

NEWS RELEASE
FOR IMMEDIATE RELEASE
September 28, 2009



Contact:
1Foot 2Foot
Matthew Dairman, DPM, MS, FACFAS
757.934.0768
www.1foot2foot.com

Contact:
Suffolk Media & Community Relations
757.514.4106
www.Suffolk.va.us

1Foot 2Foot: Suffolk's 2009 Small Business of the Year

The Hampton Roads Chamber of Commerce has named 1Foot 2Foot as the 2009 Suffolk "Small Business of the Year." The award was established to recognize performance by small business ventures throughout the region on an annual basis. Companies are judged on their financial success, community involvement and ethical business practices.

Located in the heart of Downtown Suffolk, 1Foot 2Foot is the first integrated foot and ankle facility in the country to include a comprehensive podiatry (foot and ankle specialty) practice, medical spa, fashion comfort shoe store, and physical therapy gym. Dr. Matthew Dairman opened 1Foot 2Foot in 2006 and sees over 200 patients each week in the podiatry office alone. 1Foot 2Foot is committed to patient care and advanced knowledge, which has led the business to grow internally and externally including the expansion of a new office in North Suffolk and the addition of several other podiatrists. The 1Foot 2Foot headquarters transformed a 6,000 square-foot 1920's former movie theatre building, into a historically hip medical office and front street retail space. The restoration and transformation represented over \$2.5 million capital investment, and was a recipient of a 2007 HRACRE Design Award.

"We're thrilled to be recognized by the Chamber for our hard work and innovation," said Dr. Dairman. "We hope Historic Downtown Suffolk continues to grow and thrive in years to come."

“Small businesses are an important economic engine for our City,” said Mayor Linda T. Johnson. “I am proud that the City of Suffolk continues to provide an environment in which these businesses can thrive and prosper. I congratulate Dr. Dairman and his staff on this award and look forward to seeing what’s in store for them in the years to come.”

The Suffolk Small Business of the Year Award will be presented to 1Foot 2Foot at the Annual Hampton Roads Chamber of Commerce Awards Banquet at 12:00 p.m. on Thursday, October 1, 2009, at the Portsmouth Renaissance Hotel and Conference Center.



#####