



I Watched It All On My Radio... Fans seeking pre-race and post-race traffic information are advised to tune in to KGME 910 AM (known as XTRA Sports 910 in Phoenix). Additionally, fans can follow the action of the races tonight, tomorrow and Sunday on KGME, which is the local Motor Racing Network (MRN) affiliate in the Phoenix market. It is a Clear Channel station.

A True American Hero... In a continuing recognition of Veteran's Day, which was officially commemorated on Wednesday, Retired Maj. Gen. Gary L. Harrell will be the honorary starter for tomorrow's **Able Body Labor 200**. Maj. Gen. Harrell retired as the Deputy Commanding General, United States Army Special Operations Command in July 2009. In 1973, he was originally commissioned a Second Lt. upon graduation from East Tennessee State University. His initial assignment was to the 2nd Battalion, 508th Infantry, 82nd Airborne Division at Fort Bragg, where he served as a Rifle Platoon Leader. Harrell assumed command of Special Operations Command Central in 2002. During Operation Iraqi Freedom, Harrell commanded 20,000 personnel, the largest special operations forces assembled since World War II. In 2005, he was made Deputy Chief of Staff for Operations/Commander, deployable Joint Task Force, NATO Response Force in the Netherlands.

Harrell's awards and decorations include the Defense Superior Service Medal, the Bronze Star Medal (with V-device and two Oak Leaf Clusters), Purple Heart, Defense Meritorious Service Medal, Meritorious Service Medal (with Oak Leaf Clusters), Air Medal, Army Commendation Medal (with two Oak Leaf Clusters), Joint Service Achievement Medal, as well as numerous service medals. He has also earned the Combat Infantryman Badge, Master Parachutist Badge, Master Military Free Fall Parachutist Badge, Pathfinder Badge, SCUBA Diver Badge, Special Forces Tab and Ranger Tab.

John Ellis, Able Body Labor Vice President of Western Operations: "We are honored to have someone of Maj. Gen. Harrell's stature be a part of the Able Body Labor 200 pre-race ceremonies for both his accomplishments and to recognize the thousands of men and women of our Armed Forces who serve our country proudly. NASCAR is a truly American sport and on behalf of all the Able Body family, we are excited to host Maj. Gen. Harrell and to celebrate the patriotism that he and all of our troops represent."

Maj. Gen. Gary L. Harrell (retired): "I am excited to be a part of the Able Body Labor 200 pre-race festivities. It is a great honor and, as a fan, I am looking forward to a great day of racing!"

Driver Quotes:

#42 Juan Pablo Montoya (currently sixth in Sprint Cup Points): "We run our cars as good as we can every week, whether we're in contention or not. We've got to get as high as we can in the points. It's been good. Last week our car sucked. I thought it sucked. If we can't have ourselves a good handling car, then it sucks, and we're going to get ourselves in trouble. It would be nice to get a win this year. It's been a great year otherwise; I couldn't really ask for more. I believed in them (the crew) and they believed in me. We pulled together. At the beginning of the year, we ran pretty good here (at PIR). We got a (pit-lane) speed violation here, and that kind of killed our chances. We had, like, a fifth- or sixth-place car, and I'm hoping here that we're going to have a little better car."