



PRESS RELEASE

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FIVE-TIME PEACHTREE ROAD RACE WINNER GAYLE BARRON SELECTED AS WAFFLE HOUSE® SPOKESPERSON

ATLANTA — *Waffle House* restaurants introduces world renowned marathon runner Gayle Barron as its Health and Fitness Expert and spokesperson for the healthy menu options.

"I've been a *Waffle House* FANATIC since I was a little girl," says Gayle. "It's a natural fit." As spokesperson, Gayle will spotlight products the restaurant currently offers that fit into the lifestyle of the health-conscience consumer.

"Waffle House has a variety of items on the menu targeted to the active market," says Gayle. "The grilled chicken and side salads are just a few of the things individuals who are conscience of what they eat can order from the menu." While promoting the healthy menu items, Gayle will also make appearances for *Waffle House* restaurants at the Peachtree Road Race and other events around Atlanta.

Since winning the female division of the Boston Marathon and becoming the first and only five-time winner of the Peachtree Road Race, Gayle uses her running platform to promote health and fitness not only in Atlanta, but also across the nation.

While creating a legacy in the running world, Gayle continues to be a leading force in fitness. She plans on leaving a heritage of health and fitness, and she is doing it, one person, one group, one opportunity and one mile at a time.

About Gayle Barron:

In 1978, Gayle Barron began a ten-year competitive running career in which she has won over fifty races including five Peachtree Road Races, three Atlanta Marathons and the Boston Marathon. During her running career Gayle achieved a ranking of the #3 female distance runner in the world. The Atlanta Journal-Constitution named her one of the top 100 Georgia Athletes of the Century, and she was inducted into the Georgia Sports Hall of Fame. Recognized as the "First Lady" in running by Runner's World Magazine, she has been honored by the United States Jaycees as one of America's Top Ten Healthy American Fitness Leaders.

About Waffle House:

Headquartered in Norcross, Ga., *Waffle House* restaurants have been serving *Good Food Fast*® since 1955. Today the *Waffle House* system operates more than 1,500 company and franchise 24-hour fast casual restaurants in 25 states, and is the world's leading server of waffles, T-bone steaks, hashbrowns, cheese 'n eggs, USDA Choice hamburgers, country ham, pork chops and grits.

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