

PRESS RELEASE

FOR INTEGRA TELECOM



FOR IMMEDIATE RELEASE

MEDIA CONTACTS

John Nee, 503-453-8084, john.nee@integratelecom.com

Melissa Moore, 503-546-7894, melissa@lanep.com

INTEGRA TELECOM SCHEDULES RELEASE OF THIRD QUARTER EARNINGS TO DEBT HOLDERS FOR NOV. 12, 2010

PORTLAND, Ore., Nov. 8, 2010 – [Integra Telecom, Inc.](http://www.integratelecom.com), will release its third quarter earnings on IntraLinks to holders of its debt, prospective investors, broker-dealers, and securities analysts on Friday, Nov. 12. The Company also plans to conduct a quarterly earnings conference call Wednesday, Nov. 17 at 8:00 a.m. PDT (11:00 a.m. EDT) during which the company will discuss third quarter 2010 results. There will be a question-and-answer session following the presentation. Call-in information will be provided on IntraLinks to debt holders at or before the time of posting to IntraLinks of the Company's quarterly earnings. Debt holders, prospective investors, broker-dealers, or securities analysts who would like to have access to the Integra IntraLinks site, can make their request by e-mailing Integra Telecom at noteholders@Integratelecom.com.

About Integra Telecom

Integra Telecom, Inc. provides integrated communications services across 33 metropolitan areas in 11 states of the Western United States, including: 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 more than 2,800 route miles in 11 metropolitan access networks including approximately 1,386 on-net buildings, a world class Internet and data network, and approximately 4,900-mile high-speed long-haul fiber 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 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.

###

RESPONSIVE. RELIABLE. LOCAL.