



Media Contact: Leslie Larson
Phone: 206.447.5330
Email: larsl@foster.com

FOR IMMEDIATE RELEASE

Foster Pepper's Judy Runstad Featured in New Book **"Outstanding in their Field"**

Seattle, WA – July 23, 2009 – Judy Runstad, one the region's most highly regarded real estate and land use attorneys, is featured in a new book focusing on women corporate directors by Elizabeth Ghaffari, entitled "Outstanding in their Field." Judy has practiced law with Foster Pepper for more than 35 years and currently serves as Of Counsel.

According to Ghaffari, women still make up only 16 percent of large-company corporate boards and 45 of the *Fortune* 500 still have no female board members. Ironically, corporations know they have a problem recruiting outstanding female board members. They maintain that, despite women's enormous strides in the business world, qualified women remain difficult to find.

The result of two years' research and interviews, the book identifies specific steps a woman can take to become qualified and competent to serve at the very top – as a director on a for-profit corporate board. Arguing that women need to "learn from the leaders," Ghaffari lets 15 female directors tell the truth about how to find a seat at the table. Each story is different; no one path or decision worked for every woman. Their advice closes each chapter, providing encouragement and perspective from over three decades of practical experience with public company boards.

Judy's decades of service to her community has received wide recognition over the years. Most recently, she was awarded a 2007 Corporate Director of the Year Award by the Seattle-Northwest Chapter of the National Association of Corporate Directors (NACD). Specifically, the NACD cited Judy's work as chair of the San Francisco Federal Reserve Bank, co-chair of the Washington Competitiveness Council, board member for Wells Fargo & Co., Safeco Corp. and Potlatch Corp., and service on five gubernatorial commissions as reasons for the award.

"Outstanding in their Field" is available for purchase at <http://www.amazon.com> and other literary sites. With offices in Seattle and Spokane, WA, Foster Pepper PLLC provides a full range of legal services to businesses, government agencies, and individuals across the country and internationally. In 2005, the firm entered its second century of service.

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