



BE THE BIGGEST FAN

★★ Make the Ultimate Referral ★★

WIN TICKETS TO THE GREATEST GAME

SUNDAY, FEBRUARY 6, 2011

Cowboys Stadium in Arlington, Texas.

This could be
YOU and a Guest!

BE THE BIGGEST FAN

YOU CAN WIN A TRIP TO DALLAS*:

Eligible employees** earn one (1) entry into a random drawing for every valid YOU CAN referral for Qwest High-Speed Internet® that results in a sale between 12/1/10 through 12/31/10.

One trip for two to the 2011 Professional Football Championship Game in Dallas, Texas. Includes hotel for four nights, airfare and \$1,000 loaded on winner's YOU CAN reward card to be used for incidental travel expenditures (i.e. meals, incidental transportation, gratuities, etc.) This contest is NOT intended to apply any contractual travel expenditures as outlined in the CWA/IBEW collective bargaining agreements, such as per diem payments and travel time.

*Restrictions may apply. See www.qwestyoucan.com for complete details.

**All Qwest employees with an official Qwest work address located within the Qwest 14-state region and are eligible to participate in the YOU CAN program are eligible for this contest, with the exception of employees in the job titles of: Network Technician; Broadband Technician; Montana Combination Station / COT, Construction Technician and Customer Data Technician, as they are included in a separate contest.

See rules for details. Employee participation in the Promotion is strictly voluntary and optional.

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BROUGHT TO YOU BY:



866-8YOU CAN

| QWESTYOUCAN.COM

For complete details and official rules visit qwestyoucan.com

YOUCAN® WIN A TRIP TO DALLAS PROMOTION

NO PURCHASE NECESSARY TO ENTER OR WIN. The YOUCAN® Win a Trip to Dallas Promotion ("the Promotion") begins at 7:00 a.m. (Mountain Standard Time) December 1, 2010 and ends at 4:30 p.m. (Mountain Standard Time) December 31, 2010 ("the Promotion Period"). The Promotion is a voluntary internally run employee referral Program sponsored by Qwest. The Promotion does not replace or supercede Rewards available to employees providing valid referrals under the YOUCAN program. **Employee participation in the Promotion is strictly voluntary and optional.**

GENERAL ELIGIBILITY: This Contest is open only to the following employees who also satisfy the eligibility requirements of the YOUCAN® Employee Referral Program (see www.qwestyoucan.com for complete details):

All Qwest employees with an official Qwest work address located within the Qwest 14-state region, except for those employees having job titles: Network Technician; Broadband Technician; Montana Combination Station / COT; Construction Technician; and Customer Data Technician, they are in a separate contest. All entrants must be 18 years of age or older.

HOW TO ENTER: Eligible employees** earn one (1) entry into a random drawing for every valid YOUCAN referral for Qwest High-Speed Internet® that results in a sale between December 1, 2010 through December 31, 2010. All valid sales must be made in accordance with YOUCAN program terms and conditions

DRAWINGS: Randomization of Prizes and drawing for winners will be administered by CCI, Inc., an independent judging agency, whose decisions are final, binding and cannot be appealed on all matters relating to the Promotion. The drawing will be occur on or about January 4, 2011, where CCI, Inc., will randomly select the potential Sweepstakes winners from all eligible entries received during the Promotion Period.

PRIZE: One (1) trip for two persons to Dallas, Texas events from February 4, 2011, to February 7, 2011; including hotel Accommodations (standard double-occupancy) for four nights; round trip coach air transportation from closest major airport to winner's residence in the U.S.; two tickets to 2011 Professional Football Championship game ; and \$1,000 loaded on winner's YOUCAN reward card to be used for incidental travel expenditures (i.e. meals, incidental transportation, gratuities, etc.) This contest is NOT intended to apply any contractual travel expenditures as outlined in the CWA/IBEW collective bargaining agreements, such as per diem payments and travel time.

An eligible employee can only win one prize.

APPROXIMATE TOTAL RETAIL VALUE OF PROMOTION: \$6,600.00

PRIZE RESTRICTIONS:

Winner will be granted unpaid time off to attend the event. Winner may be able to substitute unpaid time with entitlement time, limited to contractual and organizational time-off policies based upon needs of the business. All other costs and expenses associated with Prize acceptance and use not specified herein as being provided, including but not limited to other expenses incurred by accepting the Prize are the sole responsibility of the Winner. Prize is not transferable or redeemable for cash; and prize substitutions will not be allowed, except at discretion of Sponsor. There will be no substitutions for the Prize except by Sponsor who reserves the right to substitute a prize (or portion thereof) of comparable or greater value at its sole discretion. Sponsors will not replace lost or stolen prizes.

WINNER NOTIFICATION: Winners will be notified by winners' respective supervisors, who will be notified by Qwest company e-mail or phone within 7 business days of winning the prize. Winners are required to respond with any appropriate information required in such e-mail within 10 calendar days of receiving the e-mail or the Prize will be forfeited. All winners are randomly selected via CCI, Inc. If winner does not respond by the notification date provided and/or does not return the releases within 21 calendar days, winner will be disqualified and Prize will be forfeited in its entirety. Acceptance of all prizes constitutes permission for Qwest and its agencies to use winners name and/or likeness for promotional purposes without additional compensation, unless prohibited by law.

HOW TO CLAIM PRIZES: Once a Prize is accepted via e-mail, an affidavit or statement of acceptance confirming acceptance of Prize will need to be completed and returned to YOUCAN@ program management. Upon receipt, YOUCAN@ management will coordinate delivery of item(s).

Local Network employees: There are certain rules that especially apply to technicians and other employees who work with Competitive Local Exchange Carrier's (CLEC) end-user customers that must be followed. Please remember the following: While on a CLEC's end-user customer's premises doing work on behalf of that CLEC, Qwest employees MAY NOT discuss Qwest products with the CLEC end user. Referrals for sales of Qwest products for CLEC end-user customers are NOT allowed. If a CLEC's end-user customer asks for information about a Qwest product, technicians MUST refer them to the Qwest business office by referring the end-user to a public source of information such as a telephone directory, Qwest home page, or to directory assistance. Under compliance regulations, employees CANNOT provide the CLEC end-user customers with the Qwest business office telephone number. All employees are required to know, understand and adhere to the CLEC end user rules. See the following for more information: Pages 15-16 in the "Technicians Code Book" (RG 29-0040 Rev 06/2004). The material is listed under "Technician Conduct with CLEC's Customers" and is available online either on the Local Network, HOW TO CLAIM PRIZES:

Once a Prize is accepted, an affidavit or statement of acceptance confirming acceptance of Prize will need to be completed and returned to YOUCAN@ program management. Upon receipt, YOUCAN@ management will coordinate delivery of item(s).

TAXATION: All Prizes awarded in the "YOUCAN ID Win a Trip to Dallas Promotion" are taxable to the Prize winners and subject to federal income tax, state and local income tax (if applicable), and employment taxes. As an additional benefit to the Prize winners, Qwest will gross-up each prize for the approximate amount of taxes due on the Prize. Taxes in excess of the tax gross-up paid by Qwest, if any, will be the sole responsibility of the Prize winners. Grossed-up taxable income and tax withholding resulting from receiving a Prize will be reported to each Prize winner on his/her 1) pay stub for the pay period in which the Prize is processed by Qwest Payroll, and 2) 2011 Form W-2.

WAIVER OF LIABILITY/PUBLICITY RELEASE: By acceptance of Prize, Winner grants to Qwest the right to publicize such Winner's name, city and state/province of residence and/or likeness in any medium now or hereafter devised worldwide without limitation and without additional compensation or consideration, notification or permission, unless prohibited by law.

GENERAL CONDITIONS: By entering, participants (and their parent or legal guardian if a minor in their state of residence) agree (a) to these Official Rules and the decisions of the Sponsor and the judging agency, which shall be final in all matters relating to the Promotion; (b) to release and hold harmless Sponsor, CCI, Inc., and their respective affiliated companies and directors, officers and employees from any and all claims, liability or damages arising out of their participation and the acceptance and use of a prize; (c) if a winner, to permit Sponsor and its agents to use winner's name, city and/or likeness for advertising, promotional and publicity purposes in all media without additional compensation and any prior review or approval; (d) that under no circumstances will participant be permitted to obtain awards for, and participant hereby waives all rights to claim punitive, incidental, consequential or any other damages, other than for actual out-of-pocket expenses; and (e) that all causes of action arising out of or connected with this Promotion, or any prizes awarded, shall be resolved individually, without resort to any form class action. This Promotion is governed by laws of the State of Colorado with venue in Denver, for the resolution of all claims and disputes. Sponsor and judging agency are not responsible for printing or typographical errors in any Promotion-related materials; for stolen, lost, late, misdirected, damaged, incomplete, illegible entries, or for transactions, entries or communications that are processed late or incorrectly or lost due to computer or electronic malfunction or human error. CAUTION: ANY ATTEMPT BY AN ENTRANT TO DELIBERATELY DAMAGE ANY WEB SITE OR UNDERMINE THE LEGITIMATE OPERATION OF THIS PROMOTION IS A VIOLATION OF CRIMINAL AND CIVIL LAW. SHOULD SUCH AN ATTEMPT BE MADE, SPONSOR RESERVES THE RIGHT TO SEEK DAMAGES FROM ANY SUCH INDIVIDUAL TO THE FULLEST EXTENT PERMITTED BY LAW.

In the event of a dispute regarding any entry, the entry will be deemed made by the authorized account holder of the e-mail address submitted at the time of entry (i.e., the person who is assigned to an e-mail address by an Internet access provider, online service provider or other organization responsible for assigning e-mail addresses for the domain associated with the submitted e-mail address). Sponsor reserves the right, in its sole discretion, to cancel, terminate, modify or suspend the Promotion and award Promotion Finalist Prize from among all eligible entries received prior to cancellation or termination. Sponsor also reserves right to disqualify any individual who does not comply with these Official Rules.

Employee participation in the contest is strictly voluntary and optional. No penalties will be assessed against non-participating employees. Participation in contest is not related to salary, bonus, hourly wage or any other form of employment compensation, and winning is not related to the employee's compensation structure. Employee eligibility for purposes of this contest is governed by the YOUCAN Referral Program and its Terms and Conditions. Winners must be current employees of Qwest at the time of each winner being selected and at the time the Prize is awarded.

WINNERS LIST:

The name of the prize winners will be posted at qwestyoucan.com.

Sponsored by Qwest Corporation, 1801 California Street, Denver, CO 80202.