



*Leaders In Quality Home Living And Service Since 1965.*

**FOR IMMEDIATE RELEASE**

**Media Contact:**

John Cohan  
Southern Management Corp.  
703-902-2000  
johnc@smcmail.com

**Southern Management Encourages Employee Wellness With Marine Corps Marathon and 10K Training Support**

**VIENNA, VA – October 23, 2006** – Southern Management Corporation (SMC), the largest privately owned residential property management company in the Mid-Atlantic region, today announced that in preparation for this year's Marine Corps Marathon and 10K race to be held next Sunday, October 29, the company has provided training resources to its employees to participate. The Marine Corps race training is the latest initiative sponsored by Southern Management to encourage a spirit of community and personal growth among its workforce.

“Southern Management encourages our people to be the best they can be, both professionally and personally,” said Ron Frank, President, Southern Management. “Our support of their efforts benefits the company as much as the employees because healthy, empowered people are more caring, productive and happier individuals in the workplace.”

Employees have taken advantage of the opportunity to train, get in shape, and even take off some unwanted extra pounds. SMC held free “boot camp” training sessions, for which they hired a fitness trainer to help Southern Management employees work on stretching exercises, pacing and endurance training to work up to the event distances. Of the 126 participants, five are running the marathon and 121 will run the 10K.

“Southern Management employees play an active role in numerous company outreach efforts throughout the year, often donating their time, efforts and resource to bettering their surrounding communities,” added Frank. “It’s not surprising that they would work together toughing it out training for the Marine Corps races, so we’re very proud to support them.”

###

**About Southern Management Corporation:**

Southern Management Corporation (SMC) is the largest privately owned residential property company in the Mid-Atlantic region. The company owns and manages 70 apartment home communities comprising nearly 25,000 apartment homes throughout the Baltimore-

Washington region. Southern Management Corporation is located at 1950 Old Gallows Road, Suite 600, Vienna, VA 22182; 703-902-2000; [www.southernmanagement.com](http://www.southernmanagement.com).