

**For immediate release**

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**Lumos Networks Prepares Fiber Infrastructure for 100G Network**

**Waynesboro, VA** – Lumos Networks (NASDAQ: LMOS), a leading provider of fiber-based products across the Mid-Atlantic region has completed a test of 100 Gigabit speed technology across its fiber optic network.

“Lumos Networks has completed a successful validation of Cisco’s 100 Gigabit coherent DWDM technology across our footprint. This milestone proves that our network is ready to support extremely high speed services,” said Michael B. Moneymaker, President of Lumos Networks. “Demand for data services is exploding and we’ll be there to meet the needs of our customers for next generation bandwidth and enhanced capabilities. These types of network enhancements allow our customers to meet their business objectives and foster economic development in our Mid-Atlantic region.

The ability to leverage previously unattainable network speeds will be of great benefit to the educational, governmental, healthcare and research sectors across the Mid-Atlantic region, and will serve as a tool for economic development and job creation as well. Below are but a few examples of what is possible with a 100 Gigabits per second (Gbps):

- All students in K-12 schools in a particular state within Lumos Networks footprint could simultaneously download an e-book in under three minutes
- Smartphone data could be sent 50,000 times faster than current average speeds
- Millions of medical records could be transmitted in just 60 seconds

**About Lumos Networks**

Lumos Networks is a fiber-based service provider in the Mid-Atlantic region serving carrier, business and residential customers over a dense fiber network offering data, voice and IP services. With headquarters in Waynesboro, VA, Lumos Networks serves Virginia, West Virginia and portions of Pennsylvania, Kentucky, Ohio, and Maryland over a 5,800 route-mile fiber network. Detailed information about Lumos Networks is available at

<http://www.lumosnetworks.com>.

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