

FOR IMMEDIATE RELEASE

Ahern and Associates Secures 5th Agent Sign On For Network FOB, Inc.

LRC International becomes 5th agent sign on secured by Ahern and Associates for Twin Cities based shipper, Network FOB.

Phoenix, AZ August 10, 2009— For the fifth time in three years, Network FOB, Inc. has tagged Ahern and Associates with the responsibility of seeking out an additional agent sign on to supplement their existing network of independent agents. Ahern and Associates, one of the nation's most respected transportation consulting firms, has worked with Network FOB on four previous agent sign on transactions and relied heavily on their twenty-plus years of working within the trucking industry to complete the deal.

As a 100% agent operation, Network FOB's business model is positioned based on the competency of the agents within their nationwide network of shippers and they believe they have found a good fit with LRC International.

When the time came to seek out additional agents to expand their growing network, Tim Taylor, CEO of Network FOB explains why they continually call on Andy Ahern of Ahern and Associates. "We completed our first trucking acquisition with Ahern back in 2007 and have enjoyed our relationship with his firm ever since." Taylor adds, "Andy is a wonderful source of industry acumen—the bottom line is that people come to Andy and Ahern and Associates to do deals."

Andy Ahern, CEO of Ahern and Associates explains why he looks forward to future dealings with Network FOB. "We're proud to be one of Network FOB's trusted partners; they're an outstanding organization and share our philosophy in building businesses based on relationships while putting our clients first."

About Network FOB:

Network FOB is based out of Eagan, MN and has been in operation since 1987. A 100% agent operation, Network FOB is a growing company with annual revenues of 40MM and a coast-to-coast network of 84 independent agents. For more information please visit <http://www.NetworkFOB.com>

About Ahern and Associates:

Ahern and Associates is North America's leading trucking and transportation management consulting firm. The skilled consultants at Ahern and Associates specialize in mergers and acquisitions of trucking and logistics companies as well as the restructuring and evaluation of existing carriers that seek to increase operating efficiency and improve profitability. Since 1987, Ahern and Associates has aided

hundreds of buyers in the acquisition of trucking and logistics companies throughout the U.S. and Canada as well as assisting many transportation and logistics companies in reducing their overall operating costs and increasing their profitability. For more information, please call 602-242-1030 or visit <http://www.Ahern-Ltd.com>

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