oregon business community at the Portland Business Journal's 'Oregon's Most Admired Companies' luncheon held Dec. 6. Integra Telecom moved from tenth most admired technology company in Oregon in 2005, to the eighth most admired slot in 2006, and now to the sixth position in 2007.

More than 2,000 Oregon CEOs were asked to vote for the greatest companies in Oregon. Voters ranked each company based on attributes such as innovation, customer service and community involvement. Award recipients were selected from eight industry categories including technology, professional services, commercial real estate, health care, nonprofits, agriculture and forest products, financial services and traditional manufacturing.

"We're honored to once again be considered one of 'Oregon's Most Admired Companies,'" said Dudley Slater, CEO of Integra Telecom. "This recognition is the result of the hard work of our employees and our company's commitment to providing superior customer service. We are grateful for the loyalty of our customers and that our work is being recognized by our peers."

'Oregon's Most Admired Companies' is an annual Portland Business Journal event. Hosted by publisher Craig Wessel, the event is one of the publication's business programs aimed at recognizing Oregon's leading businesses.

About Integra Telecom Inc.

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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 composed of metropolitan access networks, a nationally acclaimed tier one 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. Primary equity investors in the company include Warburg Pincus, Banc of America Capital Investors and Boston Ventures. Integra Telecom and Electric Lightwave, Eschelon Telecom, Unicom and OneEighty Communications are registered trademarks of Integra Telecom Inc. For more information, visit www.integratelecom.com.

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