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HARD KNOCKS SEGMENT TO PREMIERE AUGUST 31 ON HBO

CHAMBERSBURG, PA, August 30, 2011—The HBO Series Hard Knocks will be airing a special episode entitled Hard Knocks: A Decade of NFL Training Camps August 31 at 10:00 pm eastern time. This “best of” segment will feature a look at seasons past, and a “Where Are They Now” feature. The Hard Knocks crew spent the evening of August 10 at Trojan Stadium in Chambersburg, Pennsylvania interviewing Chambersburg Cardinals Running Back Keon Lattimore for the episode.

Lattimore made his debut with the show in 2008 during his training with the Dallas Cowboys. During his interview for this season’s episode, he discussed his history with the show and with the Cowboys, his current career with the Chambersburg Cardinals, and his NFL aspirations. The possibility of being featured again came as a blessing for Lattimore. “It is a great opportunity to be able to share my foundation and where I’ve come from and also to tell the world about the Chambersburg Cardinals,” Lattimore said of the opportunity.

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