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The Seventeenth Annual Dallas White Rock Marathon faced many new challenges this year and once again, the volunteer management team resolved those challenges in a professional manner consistent with our primary goal of providing a quality marathon for the average runner.

Special thanks go to all who participated in the events from running to volunteering to help with the events of Marathon Weekend. Steve Shopoff, after three years as Race Director, announced he will no longer be the Race Director, but that he will continue to support the Marathon in a variety of ways. Steve did an excellent job for the Marathon during his tenure.

Once again, special thanks also goes to our sponsors, Adelstein Jewelers, The Dallas Morning News, S&A Restaurant Corp. and Texas Instruments for all their support.

The Eighteenth Dallas White Rock Marathon is scheduled for December 6, 1987. Please make your plans to once again challenge "The Rock."



Race Director Steve Shopoff (standing) and Marathon Board President Donald Key helped make the Dallas White Rock Marathon one of the best organized marathons in the United States, preserving it as a runner's race and making the marathon weekend enjoyable for runners and their families.

Steve Shopoff
STEVE SHOPOFF
Race Director

Donald Key
DONALD KEY
President,
Marathon Board

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Unlike its predecessors, the 17th running of the Dallas White Rock Marathon did not go quietly into the annals of Dallas road racing.

One controversy fueled another until the actual race itself was almost forgotten amid the confusion and the furor.

Finally, after three days of turmoil revolving around the issue of drug testing at the event, the race finally got underway on a gray, 42-degree Sunday morning cloaked by an overcast sky that spat rain at the more than 3,200 runners for the entire 26 miles, 385 yards.

Before the race would end, the story of the marathon would provide drama, mystery, tragedy and, afterward, controversy. It was like reading a Stephen King novel, where high drama and mayhem are constant companions and the unknown lurks around every corner.

Ed Swiatocha of Irving and Jeff Roth of Dallas provided the drama and the mystery as they staged one of the most competitive races in White Rock history. Swiatocha overcame a fading Roth in the final mile to claim his second consecutive White Rock title in the time of 2 hours, 22 minutes, 40 seconds. Roth struggled home in 2:24:42. Hope Fullwood of San Antonio won the



Ed Swiatocha, overall winner for the second year in succession.

women's title in 2:55:37, beating Debra Spatz of Austin, who finished in 2:56:34.

Jim Dax won the wheelchair division in 3:08:35.

The excitement of Swiatocha's come-from-behind victory was tempered by the tragedy of the first death in the 17-year history of the race.

Edwin Brown, 47, of Dallas collapsed just after 10 miles. He was transported to Doctors Hospital, where he was pronounced dead.

After the race, the drug testing controversy, like a headache that

won't go away, again emerged as a headline item when Lynn Valley, the fifth-place finisher in the men's race, refused to submit to drug testing. At this writing, it was not known what reprisals would be taken against Valley by The Athletics Congress. Refusal to take the test, which was administered by Dr. Joe Perlman of the U.S. Olympic Committee, can be interpreted as a positive test and subject to the same penalties as a positive test.

As a result, the 29-year-old Valley left Dallas facing a potential lifetime suspension by TAC, the national governing body of long-distance running in the United States.

Valley, who traveled from Clearwater, Fla., to run the race, declined to take the test because he said there had been no prior notification of testing. In fact, there had been widespread publicity prior to the race regarding the drug-testing issue, and race officials had tried to distribute cards announcing the testing prior to the race.

But the drug-testing issue clouds the race, which deserves the spotlight here.

Swiatocha, who ran a personal record (PR) in winning the 1985 White Rock Marathon, bolted to an early lead that, at times, stretched to 200-yards over his nearest competition.

But Roth, a close friend of Swiatocha and a sometime training partner, was closing the gap.

At six miles, Swiatocha led Roth and Anthony Span by 51 seconds. At the halfway mark, which Swiatocha passed in 1:08:34, Roth was 48 seconds back and starting to move.

By 15 miles, Roth was 17 seconds

approached the Dreyfus Cub on the east side of White Rock Lake, Roth pulled even.

The two men clasped hands briefly in a gesture of friendship as Roth pulled stongly in front.

"That really made me feel good," Swiatocha said. "We are such good friends, and that was like a vote of confidence for both of us. It was like saying, 'You've taken it 16 miles, I'll take it the rest of the way.'"

And so it appeared Roth would. With his flailing arm motion, Roth pulled away. As he attacked the hills that stretch from 20 miles to almost 22 miles, Roth looked strong and appeared to be in control as he increased his lead over Swiatocha to 32 seconds.

But Roth was not feeling strong. His legs were not responding and he was nursing a right quadricep that was beginning to cause him much pain.

At 23 miles, Roth was heading down Swiss Avenue toward the finish, but he was obviously fading. By 24, Swiatocha was 31 seconds back. A mile later, he was five seconds behind, then 50 yards later, someone handed Roth a piano to carry to the finish and he practically skidded to a halt as Swiatocha sped past.

"Have you ever seen a classic case of dying like that?" Roth said. "My legs just weren't firing. Then they locked up."

Swiatocha said he wasn't certain he would be able to catch Roth, who has beaten him several times in shorter local races.

"He looked good coming down Swiss, but at 24 I could see his form really slowing down," said the 36-year-old Swiatocha, who became the first man in 12 years to win back-to-back titles at White Rock.

For Swiatocha, it was almost a replay of last year. During the 1986 race, Swiatocha led until 15 miles, when Douglas Erickson, a senior at Pan American University, passed him. Erickson eventually faded on the hills of Lakewood that begin at 20 miles and climb for another ¼

win in 2:17:42.

But Erickson was not as strong as Roth, and Swiatocha wasn't certain he could duplicate the feat against his friend and frequent competitor.

"It was almost the same thing as last year, but there was a difference," Swiatocha said. "Jeff had a bigger lead on me. Last year I caught the guy at 20 miles, and he only had a 10-second lead. Jeff had a whole block or more on me, and he's pretty strong on the hills. I didn't know if I could catch him."

Roth didn't think so.

"When I passed Ed, I thought he was gone for the day," Roth said. "Then when I started coming down the hill on Swiss (Avenue), there was no reaction in my legs. At that point I just decided to concentrate on my form and try to hold on and win. When I couldn't do that, I was just biding my time waiting for Ed to pass me."

Even after he passed Roth so decisively at 25, Swiatocha didn't feel he could relax.

"Jeff has caught me on many, many occasions," he said. "Plus, I was cramping up the last mile and a half. I just thank God I was able to find enough energy to take me through."



Overall male winner Ed Swiatocha and overall female winner Hope Fullwood exchange congratulations.

shooting for the 2:19:59 qualifying mark for the 1988 U.S. Olympic Trials, but it was not to be on this day.

Missing the qualifying time plus finishing second were extremely disappointing to Roth, who followed his race strategy precisely until his collapse.

"I did everything I wanted to do, but it didn't come out in the wash," he said. "I guess what I'm trying to say is that sometimes you can do everything right and still not get the desired result."

And then sometimes you can. At least, that's the way it worked out for Fullwood, who set her sights on a sub-3-hour performance then achieved it with ease.

Fullwood, who ran for Abilene Christian University last year, has been battling tendinitis in her right knee and had to supplement her running with swimming and stationary cycling.

She caught Spatz at 20 miles and ran with her for about a mile before pulling away.

"I knew cardiovascular-wise and running-wise that I could do it under three hours if my knee didn't bother me," said Fullwood, who teaches physical education at a San Antonio middle school. "I felt that a sub-3 would get me in the top five."

That Fullwood is able to run marathons at all is amazing considering her knee problem. Last year, after leading the regional NCAA Div. II cross country meet until the final mile, Fullwood, who was competing for Abilene Christian University, felt a sharp pain in her right knee. She was forced to drop out.

She went to a specialist in Midland, Texas, who examined the knee and told Fullwood her running career was over.

"He told me I needed to take up knitting," Fullwood said. "I was so mad, I never went back to see him again."

It's a good thing Fullwood didn't listen to doctor's orders.

The Dallas White Rock Marathon course starts and ends at Dallas City Hall. After passing through some of the old and new areas of the downtown area, the course proceeds up Turtle Creek Boulevard and through the Township of Highland Park. It then goes out Mockingbird Lane for the traditional loop around White Rock Lake, returning to City Hall through the scenic Lakewood area and historical Swiss Avenue. Fourteen fully staffed and equipped aid stations are spread at approximately two mile intervals along with fourteen bands to cheer the runners on.

The 1986 Dallas White Rock Marathon was certified by The Athletics Congress (TAC Certification Number TX 86078 KL), and is a qualifying event for the Boston Marathon.

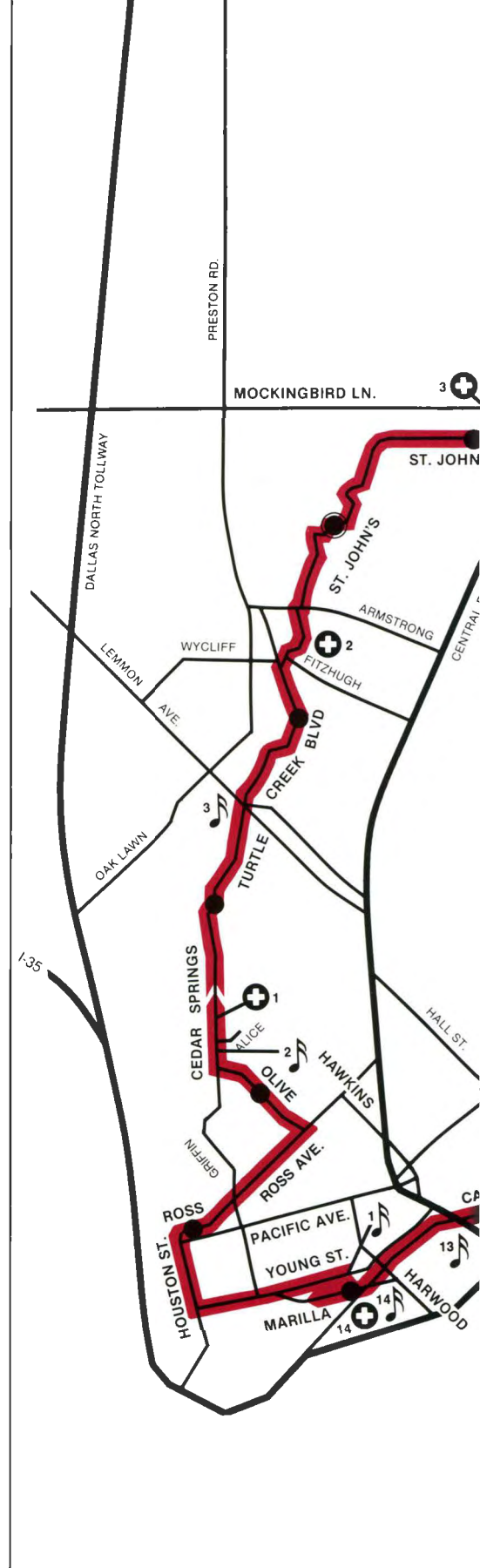
Qualifying times for the Boston Marathon are:

	Men	Women
Under 40	3:00	3:30
40-49	3:10	3:45
50-59	3:20	3:50
60+	3:30	4:00

WEATHER CONDITIONS

Time	Temperature	Humidity
7 a.m.	44° F	79%
9 a.m.	44° F	93%
11 a.m.	46° F	93%
1 p.m.	47° F	96%

Wind from the south at 7 to 10 mph, gusts to 12 mph.
Cloudy, light rain and fog.





DALLAS WHITE ROCK MARATHON



BANDS

AID STATIONS

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. MIDLOTHIAN H.S. STAGE BAND
STARTING LINE—CITY HALL
7:00 A.M.—9:00 A.M. 2. NORTH TEXAS STATE UNIV. QUINTET
CEDAR SPRINGS & PEARL
8:00 A.M.—8:30 A.M. 3. NORTH TEXAS STATE UNIV. QUINTET
TURTLE CREEK AT LEMMON AVE.
8:00 A.M.—8:30 A.M. 4. NORTH TEXAS STATE UNIV. QUINTET
MOCKINGBIRD LANE AT SKILLMAN
8:30 A.M.—11:00 A.M. 5. NORTH TEXAS STATE UNIV. QUINTET
WHITE ROCK LAKE ON W. LAWTHER DR.
8:30 A.M.—11:00 A.M. 6. TEXAS INSTRUMENTS JAZZ BAND
W.R. LAKE AT W. LAWTHER & FISHER RD.
8:30 A.M.—11:00 A.M. 7. DALLAS FROHSINN KAPPELLE BAND
N.W. HWY AT W. LAWTHER DR.
8:30 A.M.—11:00 A.M. 8. NORTH TEXAS STATE UNIV. QUINTET
W.R. LAKE NEAR DREYFUS CLUB
8:30 A.M.—11:00 A.M. 9. FABULOUS HAS BEENS
GARLAND RD. & E. LAWTHER DR.
9:00 A.M.—11:30 A.M. 10. NORTH TEXAS STATE UNIV. QUINTET
WINSTEAD AT WHITE ROCK RD., MILE 20
9:00 A.M.—11:30 A.M. 11. NORTH TEXAS STATE UNIV. QUINTET
SWISS AVE AT LAVISTA
9:30 A.M.—12:30 P.M. 12. NORTH TEXAS STATE UNIV. QUINTET
SWISS AVE AT PEAK ST.
9:30 A.M.—12:30 P.M. 13. NORTH TEXAS STATE UNIV. QUINTET
N. CENTRAL EXPRESSWAY AT CANTON
10:00 A.M.—1:00 P.M. 14. PLANO COMMUNITY BAND
FINISH LINE—CITY HALL
10:00 A.M.—1:00 P.M. | <ol style="list-style-type: none"> 1. TNG
CEDAR SPRINGS AT CRESCENT HOTEL
Theme: South Pacific U.S.O 2. LUKE'S
ST. JOHN'S & OVERHILL
LUKE'S STAFF—Only 22 Miles to Go! 3. AMY APPLEBAUM—GAIL DEAN
AIRLINE NEAR ST. JOHN'S
Theme: Take Off On Airline 4. J.C. PENNEY
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W. LAWTHER NEAR FISHER
Theme: "The Rock"—n-FiTles 6. NORTHTOWN YMCA
N.W. HWY AT W. LAWTHER DR.
NEAR HALFWAY MARKER
Theme: Heard It Thru The Grapevine 7. NORTHERN TELECOM
WHITE ROCK LAKE AT BIG THICKET 8. MOBIL
W.R. LAKE PARK HEADQUARTERS 9. GERRY WRIGHT & JACKIE CARVER
GARLAND RD & WHITE ROCK LAKE
Theme: Paradise Cove—Second Wind 10. THE VOLUNTEERS—DAVID NEMECK
WINSTEAD AT WHITE ROCK TRAIL 11. DOWNTOWN FITNESS
LAKESHORE AT PEARSON
Downtown Saloon—
No One Under "21 Miles Served" 12. E-SYSTEMS
SWISS AVE AT FITZHUGH
Theme: Christmas 13. ABBOTT LABS
HALL STREET AT CANTON STREET 14. STEAK & ALE
FINISH LINE—CITY HALL
Theme: S&A's Island Christmas |
|--|--|

LEGEND

- = 5 MILE MARKER
- = 1 MILE MARKER



Even at 30 knots,
a second is still a second. Exactly.

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DALLAS READS THE DALLAS MORNING NEWS.



The Dallas Morning News

Dallas White Rock Marathon Weekend! What a spectacle! If you weren't there for the whole shebang, you missed a lot of what makes "The Rock" so special among national-class marathons.

Imagine: a Sports Seminar and Expo all Saturday morning and afternoon, featuring prestigious speakers and numerous vendor displays. A pre-race, all-you-could-eat carb-loading dinner Saturday night, featuring Dr. Kenneth Cooper and Roger Staubach. Then, on Sunday, the well-planned, well-managed race itself, dedicated to treating EVERY runner with world-class respect and personal attention. And after the race, an all-you-can-eat awards banquet where you could cool down, stoke up and congratulate yourself and your cohorts on those hard-earned finisher medallions.

Dr. George Sheehan, everybody's running guru and a Saturday Seminar favorite, summed up the essence of this race: "An athlete is not a special kind of person," he mused, "every person is a special kind of athlete." That's The Rock, in a nutshell. Everybody counts.

The Rock. Again this year, as always, no prize money was offered. No big names were brought in. The heroes of The Rock were Everyman and Everywoman, and, again, this race was an unprecedented event to run, to work in, or to watch.

What speakers we heard at Saturday's Seminar! Dr. Joan Ulliot, who had calmly set the all-time women's treadmill record (33:06) at The Aerobics Center just 24 hours before, spoke eloquently, and very personally, of women's (and men's) running.



Weather fit for runners and ducks!

Dr. Stan James, the Man Who Fixes The Famous, shared insights and anecdotes of his orthopaedic surgical revitalization of Frank Shorter, Mary Decker Slaney, Carl Lewis, Joan Benoit (just 6 weeks before the Olympic trials!), and dozens of other world-class athletes who feared they'd never compete again before Dr. James worked his magic.

Joe Henderson, who we've all read and loved over the years in *Runner's World* and his many best-selling books (have you read *Running Your Best Race* yet?!) was a spirited lively commentator on the racing scene.

And what can you say about the great George Sheehan that isn't an understatement? Dr. Sheehan, who was to receive the 1986 Dallas White Rock Marathon Award for Excellence later in the weekend, joyously told of the sheer *pleasure* running brings, and how one can make the most of every running experience.

And then the Race began!

Tacking into the cold and drizzle, we strode through downtown Dallas, and headed out through Oak Lawn and Highland Park. A scenic loop around White Rock Lake. A climb through Lakewood. Then flat out through the Swiss Avenue Historical District and a charge back to the finish Downtown. And all along the way, there were fourteen festive, fun-filled aid stations, manned with 600+ cheerful, theme-customized workers to take away the misery.

The reward for the majority of those aid station volunteers was a T-shirt and our smiles of thanks as we passed through. But for the folks from Northern Telecom and the TNG, trophies for "Best Corporate and Non-Corporate Aid Station" were announced at the Post-Race Banquet. And for the 135+ folks of Texas Instruments, whose mammoth "Rockin' Fifties" aid station brought spectators from a mile or more, a special Grand Prize was announced. But they were winners, all.

Just like all of us.



The Dallas White Rock Marathon Board of Trustees selected Dr. George A. Sheehan to be the recipient of the second annual Award for Excellence.

The Award for Excellence is sponsored by The Staubach Company and was personally given to Dr. Sheehan by Roger Staubach at the carbo dinner on Saturday evening, December 13, 1986, at the Dallas Hilton Hotel.

The Award for Excellence is given

annually to an individual who has demonstrated the positive effects of running on health and fitness through outstanding personal effort, determination, commitment and courage. The 1985 recipient of this award was Dr. Kenneth H. Cooper.

The recipient of this award should be a runner who has demonstrated one or more of the following attributes:

- Has made major contributions to the sport of running or to the

Dallas running community.

- Has overcome significant physical impairments or personal tragedy to run.
- Has undergone a major lifestyle change through running.
- Has had a major impact on the lifestyle of others.
- Has achieved outstanding performance in running.

George Sheehan qualifies for this award on all counts.

In addition to work in cardiology, Dr. Sheehan is an author, columnist and nationally known speaker on exercise and fitness. An interest in personal fitness sparked his return to regular exercise in the mid-1960's. Since then he has participated in three Dallas White Rock Marathons, 21 Boston Marathons and set several age-group records at other distances.

Dr. Sheehan rediscovered running at age 45, after already establishing a successful medical practice. Currently, he is clinical associate professor of medicine at the Medical University of South Carolina.

His writing career has included best-selling books: *Dr. Sheehan on Running*; *Running and Being—The Total Experience*; *Dr. Sheehan's Medical Advice for Runners*; *This Running Life*; and his latest book, *How To Feel Great 24 Hours a Day*.

Dr. Sheehan was honored by the U.S. Jaycees in 1983 as one of ten Healthy American Fitness Leaders. He continues to serve as an active member of The President's Council on Physical Fitness.

Nominations for the 1987 Award for Excellence may be mailed to:

The Dallas White Rock Marathon
P.O. Box 743335
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Bands

Dallas Frohsinn Kapelle Band

Plano Community Band

North Texas State University

(6 Brass Quintets)

Midlothian High School Stage Band

Texas Instruments Jazz Band

Carbo Dinner

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John A. Kelley

Sports Expo and Seminar

Director—Don Lucas

Speakers—George Sheehan

Joan Ullyot

Joe Henderson

Stan James

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