

Quizam sells Gordon Food Services 25 training licences

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Quizam Media Corp (C:QQ)

Shares Issued 33,366,217

Last Close 10/20/2010 \$0.095

Thursday October 21 2010 - News Release

QUIZAM SUBSIDIARY ONTRACKTV.COM SELLS ON LINE TRAINING TO GORDON FOOD SERVICES COMPANY CANADA (GFS)

Quizam Media Corp.'s subsidiary, OntrackTV.com, has signed a deal for 25 licences with Gordon Food Services (GFS) Company Canada. Since 1897, GFS has been providing national food services to over 20,000 clients while accumulating over \$2.5-billion in sales with a staff base of 3,600 employees and eight business units .

David Lee, director of business development for ontrackTV, commented, "GFS is one of Canada's largest premier food services companies (coast to coast), and we are excited in getting a foothold into such a large industry leader.

About ontracktv.com

ontrackTV is a wholly owned subsidiary of QUIZAM Media Corporation. ontrackTV uses high quality video and live instructors to deliver computer training online. Easy to follow lessons are structured into a library of hundreds of bite size, task led tutorials that support individuals with the training they need wherever and whenever they need it.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release. This news release may contain forward-looking statements including but not limited to comments regarding the timing and nature of potential acquisitions, joint ventures, partnerships, business dealings and financings, etc. Forward-looking statements address future events and conditions and therefore, involve inherent risks and uncertainties. Actual results may differ materially from those currently anticipated in such statements. Readers are cautioned not to place undue reliance on the forward-looking statements made in this Press Release.