

Greetings
from **DALLAS**
DALLAS

**WHITE
ROCK**

MARATHON
MARATHON



2004

Dallas White Rock Marathon
Benefiting Texas Scottish Rite Hospital for Children

Sunday, December 11, 2005 8:00am

RUN the ROCK!



artwork by: www.cartizan.com

DALLAS *White Rock* MARATHON 2005

American Airlines Center - Victory Plaza, Dallas, Texas

Full Marathon • Half Marathon • 5-Person Relay

Large Prize Money Purses - Best Expo in the Southwest

More than 30 Bands Along a Scenic Course



www.runtherock.com

benefiting

TEXAS
SCOTTISH RITE HOSPITAL
FOR CHILDREN

Salute to Pat Cheshier



The runners and supporters of the Dallas White Rock Marathon owe a debt of gratitude to countless family, friends and volunteers who make behind-the-scenes contributions that help The Rock run. At the top of that list is Pat Cheshier, recently retired Senior Corporal from the Dallas Police Department. Pat is a 33-year veteran of the DPD and served as head of the Special Operations Division of the DPD since 1991. For the past 14

years, Pat has been personally responsible for the safety of our runners, and virtually every other running event in the City of Dallas.

Pat and his colleagues at the Dallas Police Department are heroes to those of us who run. We are particularly proud that the Dallas Police Association has, for the second year, donated their services to the Dallas White Rock Marathon so that the Marathon could contribute more money to the Texas Scottish Rite Hospital for Children.

On behalf of all runners of The Rock, thank you to the Dallas Police Association and to Pat Cheshier for your dedication and service to this event and to the City of Dallas.

Pat is still a familiar face at local races. These days, however, he is wearing a different uniform essential -- a bib number. Good running, Pat.

Greetings
from **DALLAS**

- 2 Dear Runners
- 5 Dallas Police Association
- 6 The Course
- 8 Texas Shindig
- 10 Hall of Fame
- 11 Top Finishers
- 13 Victory Award for Excellence
- 14 For The Love of The Lake
- 15 A Day at TSRH
- 16 Fitness Expo
- 19 Mayor's Race
- 20 Rockin' Entertainment
- 22 Men at the Rock
- 23 Results Men's Marathon
- 36 Women at the Rock
- 37 Results Women's Marathon
- 46 Half Marathon at the Rock
- 47 Results Half Marathon
- 66 Five-Person Relay at the Rock
- 67 Results Relay
- 74 Friends and Family
- 76 Aid Stations
- 77 Volunteers
- 78 Pre-race Pasta Dinner
- 79 Photographers
- 81 Post Race Award Banquet
- 82 Appreciation
- 84 2005 Run the Rock Application



On March 16, 2005, the Dallas White Rock Marathon Board of Trustees presented a check for \$110,000 to Texas Scottish Rite Hospital for Children. This donation was possible only because of the runners, sponsors, and volunteers who participated in the 2004 Rock. You Rock!

The Dallas White Rock Marathon thanks Maribeth Lipscomb for the art that defined the 2004 Rock. Cover photo credit: Mark Hancock

Dear Runners

Every December a miracle happens. Many will immediately think of Christmas, Chanukah, Kwanzaa, or other holidays. While I don't dispute the status of those events, I am referring instead to the tremendous effort that cumulates as the Dallas White Rock Marathon. Participants train for many months or even years prior to the race, either alone, with friends, or large training groups. And from looking at the registrations, this happens around the world. In addition, volunteers work yearlong to lay the groundwork for the race. The amount of hours added up between the training runs, volunteer efforts, and everyone else involved is staggering.



Photo: Tim Ostermeyer

But what appears to me as a miracle is the way all these people overcome various obstacles to complete the marathon, half marathon or relay race, and the way all the logistical requirements of an event of this size come together within the last 24 hours. Sore or broken bodies are pushed to new limits; volunteers get by on little sleep or pull all-nighters; even strangers get into the act, and it all results in what many of you have told us is one of the best races you have participated in. And that makes us proud of you - the runners, and of the volunteers and the City of Dallas.

Prize money was once again offered, this time in the full marathon, and the response from around the world was tremendous. The field that made the cut, runners like Rono, Kyanjumi, Komen, Simona, Ngeny, and Hunter-Galvan, are known world-wide for their great abilities in the marathon. Having a field this talented in Dallas for the marathon was indeed a miracle.

Other names that deserve recognition for their involvement with this event are included on our "Thank You" page near the back of this book. These people are the hard workers that we depend upon to put everything in place, in time, for the race to succeed. This effort literally involves thousands of volunteers, from the people on the Marathon Board overseeing our efforts, to the spectators who were recruited at the last minute to help hand out water.

For those counting, there were 3,733 registered marathon runners, 3,495 half marathon runners, and 2,165 relay racers (435 teams). The temperature at the start of the race was 49 degrees with clear skies and a gentle breeze from the south. By noon it had warmed up to 65 degrees with winds up to 5 mph. And for those of you out there longer, the temperature rose to 72 degrees by 3:00, with winds up to 6 mph. Although warmer than usual, the weather was far better than the freezing rain and northern winds that are possible this time of year.

Although it's hard work, we had fun putting this race together for you. We hope you enjoyed it and will cherish the memory. And if you haven't checked yet, please visit our web site at www.RunTheRock.com for our new look for 2005.

We'll save you a spot at the starting line on Sunday, December 11, 2005.

Marcus Grunewald Race Director
Chock Bailey President,
Board of Trustees 2003/2004

Hi! My name is Cody McCasland, and I am three years old. I go to Texas Scottish Rite Hospital for Children for my legs. Thank you for helping me and other Texas kids like me who have problems with their muscles and bones. Because of you, Scottish Rite can make my legs, so I can walk and play. Thank you for running the marathon to help me and my friends!



See you next year!



Photo: Pat Rogers

Cody
Junior Race Director
2004 Dallas White Rock
Marathon

**RUNNERS
2004 WHITE ROCK
EVERYWHERE**



TSRHC Patients

Front row (L. to R.): Meg, age 4; Brandon, age 6; Sydney, age 5; Cody, age 3; Back row (L. to R.): Jose, age 13; Victoria, age 10; Brittany, age 11; Reese, age 5; Blake, age 5

Texas Scottish Rite Hospital for Children patients, staff and volunteers commend you on finishing your race and thank you for making a difference in ours. By running in this year's race, you joined the marathon's mission of supporting its primary beneficiary – Texas Scottish Rite Hospital for Children. Dedicated to the health and happiness of all children, Texas Scottish Rite Hospital for Children is one of the nation's leading pediatric centers for the treatment of pediatric orthopedic conditions and learning disorders, like dyslexia. For more than 83 years, the hospital has provided care for more than 160,000 children across

the state of Texas, without charging a single patient family. By supporting the hospital, you are making a life-changing difference in the lives of our young patients and helping Texas Scottish Rite Hospital for Children continue its legacy of putting children first.

For more information about TSRHC, to volunteer or to make a donation, please call 214-559-5000 or visit www.tsrhc.org.

**T E X A S
SCOTTISH RITE HOSPITAL
FOR CHILDREN**

www.tsrhc.org



Thank you to our Heroes at the Dallas Police Association

- ◆ Yvonne Abrom◆ Cory Adams◆ Lynne Albright◆ Christopher Allen◆ Keith Allen◆ Richard Anderssen◆ Charles Avery, Jr◆ Brenda Avila◆
- ◆ Michael Bables◆ Carol Berry◆ Stephen Bishopp◆ Robin Blades◆ Jo Booker◆ Singh Boulom◆ Charles Boyd◆ Douglas Brady◆ Jude Braun◆
- ◆ Philip Braun◆ Carl Breidenich◆ Amie Brewer◆ James Byas◆ Andy Caceres◆ Laura Campbell◆ Eloy Carrillo◆ Julie Cassidy◆ Edward Coffey◆
- ◆ David Conley◆ Rudy Contreras◆ Eddie Crawford◆ Kimberly Crawford◆ Barrick Culp◆ Ben Danley◆ Paul Demaagd◆ Shelly Dennis◆
- ◆ Joe Diggs◆ Roderick Dillon◆ Richard Dodge, Jr◆ Janice Easterling◆ Debra Easton◆ John Easton◆ Esther Echols◆ Nancy Ericksen◆
- ◆ Dale Erves◆ Matthew Finley◆ Kelly Foster◆ Richard Foy◆ William Free◆ Diana Freeman◆ Judy Fries◆ William Fries◆ Thomas Fry◆
- ◆ D'Andrea Gadberry◆ Daniel Garcia◆ George Gonzales◆ Freddy Gonzales◆ Ramon Gonzalez◆ Michael Gonzalez◆ David Graham◆
- ◆ Janice Green◆ Melinda Gutierrez◆ Ronald Hale◆ Reginald Harris◆ Kathryn Harris◆ Larry Harrison◆ Chris Harry◆ Billy Hataway◆
- ◆ Stephen Hawthorne◆ Beverly Hendley◆ Gary Hendley◆ Monty Henson◆ Anthony Hernandez◆ Cecilia Hinojo◆ Robert Hinojo◆
- ◆ Ronald Hubner◆ Michael Irwin◆ Roderick Janich, Jr◆ Kevin Janse◆ Ingrid Jaschok◆ Christopher Johanns◆ Mark Johnson◆ Paul Junger◆
- ◆ Kurt Kaetterhenry◆ Jeffrey Kaiser◆ Zina Kaiser◆ Joseph Lafleur◆ Brian Lamberson◆ David Landry◆ Mark Lang◆ Mark Langford◆
- ◆ Bruce Lankford◆ Raymond Lawrence◆ John Lawton◆ Pamela Lewis◆ Steven L'Huillier◆ Larry Littlefield◆ Ubaldo Lopez◆ Fred MacDonald◆
- ◆ Timothy Malloy◆ Kevin Mansell◆ Michael Martin◆ Roger Martin◆ Edward Matis, Jr◆ Robert McLeod◆ Julia Menchaca◆ Michael Mendez◆
- ◆ Anthony Metcalfe◆ Susan Millard◆ Lisa Mills◆ Yancey Nelson◆ Steven Osborne◆ Kris Owen◆ Kenneth Penrod◆ Edgar Perez◆ Frank Plaster◆
- ◆ Thomas Popken◆ Steven Potrykus◆ Roseanna Renaud◆ Mark Rickerman◆ Keith Rieg◆ Hector Roa◆ Drayson Robertson◆ Orlando Robinson◆
- ◆ James Rose◆ Richard Rossman◆ Frank Ruspoli, Jr◆ Rolando Sanchez◆ John Sanchez◆ Teena Schultz◆ Mark Sears◆ Colleen Shinn◆
- ◆ Thomas Sible◆ Michael Smith◆ Rebecca Speier◆ Henderson◆ Marcella St John◆ James Stacy◆ Leonard Standige◆ Callen Stephens◆
- ◆ Todd Stratman◆ Kenneth Strauss◆ Diane Takats◆ Tony Takats◆ Billy Taylor◆ Scott Taylor◆ Christie Thomas◆ James Thompson◆ Lori Tittle◆
- ◆ Scott Transou◆ Teresa Turko◆ Misty VanCuren◆ Ronald Waldrop◆ James Wallace◆ Kim Waller◆ Stephen Walthall◆ Glenn White◆
- ◆ Duncan Wilkins◆ Karen Willhoite◆ Raymond Williams◆ Michael Williams◆ Jeffrey Williamson◆ Kevin Willis◆ Kent Witt◆
- ◆ Todd Woolum◆ Michael Yeric◆

Dallas Police Association Volunteers

The heroes of the day were the Dallas Police Association officers. For the second year, they gave their time to monitor the course on race day. Their volunteer efforts helped defray marathon expenses for the benefit of our charity, Texas Scottish Rite Hospital.

In addition to ensuring the safety of our runners, the Dallas Police Association officers helped make the 2004 Dallas White Rock Marathon one of the friendliest marathons in the country. Many runners commented that they would not have made it without the encouraging words of police officers in the last six miles. When race directors from other marathons have asked how the Dallas White Rock Marathon is able to convince their police officers to donate their time with such enthusiasm, the answer is that everything in Texas is "bigger" - including the hearts of our fine police officers.

It was with great sadness that we learned of the death of Officer Sheldon Gordon, who was killed by a hit and run driver on his way to volunteer for the Dallas White Rock Marathon. To honor his memory, the White Rock Marathon has given \$9,400, which represents a dollar for every runner that participated that day, to the Assist the Officer Foundation. Our hearts go out to his family and friends in the Dallas Police Association and the Dallas Police Department.

We believe that Dallas is the only city in the nation whose police officers volunteer to provide safety for its marathon runners. Thanks again to the Dallas Police Association for making the 2004 Dallas White Rock Marathon the best ever!



Photos by: Beth Dorr, Megan Kammerd, Reg Mills, Rick Smith, Stuart Almond

Greetings from DALLAS

White Rock was my first marathon, and I absolutely had a blast! ... I was amazed as the crowd of my wife, friends & family & talking to her was so sweet & into the hundreds then thousands! I thinking of walking the Half next year. The National Anthem and I covered in a top speed momentum for this triathlon! some miles that were tough, knowing there would be, not just fluids, but high fives & things to give moral & mental support, like music & men dressed like your charity is top flight Dolly Parton.. LOL! It was like a huge running party! I wasn't used to having people to run alongside & talk to.. & "chatty Cathy" talked to everyone around. :) I met an Thank you for having a 60 mile race the keys before and Sunday Saturday! 150 miles for a half, but decided last minute to run a full. He was gramping & about to throw in the towel. I dont know if a tremendous lift to help make the trip easier. Equally amazing to meet the people all along the course just out there to yell encouragement. A friend who has been my running coach told me to put my name on tape & put it on my shirt so people could cheer me on by name.. They did.. & how cool! I thanked every policeman/woman along the way for being there. By about mile 19.. I realized my face muscles were actually sore from smiling so much! kept smiling toward the finish line. so hard to thank after again for helping us yell "Go Men! Double Outhrunk!" & get belts needed for my 17 year old daughter ran with me for a bit. I dripped tears again as I entered the finish chute & heard the beep of the chip registering.. and the lady put the medallion ribbon on me. I'm not fast.. but I love to run, and I'd set the goal of doing a marathon. I never imagined how much fun and memorable it would be.. and I want to express thanks to the people who organized it. WOW! Thank you so much! Y'all are awesome! :)
-Cathy Gilkey

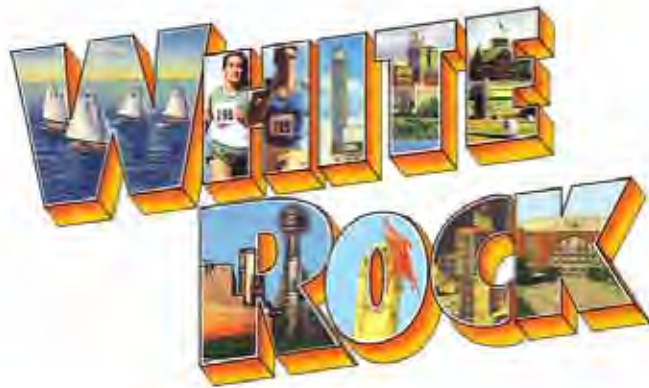
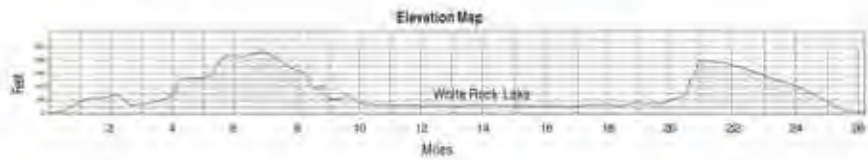
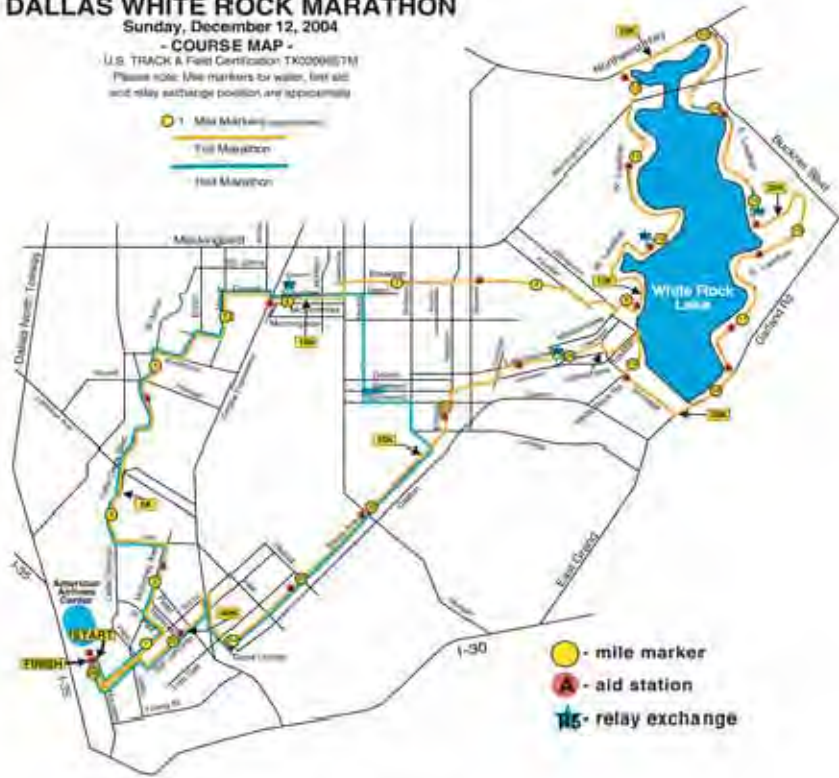
The Course

DALLAS WHITE ROCK MARATHON

Sunday, December 12, 2004

- COURSE MAP -

U.S. TRACK & Field Certification TX000981TM
Please note: Use markers for water, first aid and relay exchange position are approximately



Raceday Weather Conditions

	8:00 am	9:00 am	10:00 am	11:00 am	12 noon	1:00 pm	2:00 pm
Temp	44	52	58	63	67	69	70
Humidity	82%	66%	53%	44%	39%	35%	34%

Boston Qualifying Standards

age	18-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
M	3:10	3:15	3:20	3:35	3:30	3:35	3:40	3:45	3:50
F	3:40	3:45	3:50	3:55	4:00	4:05	4:10	4:15	4:20

©2004 Anheuser-Busch, Inc. Michelob Ultra Light Beer, 12 oz. 95 calories, 2.6 grams of carbs, 0 grams of protein and 0 grams of fat per 12 ounces



This is your beer.

2.6 GRAMS OF CARBS, 95 CALORIES PER 12 OUNCE SERVING
AND ALL THE TASTE YOU EXPECT FROM MICHELOB

www.michelobultra.com



Greetings from **DALLAS**

This was my first marathon ever and I was impressed with the event from start to finish. The volunteers were numerous, friendly and encouraging; bands and radio stations along the course were a nice distraction from the miles.

-Bill

Some of my favorite aspects of the event... course, aid stations, entertainment, and the final 5 miles are very runner-friendly.

-Steve Hall

What a beautiful day in your lovely city.

-Patricia Purcell

What a great run! I especially loved the F-18 fly over. This was my first full marathon and I think I'll do it again.

-Pam

This is my third consecutive White Rock Marathon. It's an awesome experience.

-Paul Scilse

You handled 10,000 runners and made it look easy!

-Steve & Dixie

The Dallas White Rock Marathon was, without doubt, the most organized and entertaining marathon I have run.

-Paul Gnad



Texas Shindig at Eddie Dean's Ranch

Hey Y'all, thanks for joining the Texas Shindig to kick off the start of marathon weekend.

Special thanks to Eddie Dean's Ranch, to our elite runners, and to the lovely folks from the Dallas Mavericks and a very patient longhorn steer, who were part of a memorable evening.

Roger Foster, Entertainment Chairman



Photos by: Rick Smith



**Dreaming the impossible is admirable.
Achieving it is an inspiration.**

To excel, we must hold ourselves to a higher standard. And strive each day to surpass it. Bank of America is proud to support the White Rock Marathon benefiting the Texas Scottish Rite Hospital.

Visit us at www.bankofamerica.com.



Bank of America, N.A. Member FDIC.
©2004 Bank of America Corporation.
SPT-98-AD

Bank of America  **Higher Standards**

Greetings from DALLAS

Every aid station was well done, the traffic control was well done, and the whole thing was great!

Let me thank the Dallas Police and all the great volunteers that contributed their time to help this event run.
-Patricia Purcell

I traveled from Buffalo, NY to run your race because it seemed like a good cause to support the kids and the hospital. I was very impressed. Keep up the good work and I'll see you next year.
-Daryl D. Clarke

This has truly been one of the greatest experiences of my life and I could not have made it without the kindness and selfless acts of the staff and volunteers.
-Michielle Fisher

The start of the DWRM was surreal for me... a thing of beauty! By putting my name on my shirt I truly felt like a rock star with all sorts of people calling out to me, encouraging me to PUSH ON and SUCCESSFULLY COMPLETE THE RACE! You've got me hooked on this for life!
-Joe Ploehn



Hall of Fame

1971 2:38:09 Rick Richardson	4:12:25 Annabelle Corboy	1972 2:23:18 Paul Hoffman	3:49:29 Terry Stransky	1973 2:37:45 Wayne Comer	4:27:45 Patti Price
1974 2:19:18 Terry Ziegler	3:13:48 Kathy Loper	1975 2:26:07 Terry Ziegler	3:00:54 Kathy Loper	2/1976 2:25:59 Don Kennedy	2:53:43 Dorothy Doolittle
12/1976 2:15:11 Jeff Wells	3:07:26 Jean Ohly	1977 2:16:43 John Lodwick	2:56:55 Marianne Pugh	1978 2:18:55 Tom Marino	2:48:43 Karen Bridges
1979 2:14:30 Kyle Heffner	2:47:31 Toni Bernard	1980 2:15:19 Robert Wallace	2:41:14 Martha Sartain	1981 2:16:13 David Miley	2:33:39 Julie Brown
1982 2:12:18 John Lodwick	2:47:27 Carol Urish	1983 2:13:48 Kyle Heffner	2:49:54 Sue Moen	1984 2:20:20 Bruce McKay	2:58:04 Karen Miller
1985 2:11:42 Ed Swiatocha	2:49:42 Carol Beck	1986 2:22:40 Ed Swiatocha	2:55:37 Hope Fullwood	1987 2:22:42 Mike Moloto	2:55:45 Charlene Soby
1988 2:16:13 Andres Espinosa	2:46:30 Martha Ashley	1989 2:16:19 Andres Espinosa	2:47:47 Lisa Pesedo	1990 2:24:53 Jose Pena	2:48:04 Jenni L. Peters
1991 2:25:53 Jim Sterling	2:46:38 Peggy Murphy	1992 2:27:09 J. P. Worcester	2:48:59 Mary Level-Menton	1993 2:11:23 Victor De Jesus	2:39:23 Sonia Betancourt
1994 2:19:42 Carlos Chavez	2:43:28 Roxi Erickson	1995 2:16:03 Victor De Jesus	2:39:49 Diaz Alevtina Naoumova	1996 2:30:57 Gregorio Romo	2:58:34 Shannon Compton
1997 2:26:06 Emilio Gonzalez	3:07:21 Ena Mac Pherson	1998 2:20:37 William Moore	3:04:34 Sheila Carmody	1999 2:24:08 Wayne Strohmman	2:52:44 Lori Stich
2000 2:26:27 Joel Ibarra	2:54:20 Riva Rahl	2001 2:27:23 Joel Ibarra	2:59:01 Dana Bullard	2002 2:33:12 Ernie Caballero	3:02:28 Claudia Olivares
2003 2:16:26 Nephat Kinyaniui	2:37:05 Lioudmilla Kortchaguina	2004 2:14:00 Elly Rono	2:38:23 Liza Galvan		



VICTORY

THE CITY WITHIN THE CITY

Phase II includes:
250,000 sq. ft. state-of-the-art office space · 225,000 sq. ft. of emerging and reputation retail
600+ dramatic residences · 250-room W Dallas Victory Hotel & Residences

get in

victorydallas.com 214.303.5535

for office opportunities, contact David Hicks at 214.303.5535



Victory Award for Excellence



The 2004 Dallas White Rock Marathon presented the first joint "Victory Award for Excellence" to running legend Arturo Barrios and his wife, Dagny Scott Barrios, an award-winning journalist, author and dedicated runner.

The "Victory Award for Excellence" honors the Barrioses for demonstrating the value of physical fitness and having a positive effect on health and fitness through outstanding effort, determination, commitment and courage. As annual supporters and participants of the Dallas White Rock Marathon, the Barrioses have shown their support for the marathon's primary beneficiary, Texas Scottish Rite Hospital for Children.

Born in Mexico City, Arturo Barrios is a five-time world record holder and two-time Olympian. He is considered by many to be a living legend in track and field, as well as road racing. Arturo continues to hold the world record in the one-hour run and 20K, and he was the first runner to ever break the one-hour barrier for the half marathon. For more than 10 years of competition, he has always finished within the top five in any race he has entered, and his fastest marathon was completed in only 2:08:28. Arturo Barrios' early success in running earned him a full scholarship to Texas A&M University in College Station, Texas, where he earned a bachelor's degree in mechanical engineering. He quickly emerged onto the road racing scene, setting a world record for the 10K in the 1986 Continental Homes 10K in Phoenix, Ariz., his first race in the U.S. after completing college. From 1986 to 1987, Arturo never lost a road race in distances ranging from 5K to half marathons. He made a name for himself based on his winning consistency, and has experienced a lengthy career, rare among runners. Today, Arturo is the coach of the U.S. Army's highly competitive World Class Athlete Program in Boulder, Colo.

As an award-winning journalist, Dagny Scott Barrios continues to impact new and competitive runners with her in-depth knowledge of the sport. She is the esteemed author of the "Runner's World Complete Book of Women's Running" and the "Runner's World Guide to Trail Running." Dagny's informative books educate runners on various running topics, helping to boost many to the competitive level. Her books also teach readers how to prevent injury and extend their running careers. Dagny also frequently writes for Runner's World magazine and is the former editor in chief of Women's Sports & Fitness and Running Times magazines. Her articles can be found in a multitude of publications and across the Internet, further establishing her as a leading voice among the running world. Also a dedicated runner, Dagny has a personal best of 2:54 for the marathon and now competes as a masters runner, a special age division of runners.

In accepting the "Victory Award for Excellence," Arturo and Dagny join a group of distinguished past recipients, many of whom are considered the running community's most elite members, including Olympic Gold Medalist Frank Shorter, Dr. Kenneth Cooper, Tom Landry, Joan Benoit Samuelson, Don Lucas, Harry Cordellos, Bill Rodgers and the 2003 recipient, James Thruston.

The Barrioses were presented with the "Victory Award for Excellence" at the Pre-Race Pasta Dinner. Arturo and Dagny were deeply moved and thanked the marathon board, elite guests and runners for their support and commitment to running. The Barrioses also generously loaned their trophy to Texas Scottish Rite Hospital for Children. The trophy will be displayed at the hospital for patients and families to enjoy.

Greetings
from **DALLAS**

This was my first marathon. It was so good that I plan on running another in six months. I loved having a different color bib to distinguish that this was my first.

-Robin Richardson

I wore my St. Pete Mad Dogs cycling singlet for about the first 8 miles and the last 8 miles. I took it off to get some sun during the middle of the race. When I was wearing it, I got several shouts from the crowds along the course saying "GO MAD DOG". It was nice to hear. I enjoyed this race. If anyone is looking for a December marathon in Texas, I recommend the Dallas White Rock Marathon. "Run the Rock".

-David Homan

The event was awesome!!!! That was my first marathon and I will be there for sure next year. The split start was a brilliant idea!

-Brian A. Ricci

I have run New York City three times and I enjoyed myself much more at the Dallas White Rock Marathon. Great entertainment, wonderful volunteers (especially at the water stops). Also a terrific and beautiful course.

-Kathleen Daly



Greetings
from **DALLAS**

The marathon was a blast again this year!

This was my first half marathon and I am now hooked and want to do the whole marathon next year. Good thing I have a year to get ready!

-Nancy Lowe

Awesome race!

-Robin Richardson

I have done 31 marathons and Dallas has continued to be my favorite. Thanks to all you volunteers! The people along the route are as good or better than in Boston.

-Mike Thorn

This was my first "Rock" and I had a blast. The people could not have been any nicer.

-Jeni Merrick, Oklahoma

The number of volunteer workers and police support made the difference. Thanks for a great day and for raising money for Scottish Rite.

-Larry Duke

I liked the nice expo, finishers shirt, and the attention you paid to average runners. All in all a great weekend. I'll be back.

-Randy Moore
Bloomington, MN



For the Love of the Lake Volunteers Help White Rock Lake Park

By Janet Smith, FTLOTL Event Coordinator

White Rock Lake hosts runners 365 days a year, not just on marathon day. And the runners aren't alone; there are cyclists, walkers, rollerbladers, fisherfolks, families, birders, and For the Love of the Lake (FTLOTL) members. For nine years these volunteers have been working to preserve and enhance White Rock Lake Park as an urban oasis.

The grass-roots, non-profit group has put its biggest effort into something they hope you don't notice at the lake: trash. On the second Saturday of each month, 44 Adopt-A-Shoreline groups and hundreds of volunteers gather at the FTLOTL office in Casa Linda Plaza, then head out along the shoreline, on the water in kayaks, and in the park to pick up trash and recyclables. This long-term project has brought For the Love of the Lake many local, state, and national awards. The group was thrilled last year to receive the national REI "Stewards of the Environment" Award, Dallas' Center for Non-Profit Management's Excellence in Communication Award, and the Environmental Vision Award from the North Texas Corporate Recycling Association.

FTLOTL's energetic and enthusiastic volunteers have raised well over \$600,000 to purchase park amenities including 550+ trash and recycling receptacles; outdoor fitness circuits (Sunset Bay and TP Hill), the TP Hill playground, 21 freeze-proof drinking fountains along jogging trails, eight "cool sprays" for runners and cyclists, two lighted marquees, 32 benches with bike racks, and five bicycles for the park police patrol at White Rock Lake.

Since 1996, FTLOTL has enjoyed a mutually beneficial relationship with the Dallas White Rock Marathon. FTLOTL provides course guides for the marathon (over 200 this year!) while DWRM has donated over \$30,000 to FTLOTL that has been spent on items to enhance the lake for runners. FTLOTL is also known for their award-winning "High-Five Heaven", an unofficial energy-boosting stop around Winfrey Point, where volunteers (and a chicken and a duck!) form a gauntlet and high-five marathoners for good luck as they head into the final stretch.

Want to give something back to the lake you love? You can make a donation or you can join in as a hands-on volunteer! For information, to donate, or to get involved, call 972-622-SAVE or go to www.whiterocklake.org.



Photo: Rick Smith

A Day at TSRH



Photos by: Pat Rogers, Dick Smith, Lisa Ture

To kick-off this year's marathon weekend, Texas Scottish Rite Hospital for Children opened its doors for the annual Dallas White Rock Marathon T-shirt visit and welcomed running legends Arturo Barrios, Dagny Scott Barrios, Frank Shorter, Bill Rodgers, Dick Beardsley and other elite runners from around the world.



While touring the hospital, the runners visited with patients and gave them 2004 Dallas White Rock Marathon t-shirts. The tour and t-shirt event provided patients with an exciting opportunity to personally meet inspirational international runners, including last year's marathon champion Nephthys Kyanjuni and the soon-to-be 2004 Dallas White Rock Marathon winner Elly Rono, both from Kenya.

This special visit allowed the runners to see the faces of the children helped by the funds donated through the marathon. In turn, hospital patients were encouraged by the determination and strength of the world-class runners that took time to talk with them about their sport. The uplifting visit allowed the children to forget about the reason for their hospital stay and educate runners about what the marathon is all about – the special kids at Texas Scottish Rite Hospital for Children.

For eight years, Texas Scottish Rite Hospital for Children has been the primary beneficiary of the Dallas White Rock Marathon. Because of friends like the marathon, the hospital is able to continue providing the highest quality orthopedic care to Texas children without charging a single patient family.

Provided by Texas Scottish Rite Hospital for Children

Fitness Expo



The 2004 FITNESS EXPO was bigger and better than ever! The combination of a nationally known marathon, the involvement of the City of Dallas, and the advertising might of Belo Corp provided unparalleled marketing opportunities for exhibitors at the Dallas White Rock Marathon FITNESS EXPO. As compared to the 2003 FITNESS EXPO, the number of exhibitors grew 35% (to 114 exhibitors) and the number of attendees strolling the aisles increased 15% (to 17,881 attendees). The comment of runners and exhibitors alike were overwhelmingly positive on the quality and diversity of the participating exhibitors, and most exhibitors reported record sales for a one-day event.



The speakers on the TXCN Fitness Stage brought a wealth of information to EXPO visitors. Meeting some of the icons of the running world was a highlight for many of those attending the Expo. Many thanks to Bill Rodgers, Frank Shorter, Dick Beardsley, Arturo Barrios, Dagny Barrios, David Buckner, Suzie Solenberger Townsend and Larry North for sharing their experience and insights.

The Belo Corp media properties in Dallas were instrumental in promoting not only the FITNESS EXPO, but the Mayor's Race 5K Fun Run and Walk and the Dallas White Rock Marathon.

Much thanks goes to the Belo Expositions team - Patrick Buchen, General Manager; Ann McKinley, Sales Manager; James Bryan, Show Director; Keesha Vines, Expositions Assistant; and Alexis Westbrook, VGS Marketing – for coordinating the Expo effort. Their dedication, enthusiasm and creativity enhanced the weekend's experience for many, and the organization and professionalism of this staff made the 2004 FITNESS EXPO an enjoyable experience for all.

Bill Bond – EXPO Chairman



Photos by: Mary Kennard

Congratulations to all the participants
in the 2004 White Rock Marathon!



CLEAR CHANNEL
Dallas **RADIO**

Proud to be a sponsor of the 2004 White Rock Marathon!

The New
SUNNY
97.1 

92.5
KZPS
CLASSIC ROCK




106.1
KISS FM
The #1 Hit Music Station

Mix 102.9
mix1029.com

102.1 FM
the **EDGE**

NEW BALANCE • NEW BALANCE • NEW BALANCE • NEW BALANCE • NEW BALANCE • NEW BALANCE • NEW BALANCE • NEW BALANCE

B 30 QUINN ST.
BOSTON, MA
02116

Check # 7965961
Pay To: 3/25/05
NOT NEGOTIABLE

Pay to the order of: **DISTANCE RUNNER**

All the amount of: **DRY SKIN WHEN A TOWEL ISN'T AN OPTION**

There are two ways to reward an athlete.
With an endorsement check. Or with better performance.

New Balance
VETERAN'S SIGNATURE

MRSS046
NET5017

SPIKE TEE & VETO SHORT

@@@ 344 44683T @@ N 1607 6007 @@ 13509T44M @@

© 2005 NEW BALANCE • 30 QUINN ST. BOSTON, MA 02116 • WWW.NEWBALANCE.COM



Mayor's Race



Dear Runners,

Once again, this year's Dallas White Rock Marathon has outdone all others, setting a new standard for running events in our city.

I would like to congratulate the White Rock Marathon leadership and Board of Directors, and sincerely thank the volunteers, supporters, the Dallas Police Association and participants who work so hard to make this race a success year after year. Thanks to your hard work and dedication, the Dallas White Rock Marathon has become our city's signature running event.

I also would like to thank the marathon leadership for their help in hosting the Second Annual Mayor's Race, a family-oriented event that encourages families, runners and walkers to get outside, exercise and support the marathon. I am happy to report that this year, thanks to the generous contributions of our sponsors, we were able to invite DISD students, City of Dallas employees and their families to participate in the Mayor's Race free of charge!

This year's Mayor's Race had more than 2,000 runners, many of them young students. And thanks to the generosity of New Balance, more than 200 of these schoolchildren received a gift certificate for a new pair of running shoes!

It is great to see the Mayor's Race growing to become a family-friendly running event and an important part of the White Rock Marathon weekend. I would like to thank this year's Presenting Sponsors – SBC, 7-Eleven, Wal-Mart, McDonald's and Mary Kay – for the generous support that made this race a huge success. And, a big thanks to Comcast, Central Market, Starbucks Coffee and Schepps Dairy for in-kind contributions that made the morning even more enjoyable.

Again, congratulations on a great run and your great accomplishments in 2004. I look forward to seeing everyone on Saturday, December 10, 2005 for the Third Annual Mayor's Race.

Keep on running,

Mayor Laura Miller

Qualify
for **DALLAS**



- Mile 1 First United Methodist Church
Carrillion Ringers
- Mile 2 Dallas Powerhouse of Dance
2811 McKinney @ Allen, aerobic dancers
- Mile 4 Luke's Locker, Turtle Creek @ Fitzhugh
- Mile 6 Stifle Jo, 5206 Longview
- Mile 6 Big Chief Tablet, 5428 Longview
- Mile 6 The Moondogs, Granada Theatre
Ellsworth & Greenville
- Mile 7 Cat Daddies, 5835 Ellsworth
60s and early 70s with a little Motown
- Mile 7 Codger, 6148 Ellsworth
- Mile 8 Smokewagon 44, 6911 Ellsworth
- Mile 9 Potters Wheel, Tee Pee Hill
W. Lawther @ Paddleboats
- Mile 12 Midnight Hour, W. Lawther @ N.W. Hwy
J.C. Penny Aid Station
- Mile 13 Tonti Properties, N.W. Hwy @ Buckner
DJ booth
- Mile 14 ComeAlongs, Big Thicket on East Lawther
Drive by Mockingbird Bridge
- Mile 15 Drums Not Guns, White Rock Lake
Bathhouse Northcliff & Buckner
- Mile 17 Union Valley, Sunset Bay
off Buckner @ Poppy
- Mile 19 Independent George, DH Sports (Winsted)
- Mile 19 Dolly Parton Station
W. Lawther Drive @ Tokalon
- Mile 20 Rusty Brothers, 7030 Lakewood Blvd
- Mile 20, The Transcenders; 6861 Lakewood Blvd
- Mile 20 Frump, 2225 Abrams @ Belmont
Lakewood Furniture
- Mile 21 Second Hand Soul
6252 Richmond, @ Mary Kay Station
- Mile 21 Pharo, & The Ackermans, 6011 Swiss Ave
- Mile 21 The Ackermans, 6011 Swiss Ave
- Mile 21 Tommy Raz, 5643 Swiss Ave
- Mile 22 Kid on a Pony, Savage Park
Swiss Ave. @ Bryan
- Mile 22 Clovis Patrick Pierce, 4726 Swiss Ave
- Mile 22 Jimmy Barcus, 4726 Swiss Ave
- Mile 23 Rockupational Therapy, 3434 Swiss
- AAC Postrace:
The PitPops
- Mayor's Race, Saturday
The Transcenders, Reunion Arena
Heimlich & the Maneuvers
Zang @ Greenbriar Lane

Rockin' Entertainment

This year, more than 30 bands and entertainers volunteered to help keep you moving with a beat and high spirits. Always looking to out-do ourselves, come see how many bands keep you high-stepping to your marathon finish. We don't have an ocean, so we work five times harder to insure you have a great time here in Dallas, Texas. On December 11, 2005, you can bet we will be ROCKIN' again. Come see us. We've got a fast course, and lots of room.

By Roger Foster, Entertainment Chairman



Photos by: Kathy Morse, Rick Smith





Men at the Rock

By Debbie Fetterman: Staff Writer, Dallas Morning News

Elly Rono of Kenya ran a course record-setting time at the Dallas White Rock Marathon, erasing the disappointment of a 23rd place finish at the New York City Marathon.

Rono 34, had hoped to contend for the New York Marathon title after finishing fourth in 2003. But he didn't feel well that November day. He didn't want his training for New York to go to waste so he entered the Rock.

Rono ran the Rock in 2 hours, 14 minutes. He had hoped to break the race record, 2:12:18, set by John Lodwick, in 1982. Rono said the elite runners started too slowly. By the time the leaders picked up the pace, they had reached hills near mile 20. Rono said he was too tired after that.

"Overall it was a successful, excellent day," Rono said. "My goal was to make sure we ran good. That's the best thing we could do for the kids" at the (Texas Scottish Rite Hospital for Children), the race beneficiary.

Rono, one of the tallest professional runners at 6' 3 1/2", entered the Rock three weeks before the race. He left with his 19th career marathon victory and \$10,000.

He didn't make his move until late in the race. He and a pack of nine other elite runners, ran a conservative 5:10-per-mile pace through the first 10K. They were well behind rabbit Kim Gillard, who had built a 25-second lead in the early miles. Gillard slowed down to get closer to the pack but still led through the first 13.1-miles.

At the midway point, Gillard backed off, and the pack split. Rono, runner-up Nephthys Kinyanjui and third-place finisher Simon Sawe shared the lead for the next seven miles. They clocked a couple of sub 5-minute miles around White Rock Lake.

Sawe, a former Lubbock Christian runner, slowed a bit at 20 miles. He said he had not trained to run faster than a 2:16. He was pleased to finish in 2:15:25, adding he hopes to be in better condition to contend for the Rock title next year.

Kinyanjui, the 2003 champion, tried to stay with Rono, despite suffering stomach pain at that point. The pair ran together until the final mile when Rono made his move. He surged, and Kinyanjui didn't follow.

Kinyanjui had hoped to repeat. He said he was not too disappointed with his runner-up showing. After all, he ran more than 30 seconds faster than he had hoped to run, and he finished nearly two minutes faster than his title run last year. He also improved his personal best.

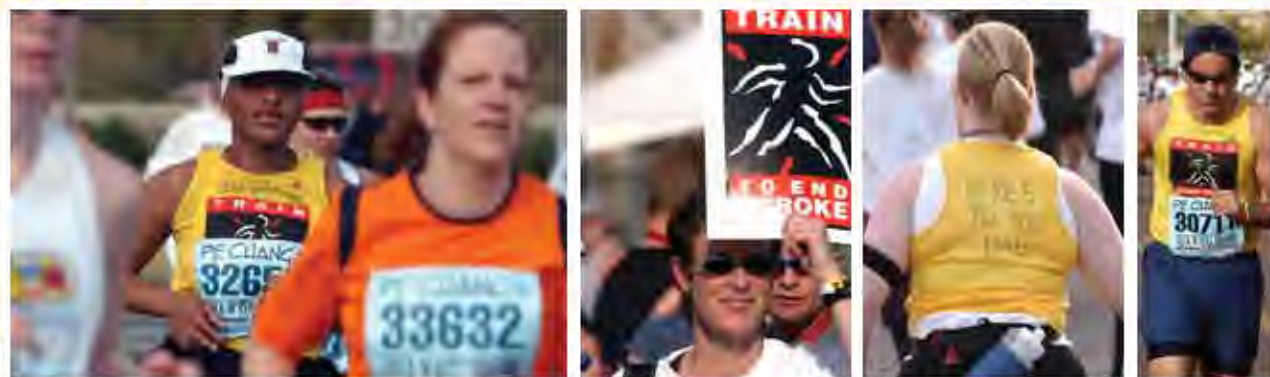
For Rono, the victory minimizes the memory of New York.

"It was pretty painful after I had done all that training," Rono said. "I tried my luck in Dallas."



Photos by: Beth Darr, Dennise Richardson, Richard Browne, Stuart Almond

Greetings
from **DALLAS**



move: [to maintain momentum]

**Challenge yourself to join a marathon,
a movement, a mission.**

When you walk or run in a Train To End Stroke marathon, you make our mission your own. As your training progresses, so does your knowledge of risk for stroke. Sharing that with others helps save lives.

Your participation ultimately helps the American Stroke Association defeat stroke, America's No. 3 killer. That's why you do it. The motivation is built in.

Plus, for championing our cause, we provide you fundraising tools, professional training, race entry fee, transportation and accommodations at event locations.

Get Fit. Have Fun. Save Lives.

Train To End Stroke Events 05-06

Help keep the momentum by signing up for one of these upcoming events.

San Diego's Musical Marathon
Full Marathon
San Diego, California • June 5, 2005


Kona Marathon
Full and 1/2 Marathon
Kona, Hawaii • June 19, 2005

P.F. Chang's® Flock 'n' Roll Arizona™ Marathon
Full and 1/2 Marathon
Phoenix, Arizona • Jan. 15, 2006

Walt Disney World Marathon
Full and 1/2 Marathon
Orlando, Florida • Jan. 8, 2006

Join Our Team Today.

**American Stroke
Association.**

A Division of American
Heart Association 



To learn more about the American Stroke Association's Train To End Stroke Program, visit strokeassociation.org/ttes, call **1-888-4-STROKE** or e-mail TTESNational@heart.org



(888) 821-0909

runontexas.com

*Congratulations on finishing the
2004 White Rock Marathon!*

What a running store should be

- Great Product Selection
- Excellent Customer Service
- Knowledgeable Sales Staff
- Year-round Classes
- Support of Local Events
- 4 Metroplex Locations

Handmade Food... Texas Style™



Winner!

BEST CHICKEN FRIED STEAK
State Fair of Texas

www.goodeatsgrill.com

CATERING

866.788.FOOD

tollfree



OAK LAWN

1 blk. n. of
Blackburn

214.522.3287

GREENVILLE

at Greenville
& Park

214.691.3287

DENTON

N. Loop 288
& I-35

940.387.3500



**WE'RE OUT OF
THIS WORLD!**
('NUFF SAID)

Central Market
DALLAS

Hours: 8am to 10pm Daily

5750 Lovers Lane • Dallas

(at Greenville Ave. & I-75)

214.234.7000

www.centralmarket.com



- Selected 2002 & 2003 "Agent of the Year" by North American Van Lines
- Recipient of the 2002 Quality Agent award for **Quality Through Safety - Best in Class**
- Overall **Claims Ratio** is less than one percent
- Awarded 2002 **Customer Choice Award** for excellence in Customer Service / Move Coordination Team
- Overall **On-Time Performance** Rating of 98.5%
- Provides Local, IntraState, Interstate, International Household Goods and Corporate Relocation Services



Women at the Rock

By Debbie Fetterman: Staff Writer, Dallas Morning News

Liza Hunter-Galvan, a regional favorite, entered the Rock with hopes of a top three finish. She surprised the other elite women with her strength as she overtook them to win her first Rock in 2 hours, 38 minutes, 23 seconds.

Throughout the race, Hunter-Galvan, 35, was preoccupied with thoughts of her longtime coach, Arthur Lydiard. She learned of his death hours before the race started.

"I kept thinking about Arthur and telling myself to run for Arthur," she said. "I used it to my advantage."

Lydiard, one of the most influential figures in distance running, died Dec. 11 at 87. He coached several Olympic medalists including three-time gold medalist Dr. Peter Snell, who now resides in Dallas.



Lydiard coached Hunter-Galvan for 20 years. She knew his health was fading. She saw him in San Antonio earlier in December. He was touring the United States promoting his latest book, Arthur Lydiard Master Coach, an autobiography. She said she sensed it would be the last time she would see him.

Despite the sad news, Hunter-Galvan was prepared to compete. She had spent the past year marathon training. She had achieved her personal best, 2:36:13, in 2004. That time earned her an opportunity to represent New Zealand in the 2004 Olympics in Athens, where she placed 51st.

She then took the fall semester off from teaching eighth grade science in San Antonio so she was rested and well-trained.



By mile 20, she and runner-up Maria Portilla of Peru, had surged away from the rest of the field. There, on the Dolly Parton hills, Hunter-Galvan made her move.

"It was just the two of us," she said. "I could tell she didn't want me to get in front of her. I could see she was breathing hard. My legs were burning, but I went for it."

Portilla couldn't react. She simply didn't have the strength on the hills to counter.

"She's very strong," said Portilla, who finished in 2:39:50. "She had a lot of energy."

Hunter-Galvan has to have a lot of energy. In addition to running professionally, she's a mother of four and works full time.

"It was a fair field for me," she said. "[Winning] was icing on the cake."

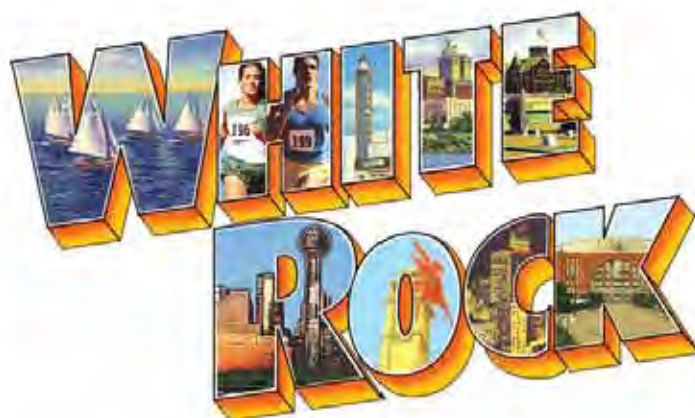


Photo: Lisa Drennon/Dickinson

Results - Women's Marathon



Photo: Richard Browne

Female 19 and under

group place	overall	name	age	city	home state	time
1	208	Jennifer Bouso	18	Bossier City	LA	4:00:28.2
2	321	Susan Davis	17	Canyon	TX	4:13:46.0
3	369	Grace Richardson	19	Russellville	AR	4:19:33.9
4	529	Slefani Tharp	19	Dallas	TX	4:34:43.8
5	561	Amy Doslich	18	Ennis	TX	4:37:47.9
6	666	Heather Doslich	17	Ennis	TX	4:51:19.4
7	679	Kari Hall	18	Bryan	TX	4:52:29.3
8	840	Rainey Selhman	19	Scenery Hill	PA	5:14:50.4
9	875	Alysha Wallace	17	Garland	TX	5:19:55.1
10	1144	Christy Grant	17	Rockwall	TX	6:55:44.2

Female 20 to 24

*****	3	Aluetina Biktimirova	22	Moscow	RUSSIA	2:42:10.6
1	10	Leah Marbach	24	Denver	CO	3:07:27.5
2	26	Sarah Steadman	23	Dallas	TX	3:29:18.9
3	28	Amanda Smith	22	Dallas	TX	3:30:28.9

4	41	Andie Lanka	23	Stapleton	NE	3:35:10.4
5	50	Lacey Lefeste	20	Marble Falls	TX	3:36:39.1
6	51	Erin Sprague	21	Cambridge	MA	3:37:13.2
7	57	Jennifer Moore	24	Universal City	TX	3:37:56.3
8	59	Jamie Sharpe	24	Van Buren	AR	3:38:16.2
9	69	Corey Smith	23	Fayetteville	AR	3:40:59.6
10	101	Nicole Byrum	23	Abilene	TX	3:47:20.6
11	103	Alisha Morgan	23	Irving	TX	3:47:35.5
12	108	Stephanie Trevathan	21	Amarillo	TX	3:48:31.9
13	112	Christy Ogden	24	Dallas	TX	3:48:38.9
14	113	Amy Sudan	22	Dallas	TX	3:48:39.5
15	116	Kayla Nebelsick	21	Dallas	TX	3:48:59.2
16	150	Ashley Mason	20	Russellville	AR	3:55:14.5
17	160	Jennifer Jeffrey	23	Dallas	TX	3:56:14.7
18	164	Natalie Wofford	21	Stephenville	TX	3:56:38.6
19	179	Jessica Trimmer	23	Dallas	TX	3:57:51.9
20	187	Jaclyn McTaggart	23	Irving	TX	3:58:13.2
21	201	Heather Menaugh	22	Nacogdoches	TX	3:59:39.1
22	209	Molly Barnes	23	Arlington	TX	4:00:50.0
23	235	Megan Newberry	22	Bartlesville	OK	4:04:51.5
24	240	Becky Rogers	24	Dallas	TX	4:05:21.0
25	261	Chrissie Keavy	24	Chicago	IL	4:08:23.8
26	285	Jennifer Coben	23	San Antonio	TX	4:10:51.3
27	298	Julie Savage	22	Cedar Hill	TX	4:11:51.5
28	305	Mandy Martin	24	Weatherford	TX	4:12:32.6
29	308	Cortney Ward	23	Austin	TX	4:12:40.0
30	309	Stacy Lueking	24	Haltom City	TX	4:12:49.5
31	366	Silvia Nogueira	24	Belo Horizonte	AR	4:19:09.4
32	395	Jamie Tunnell	24	Plano	TX	4:22:03.5
33	396	Shannon Moore	24	San Diego	CA	4:22:03.7
34	400	Blair Heald	22	Tulsa	OK	4:22:17.1
35	411	Ashley Johnson	20	Mansfield	TX	4:23:09.5
36	433	Mel Fagen	21	San Marcos	TX	4:25:20.6
37	439	Alyson Broadhurst	21	Abilene	TX	4:26:04.2
38	444	Jamie Hindley	24	Des Moines	IA	4:26:10.9
39	446	Heather Griffin	21	Baton Rouge	LA	4:26:19.1
40	454	Allison Blanchard	22	Shawnee	KS	4:27:17.7
41	459	Sara Hambright	23	Cheyenne	WY	4:27:53.4
42	461	Kathryn Richardson	24	Wichita Falls	TX	4:27:57.9
43	466	Kelly Allgood	24	Odessa	TX	4:28:11.7
44	490	Juliana Newsom	22	Dallas	TX	4:30:08.0
45	498	Elizabeth Grace	22	Russellville	AR	4:31:42.4
46	514	Jennifer Melton	24	Odessa	TX	4:33:20.4
47	523	Carrie Ridenour	23	Tulsa	OK	4:34:07.4
48	531	Liesl Beckmann	22	Sand Springs	OK	4:34:48.5
49	533	Cara Edlund	22	Austin	TX	4:35:14.4
50	535	Lisa Walfield	24	Southlake	TX	4:35:39.7
51	557	Leslie Thiessen	23	Kearney	NE	4:37:15.4
52	589	Rebecca Coffman	24	Oklahoma City	OK	4:42:13.8
53	602	Heidi Andrew	22	Andover	KS	4:44:10.7
54	619	Michelle Bartosh	24	Flower Mound	TX	4:47:08.3
55	633	Jessi Moroney	21	Austin	TX	4:48:36.9
56	641	Kelly Keith	21	Norman	OK	4:49:21.0
57	657	Michelle Hammer	22	Buffalo Grove	IL	4:50:20.8
58	667	Sarah Voorhies	24	Lafayette	LA	4:51:23.9
59	680	Christina Follou	24	Tulsa	OK	4:52:35.7
60	693	Grace Ellison	20	Tulsa	OK	4:54:19.4
61	715	Lisa Panchasarp	24	Irving	TX	4:56:55.1
62	728	Audrey Durrett	22	Amarillo	TX	4:58:03.6
63	745	Elizabeth Alred	24	Sachse	TX	4:59:08.6
64	756	Trisha Malberg	23	Cheyenne	WY	5:01:10.4
65	774	Amanda Greene	24	Ferris	TX	5:04:22.7
66	785	Sara Meek	23	Fort Worth	TX	5:05:46.1



Photo: Rae Mills

DANNON® IS A PROUD SPONSOR OF THE DALLAS WHITE ROCK MARATHON.

WE'RE BEHIND YOU, ALL 26.2 MILES.



www.dannon.com

©2005 The Dannon Company, Inc.



YOU CAN ADMIRE THE SKYLINE OR YOU CAN STAY IN IT.

Hyatt Regency is right in the middle of everything downtown Dallas has to offer. Shops, restaurants, museums, and the convention center are just around the corner. And when you consider our \$15 million guest room renovation, the high-speed wireless Internet access, and the longest running AAA Four Diamond distinction in Dallas, your decision to choose Hyatt just got a whole lot easier. Call 214-651-1234 or visit hyattregencydallas.com and stay upscale, downtown. FEEL THE HYATT TOUCH®



CONGRATULATIONS RUNNERS - HOPE TO SEE YOU AGAIN IN DECEMBER



Photo: Stuart Almond



Photo: Pat Rogers



Photo: Stuart Almond



Photo: Tim Ostermeyer



Photo: Richard Browne



Photo: Rae Mills



Photo: Pat Rogers



Photo: Richard Browne



Photo: Mary Kennard



Photo: Stuart Almond



Photo: Richard Browne



Photo: Dennis Richardson



Photo: Rae Mills



Photo: Pat Rogers



Photo: Richard Browne



Photo: Tim Ostermeyer



Photo: Rae Mills



Photo: Demnise Richardson



Photo: Beth Darr



Photo: Demnise Richardson



Photo: Rae Mills



Photo: Stuart Almond



Photo: Rae Mills



Photo: Demnise Richardson



Photo: Demnise Richardson



Photo: Beth Darr



Photo: Beth Darr



Photo: Pat Rogers



Photo: Beth Darr



Photo: Beth Darr



Photo: Pat Rogers



Photo: Pat Rogers

Greetings
from **DALLAS**

Thanks for another great Rock!
My 5th.

-Dennis Mease

I am a 3-time marathoner at
White Rock and had a blast
this year. Looking forward to
next.

-Troy Jones, Jr.

This is one of the best events
in Texas, and I was proud to be
part of it.

-Mark Miller

I've run White Rock 15 times.
The timing was well done; the
results were up before I got
home!

-Mitch Allen

Great race! The support was
fabulous. Best aid station:
Hooters. Will definitely run
next year.

-Don Walker

The volunteers were top notch!
-Robin Richardson

I would especially like to rec-
ognize the police officers that
volunteered their time to close
the streets and direct traffic at
the intersections. I know this
was not an easy task, especially
at some of the busier inter-
sections, but they did a great
job and remained friendly and
professional despite the horns
and yelling from the impatiently
waiting drivers.



Half Marathon at the Rock

By Debbie Fetterman: Staff Writer, Dallas Morning News

Carly Graytock of Rochester, Minn., and Gilbert Tuhabonye of Austin, easily captured the women's and men's Michelob Ultra Run the Rock Half Marathon titles. Graytock, the runner-up last year, finished in 1 hour, 16 minutes, 44 seconds.

Tuhabonye, 30, a Burundi native, finished in 1:11:06, nearly four minutes faster than runner-up Dave Ray of Dallas. Last year, Tuhabonye ran on the winning men's open five-person relay. The group finished the full marathon in 2:16:16.

For Graytock, 26, the victory helped erase some of the pain she had experienced earlier in the year. She entered Dallas' Half last year to help her prepare for the women's Olympic Trials.

She was strong and prepared for the Trials. But during the Trials, she had to stop at Mile 18 with severe pain in her right calf. She thought it was a just a cramp but later learned it was a blood clot. The clot broke apart and spread to her lungs. She was hospitalized for five days.

"When I had difficulty breathing, I knew something was wrong," she said.

Graytock runs for the Hansons-Brooks Distance Project, a women's training program for Olympic hopefuls. She's back on track now. She said the Rock victory built her confidence. She's training for the Boston Marathon.

Tuhabonye said he used Sunday's half marathon as a training run for the Freescale Austin Marathon, set for Feb. 13.

"I was just running for fun," he said. "I looked at the field and didn't see anybody that could push me. So I wanted to push myself."

Since first place was uncontested, the real battle became for second. Ray finished in 1:15:11, edging Brian Bariola of Benton, Ark., who clocked a 1:15:27.



RUN AWAY to Dallas' 30-acre health and fitness center

- **Cooper Clinic**
preventive medicine, cardiology, EBT scans,
nutrition, weight loss
- **Cooper Wellness Program**
4, 6 and 13-day life enhancement programs
- **Cooper Fitness Center**
state-of-the-art equipment, classes, programs
- **Cooper Guest Lodge**
hotel rooms, business meetings, social events
- **The Spa**
soothing body treatments, spa products
- **Cooper Ventures**
wellness consulting, fitness management
- **Cooper Concepts**
Cooper Complete supplements,
Healthy Living Radio (KSKY 660 AM in Dallas)
- **The Cooper Institute**
research, education (non-profit division)



www.cooperaerobics.com

Call 972-239-7223

AND . . . run better and safer

COOPER COMPLETE[®]

Nutritional Supplements

From The Father of Aerobics,
Kenneth H. Cooper, M.D.

- **Multivitamins**
- **Advanced Omega-3 Fish Oil**
- **Joint Maintenance Formula**
- **Calcium**

PURE • POTENT • COMPLETE



for marathoners and triathletes
ELITE ATHLETE VITAMIN FORMULA

*Clinically proven to reduce inflammation
and improve recovery*

Cooper Complete is the subject of ongoing scientific research and has been shown to be highly absorbed, to reduce homocysteine by 17%, lower the oxidation rate of LDL cholesterol by 14%, and reduce inflammation by 32%.

As published in:
The Journal of the American College of Nutrition, October 2003
and *The American Journal of Medicine*, December 2003

Order toll free 877-243-2584 or visit
www.coopercomplete.com

Results - Half Marathon



Photo: Mary Kennard

92	477	Michael Bell	37	Dallas	TX	1:52:30.0
93	479	Richard Rainey	36	Richardson	TX	1:52:33.1
94	489	Chad Coben	37	Dallas	TX	1:52:51.5
95	490	Thomas Murray	38	Southlake	TX	1:52:58.0
96	491	Brian Devlin	36	Southlake	TX	1:52:58.2
97	493	Chris Wright	35	Fort Worth	TX	1:53:06.3
98	505	Todd Flemon	35	Minneapolis	MN	1:53:34.6
99	506	Roy Albrecht	38	Dallas	TX	1:53:35.6
100	508	Tim Siudzinski	37	Dallas	TX	1:53:36.9
101	511	Bruce McClure	35	Dallas	TX	1:53:40.9
102	512	Rob Smith	37	Austin	TX	1:53:42.8
103	516	Richard Stanley	38	Dallast	TX	1:53:47.3
104	523	Jay Jaffee	39	Plano	TX	1:53:53.0
105	528	Michael MacAtis	37	Omaha	NE	1:54:09.4
106	535	Jun Maeda	38	Irving	TX	1:54:37.4
107	547	David Farris	39	Dallas	TX	1:55:01.3
108	561	Kyle Gilley	35	Dallas	TX	1:55:38.5
109	564	Clark Kennington	37	Dallas	TX	1:55:41.3
110	567	William Cary	35	Bryan	TX	1:55:48.0
111	568	Kirk Gillette	35	Dallas	TX	1:55:51.2
112	570	Chris MacDonald	37	Coppell	TX	1:55:52.0
113	583	Guillermo Lopez	37	Austin	TX	1:56:15.6

114	601	Sanjiv Sinha	37	Plano	TX	1:56:47.6
115	604	Caesar Cervin	39	Dallas	TX	1:56:52.2
116	607	Tom Jud	39	Dallas	TX	1:57:01.0
117	611	John Wing	39	Dallas	TX	1:57:13.9
118	614	Lucien Carignan	37	Flower Mound	TX	1:57:16.5
119	632	Kreig Ecklund	35	Van	TX	1:57:39.6
120	637	Shannon Wong	36	Austin	TX	1:57:52.6
121	642	Melvin Machayo	37	Irving	TX	1:58:05.5
122	644	Timothy Green	39	Dallas	TX	1:58:12.6
123	659	Sunil Jakhwal	35	Richardson	TX	1:58:37.4
124	666	Dennis Cassidy	36	Dallas	TX	1:58:53.0
125	671	Matt Young	39	Coppell	TX	1:59:10.1
126	686	David Bieloh	37	Corinth	TX	1:59:45.5
127	698	Dallas Dryden	37	San Antonio	TX	2:00:10.1
128	700	Jim Jessee	38	McKinney	TX	2:00:22.8
129	720	Erik Kolberg	37	San Diego	CA	2:01:00.7
130	723	Daniel Freemyer	36	Fl Worth	TX	2:01:02.4
131	725	Stephen Norton	37	Allen	TX	2:01:10.8
132	734	Raegan Gill	36	Allen	TX	2:01:33.0
133	743	Greg Clark	36	McKinney	TX	2:01:58.5
134	750	Christopher Kaseta	37	Lewisville	TX	2:02:26.5
135	753	Ray Brown	37	Shreveport	LA	2:02:37.2
136	772	Brad Worley	35	N Richland Hills	TX	2:03:28.3
138	774	Michael Floyd	37	Dallas	TX	2:03:29.8
137	773	Gilbert Arevalo	35	Forney	TX	2:03:29.8
139	776	Mike Delena	39	Plano	TX	2:03:37.1
140	791	Brian Johnson	39	Plano	TX	2:04:07.4
141	795	Carlos Landeros	36	Fort Worth	TX	2:04:21.2
142	805	Mike Duvall	37	Austin	TX	2:04:43.2
143	807	Douglas Holmes	39	Denton	TX	2:04:45.1
144	808	Gerald Frankowski	38	Dallas	TX	2:04:47.2
145	818	Steve Tannen	36	Minneapolis	MN	2:05:22.7
146	832	Daniel Kearns	38	Dallas	TX	2:05:56.2
148	834	Mark Taylor	38	Allen	TX	2:05:57.1
147	833	Michael Bowen	37	Irving	TX	2:05:57.1
149	837	Jeffrey Bramhall	39	McKinney	TX	2:06:01.2
150	842	Raymond Clark	35	Irvine	CA	2:06:08.0
151	847	David Lau	37	Flower Mound	TX	2:06:18.1
152	851	Craig Foy	39	Dallas	TX	2:06:32.8
153	858	Christopher Petrole	35	Richardson	TX	2:07:01.6
154	859	Raymond Sgroi	36	Fort Worth	TX	2:07:05.8
155	860	David Nickel	35	Dallas	TX	2:07:06.1
156	867	Trent Lander	36	Richardson	TX	2:07:24.0
157	869	Steve Damm	36	Frisco	TX	2:07:27.9
158	874	Steve Heusinger	37	Dallas	TX	2:07:42.3
159	900	Daniel Santee	36	Abilene	TX	2:08:44.3

160	913	Alan Hall	38	Plano	TX	2:09:35.6
161	914	Johnny Johntz	37	Leawood	KS	2:09:56.0
162	915	Sanjay Khatti	35	Dallas	TX	2:09:57.0
163	932	Craig Chapin	39	Carrollton	TN	2:10:45.8
164	934	John Rosaes	36	Brownsville	TX	2:10:53.9
165	936	Rick Wank	37	Dallas	TX	2:11:02.5
166	947	Charles Vorndran	39	Decatur	GA	2:11:40.1
167	952	Chris Warhurst	36	Richardson	TX	2:11:50.3
168	953	Paul Williamson	36	Dallas	TX	2:11:50.5
169	967	Frank Frankovsky	35	Austin	TX	2:12:40.5
170	984	Mick McGrath	37	San Antonio	TX	2:13:22.2
171	986	Ross Callen	39	Coppell	TX	2:13:33.3
172	996	Chris Wentz	35	Highland Village	TX	2:13:49.7
173	1005	Tim Bostick	39	Fort Worth	TX	2:14:21.1
174	1013	John Powter	35	Allen	TX	2:14:57.4
175	1014	Mitch Walters	35	Addison	TX	2:14:58.4
176	1019	Bart McKay	35	Waco	TX	2:15:10.8
177	1026	Jeff Klingler	37	Flower Mound	TX	2:15:14.5
178	1029	David Schaub	39	Dallas	TX	2:15:38.9
179	1035	Mark Gervasi	38	Arlington	TX	2:16:03.1
180	1038	Daniel Anderson	38	Bossier City	LA	2:16:12.1
181	1040	Sam Vli	39	Eules	TX	2:16:16.7
182	1043	Gabriel Garcia	38	Dallas	TX	2:16:24.8



Photo: Stuart Almond

TWO MEN AND A TRUCK.
"Movers Who Care."

*I See Those Trucks
Everywhere!...*

Residential/Commercial
 Bonded & Insured
(972) 479-1995

10610 Metric Dr., Suite 175 • Dallas, TX 75243
 TXDOT #5214408

REACT
 DALLAS COUNTY

**Milestones™
 OF ACHIEVEMENT**

www.milestoneachievement.com



© 2004 Clif Bar, Inc. All rights reserved. CLIF, The Clif Bar Pace Team logo is a trademark of Clif Bar, Inc. CBa04-104 10/04

CLIF Bar PaceTeam is proud to be certified by



DO YOU RUN SCARED?

Afraid you won't finish the Dallas White Rock Marathon? And what about that personal best?

Let CLIF® Bar's PaceTeam™ members help you reach the finish line with a time that's bound to create a smile 26 miles wide.



Visit our booth at the Marathon Expo.

After you register with the CLIF® Bar PaceTeam™, you'll receive a free ClifSplit™ band. What's more, a PaceTeam marathon leader will run along side to make sure you eat and rehydrate properly. And expect some inspiring remarks from your PaceTeam leader if the going gets tough.

A word to the wise.

If, during the race, the ground begins to tremble and it smells like there's a rodeo nearby, chuck the ClifSplit™ band and run like hell.



www.clifbar.com 1-800-884-5254

Results - Half Marathon



Photo: Beth Darr

67	972	Kathy Bonnett	46	Dallas	TX	2:24:25.0
68	979	Karen Walden	46	Farmers Branch	TX	2:24:46.7
69	988	Mary Beth Bass	45	Richardson	TX	2:25:24.9
70	989	Cynthia Oliver	46	Dallas	TX	2:25:26.0
71	1008	Donna Morgan	48	Weatherford	TX	2:26:20.0
72	1026	Sara Hieke	48	Oklahoma City	OK	2:27:23.9
73	1027	Laura Frye-Myers	47	Dallas	TX	2:27:26.0
74	1032	Heidi Fisher-Grissman	47	Arlington	TX	2:27:39.8
75	1033	Elaine Terry	49	Colleyville	TX	2:27:41.8
76	1037	Michele Zugaro	49	Colleyville	TX	2:27:48.9
77	1038	Graciela Teran	46	Mexico	TX	2:27:53.0
78	1053	Sharolyn Lentsch	47	McGregor	TX	2:28:39.4
79	1066	Brenda Buckalew	47	Mesquite	TX	2:29:47.6
80	1081	Theresa Searles	45	Dallas	TX	2:30:32.6
81	1083	Helen Tegbe	47	Pflugerville	TX	2:30:35.1
82	1095	Kelly Shank	45	Plano	TX	2:31:10.8
83	1121	Barb Swanson	45	Oklahoma City	OK	2:32:27.1
84	1126	Betsy Darlington	48	Plano	TX	2:32:45.3
85	1146	Marguerite Hoffman	49	Dallas	TX	2:33:59.4
86	1152	Rivka Elbein	49	Dallas	TX	2:34:15.4
87	1161	Dorothy Gaar	48	Celina	TX	2:34:41.8
88	1173	Cindy Canell	48	Carrollton	TX	2:35:51.1
89	1182	Cynthia Cruz	45	Arlington	TX	2:36:02.0
90	1190	Janet Glenn	45	Irving	TX	2:36:19.3
91	1194	Lettie Estrada	47	Irving	TX	2:36:34.9
92	1201	Maureen Callahan	46	Fort Worth	TX	2:36:57.8
93	1220	Ladon Durham	45	Italy	TX	2:38:36.7
94	1224	Taffy Harris	47	Garland	TX	2:39:47.7
95	1262	Mary McDowell	46	Shady Shores	TX	2:43:15.6

96	1279	Debra Bentley	49	Era	TX	2:45:12.9
97	1292	Kate Evans	49	Coppell	TX	2:45:53.7
98	1300	Tuula Persson	46	Arlington	TX	2:46:23.1
99	1301	Marlene Shafer	45	Cedar Hill	TX	2:46:27.4
100	1310	Laura Garrett	48	Copperas Cove	TX	2:47:11.6
101	1313	Nancy Homeyer	45	Georgetown	TX	2:47:13.0
102	1315	Nancy Bull	46	Fort Worth	TX	2:47:17.2
103	1329	Patricia Saunders	49	Irving	TX	2:48:46.6
104	1338	Lea Ann Blum	49	Fort Worth	TX	2:49:47.5
105	1341	Becky Kittrell	48	Ardmore	OK	2:50:34.7
106	1342	Julie Williams	48	McKinney	TX	2:50:39.2
107	1347	Tammy Armstrong	45	Celina	TX	2:51:19.5
108	1355	Nancy Droese	49	Sherman	TX	2:51:59.3
109	1420	Patty Abney	45	Richardson	TX	2:59:53.4
110	1428	Kristie Shepard	48	N Richland Hills	TX	3:01:15.1
111	1437	Pam Tait	49	Edmond	OK	3:02:46.9
112	1440	Leonora Alvarez	45	Watauga	TX	3:03:19.5
113	1455	Cynthia B Klamn	45	Garland	TX	3:04:54.4
114	1463	Jane Sloan	46	Plano	TX	3:06:10.8
115	1464	Jeanne Ross	47	Garland	TX	3:06:21.2
116	1472	Carol Meimerstorf	46	Lowell	AR	3:08:37.2
117	1494	Mary Malley	45	"Southlake,"	TX	3:11:54.5
118	1498	Yolanda Warren	46	Houston	TX	3:12:45.3
119	1511	Juliana B Araya	45	Cedar Hill	TX	3:15:52.7
120	1525	Toni Eagleton	49	Fort Worth	TX	3:18:16.9
121	1527	Lea Donovan	49	Fort Worth	TX	3:18:53.3
122	1528	Mariana Lozano	48	San Antonio	TX	3:19:25.6
123	1531	Barbara Charbonneau	49	Colleyville	TX	3:19:57.3
124	1551	Ann Dougherty	45	Richardson	TX	3:24:15.2
125	1552	Jana Johnston	49	Spring	TX	3:24:25.8
126	1556	Sidney Shaver	46	Katy	TX	3:25:03.3
127	1560	Janet Stephenson	47	Fort Worth	TX	3:25:28.6
128	1567	Marcelle Simmons	47	Desoto	TX	3:26:40.2
129	1568	Donna Kolar	47	Fort Worth	TX	3:26:49.0
130	1587	Joan Mooney	49	Flower Mound	TX	3:31:36.0
131	1601	Lana Hayes	49	Houston	TX	3:35:12.9
132	1614	LeNora Devine	45	Plano	TX	3:40:35.3
133	1630	Shelley Klopfenstein	47	Fort Worth	TX	3:43:06.8
134	1635	Naora Horton	46	Mansfield	TX	3:44:14.9
135	1642	Mamie Clark	46	Richardson	TX	3:55:36.0
136	1658	Ritha McDaniel	46	Garland	TX	4:33:56.3

Female 50 to 54

1	47	Martha Pina	53	Mexico City	D.F.	1:41:00.4
2	65	Kim Dennis	51	Irving	TX	1:43:27.3



Photo: Stuart Almond



Doing Something Good in our Community

BEN E. KEITH

Foods

Delivering

CHOICES

customers **know**

...and **prefer**

Dallas-Fort Worth Division * (817) 798-8800 * Toll Free (877) 317-8100

MINYARD
CARNIVAL *Hot Stuff* **Sack'n Save**
Save 5% on 100+ Items Member Price Store

It's A Matter Of Choice

Serving The Dallas-Fort Worth Area Since 1932

Since Minyard Food Stores, Inc. opened its first market over 70 years ago, our super-market chain has changed to meet the unique shopping needs of the neighborhoods it serves throughout the Dallas/Fort-Worth Metroplex. Now, you can choose between a Minyard, Sack'n Save or Carnival Food Store.

For the full-service shopping experience, Minyard continues to offer quality at a great low price. For additional savings, shoppers can sack their own groceries and save at the checkstand at Sack'n Save. And Carnival offers products and services for the culturally diverse.

Whether you're looking for the highest quality produce, the greatest variety of meat and seafood, or the freshest baked breads, pastries or tortillas, Minyard Food Stores, Inc. wants to be your grocer of choice.



5-Person Relay at the Rock



Photos by: Derrise Richardson, Rae Mills, Richard Browne



By Debbie Fetterman: Staff Writer, Dallas Morning News



The five-person relays remain a popular way to participate in the marathon festivities. More than 400 teams participated again this year, according to Teresa Linder, the relay race director.

This year, the relays were viewed as a recreational opportunity to participate in the marathon. Last year, there was prize money. The winning men's and women's open teams earned \$2,500. The money produced especially fast times last year.

This year, the fastest relay finish time was 2 hours, 26 minutes, 25 seconds by Mizuno FW Running Company. The team, which won the Odds and Ends five-person team, consisted of James Newsom, Meagan Nedlo, Cindy Dietrich and Cain Williams, who ran two legs.

The second fastest relay team was the Fort Worth Masters, a men's masters team, which finished in 2:34:08. The team consisted of Gary Anderson, Bob Scully, Chuck Weidner, Dan Boyle and Colin Hilliman.

Linder said she attributed the relay's success to the volunteers, who assisted her on the course. They include the four relay exchange captains, who spent weeks recruiting volunteers to work their stations.

Jack Weiss and the Texas Multisports Triathlon Club handled the Mile 6 exchange. Alexandra Spivey with Perot Systems, a first-year volunteer, worked the Mile 10 point. Al Thibodeau and the Carrollton Cyclists oversaw the Mile 15 station, and Diane Golden with Golden Adventures managed the Mile 20 exchange zone. Golden also served as the relay captain for the second year.

Includes American Eagle. We know why you fly and AA.com are marks of American Airlines, Inc.



We know why you fly

200,000 people. On 3,600 flights. Every day. Including one to the most important meeting of your day.



American Airlines
AA.com



Results - Relay



Photo: Rae Mills

47	Camaleones Gonzalo Ricaud, Anel Carneado, Jorge Lastra, Fernando Padrino, Alberto Martin	4:19:45.2
48	Lady Packers Chizuko Koller, Alison Evans, Paula Hardick, Ann Marie Theall, Chizuko Koller	4:20:00.9
49	Air Heads 04 Gary Goldman, Mike Hammonds, Kara Allen, Kara Allen, Jason Cooper	4:20:59.9
50	Friends of Silvia Julie Bridgforth, Cymber Tadlock, Cymber Tadlock, Maxie Kizer, Craig Tadlock	4:21:11.7
51	ACS/BearNuts Barbara Bernstein, Brian Duffy, Jeff Welday, Jack Jarrett, Tom Snell	4:21:36.4
52	Winston's Nuts (Jenkens) Bryce Benson, Wade Barrow, Larry Bullington, Todd Davenport, Kate Tocalljian	4:22:36.6
53	Four Girls and a Guy Cathy Bohrer, Melissa Ashman, John Schmidt, Allison Harabis, Kelly Chaffin	4:23:42.7
54	Outsourced Nuts Christopher Schaefer, Scott Cessac, Michael Ray, Marni Ray, Aaron Wallace	4:24:33.7
55	MITCHELL'S MARA Joe Mitchell, Isaac Lynch, Erica Zacek, Charlie Rapier, Philip Mitchell	4:25:03.6
56	Exusia Henry Welch, Lorena Perez, Salitza Abrantes, Julitza Abrantes, Silma Cervante	4:28:53.7
57	Karen Abels Karen Abels, Allen Riches, Brianna Morris, Nataliee Johnson, Karen Abels	4:29:53.6
58	The Misfits Oscar Marrufo, Kelly Gardiner, Saul Dominguez, Scott Phillips, Leo Flores	4:30:42.6
59	RHS71 Rick Lawson, Rick Fambro, Steve Lemmond, Jon Connelly, Ann Mallory	4:33:42.8
60	SHADY NUTS Brett Owens, Jamie Jennings, Alice Ray, Justin Long, Houston Harris	4:34:00.3
61	Slowly But Surely Kaycie Gage, Bruce Solis, Luis Lopez, Faith Wilmarth	4:34:14.3
62	The Huff'n Puffers James Everett, Matt Everett, Brent Douglas, Cheryl Everett, James Everett	4:36:57.2
63	Radio Flyers Robert Davila, Teresa Vo, Mike Hilden, Brett Stein, Vincent Nguyen	4:37:04.5
64	We Are Family Mark Roberts, Jim Roberts, Kate Roberts, John Bowles, Chuck Quenette	4:37:19.2
65	Hall-N-It Willie Hall, Melissa Boykin, Marlene Hall, Leila McCune, Nicholette Hall	4:38:10.8
66	Puffers Lee Swanson, Phil Wetherbee, Beth Swanson, John Banks, Bryan Haworth	4:38:43.7
67	Glenn-Madden & Associates Rickie Glenn, Roger Holland, James Yarbrough, Mike Merchant, Dan Mueller	4:43:40.2
68	It Hurts All Over Johnny Mendiola, Paul May, Ronda Visintainer, Jeff Welch, Keith Freeman	4:44:08.2
69	OLD & SLOW Tom Dailey, Bob Maas, Tom Rose, Ed Westerfield, Heidi Gross	4:49:15.3
70	EFEM Again William Uhlemann II, Matt Fennell, William Uhlemann I, Kelly Pray, Kristi Uhlemann	4:58:36.2

71	The Brigade Joe Brown, Steve Thomas, John Milor, Dewayne Kinsey, Jennifer Berry	5:10:19.1
72	SHOULD KNOW BET Patricia Mulvihill, Woody Cain, Cheryl Miller, Sharon Howard, Anne Mulvihill	5:15:05.0
73	4 Doe and a John Casey Dupont, Deidra Ward, Jody Hrabal, Katherine Long, John Long	5:15:36.4
74	Are We There Yet? A Laura Howe, Michelle Schenke, Cathy Van Voorhis, Lisa Noell, James E Williams	5:18:19.8
75	Los Changos Micah Rice, Heather Rice, Michelle Deans, Erika Ornelas, Veronica Vizcaino	5:18:33.3
76	Four Roosters and a Hen Bettye Haynes, Scott Lune, Gary Brand, Al Ayars, Brad Simpson	5:24:09.6

Open Female 5-Person

1	Lady Luke's Juli Baldwin-Brown, Kerri Little, Marissa Fleites, Maggie Riba, Christine Ashmore	3:26:41.6
2	Greyhounds Martha Thompson, Mary Hermann, Penny Mattson, Myra Spruance, Kelly Mulrone	3:43:55.3
3	No-Jiggle Joggers Emily Armstrong, Wendi Kesler, Patty Roberts, Kiran Robertson, Cindy Dole	3:44:24.8
4	TNT Foxes Rachel Kaiser, Amanda Spencer, Julie Pirro-Coffey, Lauren Pelzel, Theresa Snyder	3:48:43.4
5	4 us Kimberly Piwonka, Mary Baker, Beth Roe, Sarah Talley, Paula Walker	3:48:53.5
6	Groovy Chicks Nancy Broudy, Kelly Anz, Christina Oberg, Belinda Dugas, Ella Montgomery	3:50:30.7
7	SOLE SISTERS Laurie Hull, Beth Hicks, Marsha Thauwald, Joy Elliott, Mary Eastland	3:52:51.1
8	The Runaways Jackie Boehm, Susan Moses, Jennifer Baron, Kristen Koschel, Michelle Gustin	3:53:39.9
9	Sissy Andrews Sissy Andrews, Miranda Waggoner, Taryn Powell, Erin Parker, Lisa Parker	3:56:38.6
10	HOTSHOTS Lisa Swain, Sheryl Ek, Sue Bukovec, Lisa Thorp, Lea Mareno	4:03:53.8
11	rock n' slow Maggie Caldwell, Jessica Cook, Natalie Macellaio, Kim Williams, Audrey Clausing	4:04:54.4
12	Fantabulous Five Jill Hoenig, Laura Strickland, Louanne Legouregeois, Kerri Ivey, Wendy Ivey	4:05:45.8
13	METHODIST MOMS IN MOTION Pamela McQuitty, Mary Jo Linscott, Tracey Jackson, Lori Plamondon, Kim D Crawford	4:08:25.8
14	The Sassy Sisters Pascha Tieszen, La Ree Smith, Melanie Symons, Anya Martinez, Jennifer McLaughlin	4:09:36.6
15	RockStars5 Michelle Fall, Erin Bronson, Melanie Domen, Sarah Smith, Jessica Thackston	4:11:34.8

16	Texas Slow Pokes Barbara Busiek, Patty Ward, Louise Sheridan, Jennifer Aulich, Barbara Busiek	4:11:49.0
17	Town North YMCA Marilyn Micheletti, Sharon Jones, Diana Hamilton, Darlene Kengott, Kelly Hine	4:12:15.6
18	THE BUTTERFINGERS Barbie Lane, Melinda Wilson, Heather Saunders, Jennifer Stephens, Jan Hicks	4:13:40.4

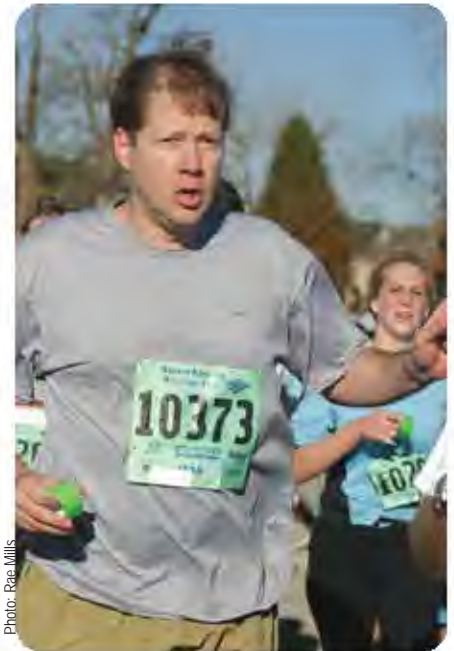


Photo: Rae Mills

19	Speed Bumps Tracy Kneisler, Melissa Godbold, Elizabeth Downs, Patricia Herbel, Elizabeth Downs	4:14:30.9
20	Desperate Housewives Kelli Conaway, Meredith Hadley, Rita Haddad, Rae Ann Gossett, Tonya Ricks	4:15:33.3
21	Four Heifers and a Cow Cynthia Garcia, Elizabeth Bray, Samantha Harlan, Glenda Lewis, Jenna Cummings	4:15:50.3
22	Sweat It Out Lisa Harper, Shannon Doherty, Anya McMillan, Kathy Doherty, Kimberly Kirkland	4:16:53.7
23	STA Moms Kathy Luedke, Amy Stroh, Arlene Kirkland, Suzanne Ramirez, Kim D Elia	4:16:57.4
24	Rose Bombs Lisa Cook, Sarah Wear, Meredith Ramsey, Courtney Ransey, Stephanie Smith	4:19:12.3
25	GPD Lady Striders Molly Boyd, Christina Shoemaker, Kimberly Fraxier, Brandyce Drane, Shara Watson	4:19:54.2
26	Rhodes Kathy Rhodes, Debbie Winick, S. Sprinkle, Suzanne Fickey, Kate Fickey	4:20:19.6
27	S.W.E.A.T. Helene Cano, Lenae MacPhail, Jenny Cureton, Irene Figueroa, Sharon Smith	4:20:33.3
28	UNMC Physical Therapy Team Jessica Foster, Abbi Richter, Deanne Jonak, Amber Ketteler, Rachel Jackson	4:22:04.2
29	Birthday Babes Rhonda Kehlbeck, Kelly Van Boven, Jacqui Grippman, Jan Golden, Paulette Mueller	4:28:18.8
30	Turtle Power Melissa Nolasco, Kim Ly, Thuy Dao, Justyne Nguyen, Doni Smith	4:29:59.5
31	Chix in Quixsand Brenda Baca, Joan Capezzuto, Ann Christensen, Barbarita Nieri, Becky Ogle	4:33:01.4
32	Team Phoebe Megan Tucker, Jennifer Wilson, Anne Mangfeste, Teri Hebert, Melissa Overby	4:36:12.8
33	Moms Out Marathoning Jacqueline Coleman, Jennifer Foreman, Marlene Albers, Kim Thronton, Kerry Smith	4:36:48.3
34	Amarillo Trotters Dolores Scott, Sharon Strouhal, Kari Zbiniden, Julie Hill, Sarabeth Hill	4:39:28.4
35	Moms on the Rocks Julie Wolf, Kathy Scherer, Jennifer Patterson, Pam White, Katie Swain	4:39:51.2
36	Heights Hunnies Barbara Anderson, Debbie Tarvin, Carrie Chaplin, Nicole Newcome, Lori Richardson	4:41:28.3



Photo: Pat Rogers

37	Eagles 40:31 Faith Lamb, Laura Lamb, Rachel Graham, Emily Hutson, Stephanie Conklin	4:51:27.5
38	Dynamic Divas 2 Caryn Fonberg, Marlo Kane, Julie Lieberman, Julie Sacks, Robin Fishman	4:53:51.0
39	Dynamic Divas 1 Summer Paillet, Tammy Prengler, Julie Weinberg, Donna Starr, Kim Zoller	4:53:51.1
40	Ponder Power Deanna Loieselle, Wayla Lyles, Lisa Hitch, Cheryl Spann, Vangee Deussen	4:57:24.9
41	Melting Pot Jessica Mayraz, Shari Hightower, Ann White, Tracy Galchutt, Melissa Sutter	5:01:32.5
42	Brantley team Krissey Brantley, Sally Brantley, Julie Milligan, April Rima, Heather McCartney	5:06:59.4
43	Davis 4th grade team Susan Brantley, Susan Caldwell, Alison Gibson, Ann Tracewell, Carrie Wollin	5:07:07.5
44	Angelique's Angels Laura Prendergast, Tanya Johanson, Cheryl Lindsey, Stacy Zagortz, Betsy Hardy	5:07:52.4
45	Are We There Yet? B Nancy Maurer, Emily Clock, Magaly Moreno, Beth Wood, Andrea Aramouni	5:11:47.0
47	Sista Runnin' Extravaganza I Meg Phillips, Julie Stern, Tracy Tucker, Wendy Shabay, Debbie Latham	5:27:21.4
46	Sista Runnin' Extravaganza II Julie Reed, Daidre Dowd, Melissa Watkins, Suzanne Sanderson, Meredith Messick	5:27:21.4
48	What were we thinking? Laura Stallbaumer, Arete Thompson, April Dyson, Toshika Wallace, Greta Raub	6:11:22.7



Photo: Rae Mills

Open Male 5-Person

1	Supreme Team Triple Beam Buck Newlon Pan, Michael Jammongjit, Bin Thi, Tadaki Tsujimura, Yasu Tsujimura	3:23:11.2
2	Old School David Lewis, Ron Alvey, Mark Cooks, Manny Garcia, Troy Worley	3:29:08.6
3	Team Lake Pointe Scott Edwards, Scott Wentzel, Marty Williams, Paul Pettit, Tracy Burke	3:30:54.0
4	Front Runners I Phil Slater, Greg Brown, David Collins, H Gene Edgerton, Brian Browning	3:33:05.7
5	CROW Rob Bennett, Dan Feeney, Conner Feeney, Mike Cohen, Wes Dickerson	3:33:21.5
6	HERE FOR BEER Dennis Liles, Abe Dunn, Parker Liles, Trent Smith, Doug Smith	3:33:23.2
7	The Codgers Rob Borrego, Don Bingaman, Justin Bell, David Bingaman, John Kirchhofer	3:36:49.8
8	Hearththrobs David Moore, Richard Davilla, Eric Davilla, Sam Hashimopor, Carl Latz	3:40:13.6
9	Little Nuts of Hate Perry Wood, Andrew Levy, Tim Jordan, John Zogg, Fullon Collins	3:42:55.2
10	Draggin' A Matt Ball, Dan Brimsley, J D Brimsley, Brian Bishop, Corbin Methvin	3:43:06.2

11	Team Mangino Brad Korell, John Trupiano, Eric Madden, Lance Lewis, Steve Shaffer	3:44:17.9
12	Side Pains Scott Armstrong, David Kesler, Sam Bergner, Vince Bove, Buddy Gregory	3:44:24.8
13	Mucho Slow Paul Verver, Albert Verver, Ryan Verver, Kevin Yeats, Bradley Yeats	3:46:57.4
14	FASTDANGO Clint Patterson, Derek Peachey, Tucker Williams, Hua Hau, Travis Keep	3:49:56.8
15	The Dream Team Juan Rolon, Jaime Jimenez, Raul Ortega, Herman Guzman, Claudio Cardenas	3:51:26.4
16	Desert Warriors II Richard Salas, Alex Contreras, Frank Fierro, Albert Macias, John Papazoglou	3:54:58.4
17	Too Young To Feel This Old Steve Gregory, Brett Merritt, Jeff Maxwell, Marlin Willesen, Jason Redding	3:55:29.8
18	Puelz Bob Puelz, Darrell Royal, David Puelz, Jim Roseman, Charles Puelz	3:55:39.7
19	SCATTERED Greg Jackson, Wes Upchurch, Ken Grave, Frank Holder, Brandon Ware	3:59:19.8
20	Seam Ttupid Webb Stevens, Dave Mabery, Brian Ellison, Rashim, Son Hon	4:01:20.5
21	Perpetual Motion Todd Mueller, Gene Gray, Jesse Simental, Jim Chalupka, Nolan Dombrowski	4:04:00.0
22	Team Ichiban Carl Capua Jr., John McKethan, Guy Mrnustik, Kent Kain, Zack Jones	4:04:06.8
23	Phive Phat Philosophers Jonathan Phipps, John Black, Grady Moore, Jonathan Morrow, Tom Pussel	4:05:18.0
24	Run For Jim David Tyner, Noah Pollack, Danny Tyner, Michael Humphries, Mark Esserman	4:05:29.4
25	Team Brick William Parker, Neil Tregilgas, Matt Dupont, Rob Arruda, Victor Torres	4:07:38.8
26	Donaldo y Los Hombres Rapidos Ryan Valdez, Donaldo Valdez, John Popielarczyk, Jason Costantino, Andre Smith	4:08:48.8
27	Speed Marc Goguen, Todd Bishop, Terry Steffes, Chris Roberts, Rick Salinas	4:10:03.8
28	Foxall's Flyers Steve Foxall, Bob Perrenot, Mert Bernabi, Jesus Prieto, Mike Woodchek	4:13:39.3
29	SALTY NUTS Steve Weak, Cullum Clark, Bo Clark, Blaine Kinry, Charles Masmie	4:13:52.5
30	Team Maher + 2 Dave Maher, Raymond Maher, Dennis Maher, Tony Hansard, Jeff Gaines	4:15:35.9
31	SPONGE BOB Alex Law, Jon Ropson, Elliott Neilsen, Ronald Shepherd, Nick Thorpe	4:17:18.3
32	Disciples Kyle Gully, Ricky Stephens, Joe Flournoy, Tracy Jones, Basilio Fierro	4:30:24.0
33	Kenwood Avenue Avengers Addison Deitz, Dave Bauer, Peter Billipp, Doug Vgarte, Collin Marsh	4:31:49.4
34	Bridgegoose Rockets J Redwine Patterson, Donald Stanford, Christopher Ketchmark, John Robinson, Eric McNeil	4:33:16.7
35	JHUFF0011@HOTMA John Huff, Scott Wallace, Marc Goldman, Colin Campbell, Alan Collins	4:34:00.1
36	Yo Bare Nuts Rick Curry, Chris Doggett, Creighton Stark, Peter Kaufman, Jody Schafer	4:35:55.3
37	I Know That You Know That I Kn Chris Brown, Pete Moody, Phillip Parsons, Ketlen Waldrum, Keith Walters	4:36:21.5
38	HyoteNuts Mike Wyatt, Chris Wyatt, Russ Medina, Greg Dean, Keith Walters	4:46:28.8
39	Why Try Harder??? Mehul Lalloobhai, Amit Lalloobhai, Harshad Lalloobhai, Devanshu alloobhai, Anthony Herrera	4:49:44.2
40	5 O'clock Somewhere Robert Hattensty, Billy Luce, Paul Nowell, Jeff Cammack, Nick Anderson	5:03:47.5

Open Mixed 5-Person

1	The Osbournes Dave Matlack, Scott Huggins, Terry Garrett, Kathy Garrett, Karen Matlack	2:42:53.2
2	PINK FLAMINGOS Chelsea Garner, Campbell Stetter, Blandon Bauckman, Christina Henderson, Matt Kirby	2:49:06.7



Photo: Pat Rogers

3	Ten Fleet Feet Paul Smith, Cora Lee Turner, Brian Baresch, Tom Johanninger, Kelly Hucklebridge	2:54:32.3
4	Adlego Gregory Jackson, Andrew Sitton, Julie Pleasant, Chris Wells, Kim Harms	3:03:55.7
5	Bulldozers Troy Jones, Daniel Renberg, Gabriel Cavazos, Traci Garrett, Rebekah Waller	3:05:09.9
6	Stone Jordan Stone, David Wagenfuhr, Sarah Herrick, Phillip Salyer, Brianna Salyer	3:14:42.9
7	Lakeshore Runners Bret Robertson, Brad Phillips, Lauren Robertson, Meredith Whisler, Jacob Shuttleworth	3:15:47.6
8	RUNNING ELVES Ted Brown, Marlene Kinney, Francene Kopf, Terry Noah, Maury Purnell	3:16:28.4
9	COX FAMILY Richy Cox, Demery Cox, Richy Cox Jr., Lakeiha Cox, Charles Luster	3:18:32.7
10	Stride4Stride Merlin Pease, Josef Velasquez, Cathy Peters, Heather Holder, Paul Caestecker	3:24:58.5
11	Midlothian ROAMERS Michael Van Amburgh, Christine Gummelt, Murray Allen, Katie Foshea, Michael Gummelt	3:28:50.3
12	Goldilocks, 3 Bears & A Duck Rich Eberhart, Larry Brown, Leah Tiller, Roni Jackson, Ed Echols	3:35:48.5
13	FM TROTTERS Ted Tucker, Dawn Bruck, Mike Lopez, Mairann Loper, Preston Ponykal	3:36:26.2
14	Bye Bye Andrea Kranz, Britta Hannack, Justin Brown, Jens Fiellitz, Tom Sato	3:37:30.8



Photo: Rae Mills

Results - Relay



Photo: Rae Mills

15	Team Track Nite Lindsay Lecuyer, Michael Burns, Andres LeCuyer, Leslin Meissner, Charles Meissner	3:38:18.9
16	Balco Blazers Mark Morgan, Randy Koslovsky, Jim Chapman, Janet Koslovsky, Karen Walter	3:38:20.2
17	Rock On Runners Tonia Cotroneo, Robert McFarlane, Michelle McFarlane, Cameron Cotroneo, Laura Spradling	3:42:01.4
18	Just Winging It David M Bartscher, Laura Jean Enty, Ginger Bartscher, Kevin Srendey, Todd Vanvuren	3:42:37.4
19	Triple Scotch and Soda Elaine Miller, David Grant, Elizabeth Zaremba, Natalie Burnam, Rodd McCall	3:42:38.2
20	30 Somethings Brian Moran, Lauri Moran, Truman Coe, Lori Morrow, Brian Shepler	3:44:14.1
21	Trammell Crow Company Diane Paddison, Mike Lafitte, Mike Duffy, Arlin Gaffner, Laura Kostelyn	3:47:04.5
22	TEAM STEWART Andrew Stewart, Mysti Newberry, Caitlin Starrs, Sarah Davis, Mark Puckett	3:47:19.4
23	JCPFC Kathi Child, Billy Beckes, Nichole Call, David Call, Steve Freebairn	3:48:02.2
24	Team Drinking Buddies Steve Vrba, Paige Campbell, Dan Clancy, Barbie Vrba, Jacques Barres	3:48:04.2
25	THE SHIN SPLINT Amy Carenza, Dan Chubb, Chris Carroll, Emily Horner, Dan Carroll	3:53:18.8
26	CrossTrainers Andy Thielman, Dana Dorch, Anita Schwartzman, David Linn, Nicholas Linn	3:53:28.3
27	HolyFockers! Stefanie Bulatovic, Vladimir Bulatovic, Sara Faradineh, Chris Prascher, Kathy Fox	3:53:50.9
28	Cruisers Eric Schmitt, Gail Schmitt, Joel Austin, Wayne Tung, Stephanie Tassos	3:57:57.6
29	shocks AND pegs Becky Reilly, Stuart Beck, Holly Frost, Sol Frost, Lawson Reilly	3:58:28.3
30	3 Hot Babes & 2 Slow Husbands Deirdre Reishus, Kris Murphy, Brent Murphy, Mary Olsen, John Olsen	3:59:55.3
31	ESD EAGLES Scott Smith, Dolton Smith, Tom Roberts, Peter Anderson, Katie Anderson	4:00:01.8
32	Prufrocks Jennifer Ytem, Nik Khotekar, Bill Driegert, Ragini Kumari, Kathryn Morris	4:00:41.3
33	The Weakest Links Brian La Foy, Brad Rusk, Melissa Rusk, Patricia A Ramirez, Heidi Fischer	4:01:22.8
34	Team Barley & Hops David Hillard, Karen Hillard, Misty Burkett, Calvin Gothard, Joey Saye	4:01:31.9
35	Blarney Stones Stephanie O'Brien-Hogue, Luis Gomez, Mick Granlund, Stephanie Deal, Tim Kerley	4:01:42.9
36	Donnie Don Ostroff, Jennie Ostroff, Jennia Axelson, Michael Axelson, Andy Leatherman	4:01:50.7

37	Thong Distance Runners David H Young, Kelly Willis, Lynn Silver, Michael Fox, Beth Robinson	4:03:44.9
38	The Speed Racers Chris Sido, Brent Burton, John Murray, Courtney Goodall, Barbara Bernstein	4:03:53.5
39	THE BUTTERBEANS Alex Oliver, Rachel Rainwater, John Waesch, Jennifer Goodman, Sara Beckman	4:04:15.5
40	MESA Runners Brad Goodman, Mike Sottong, Billy Roberts, Jennifer Goodman, Sara Beckman	4:04:22.4
41	The Running Outs Mike Reed, Kristin Reed, Laurie Murray, Mike Murray, Randy Huntress	4:04:47.8
42	Crosby Nikki Crosby, Monica Knake, Joe Dirik, Justin Mapes, Paul Waller	4:04:49.5
43	Nutenuffspeed Piper Wyatt, Greg Cannon, Kathy Denny, Jerry Fulweiler, Tom Pierson	4:05:09.2
44	Schwartz Tobi Schwartz, Michael Schwartz, Barbara Kaerin, Adi Kaerin, Darryl Miles	4:05:19.7
45	Buck Wild Jack Buck, Sherry Buck, Pam Kannady, Tim Williamson, Jordan Williamson	4:05:51.5
46	Cochran's Cloggers Michael Cochran, Mark Cochran, Elaine Cochran, Erin Cochran, Chris Mathews	4:06:09.7
47	TEAM ORA PHARMA Ben Sandefer, Brian Shaw, Renee Shaw, Dena Wright, Rodney Scotto	4:07:03.4
48	Brek's Chicks Kerri Navarro, Brek Blair, Robin Blair, Merrill Swenke, Katharine Spears	4:09:10.8
49	TSRH C Jeremy Howell, Sara Love-Swaney, Matt Ferguson, Stephanie Brigger, Aimee Bruce	4:10:04.5
50	Good Times Andrew Mudd, Heather Garrison, Bryan Daniel, Patty McMillon, Andy Antunez	4:10:31.7
51	ARMADILLO EXPRES James Berren, Bruce Pede, Deb Brown, John Bereen, Jessica Bereen	4:11:15.6
52	Lean Mean Green Team Randy Rush, Renee Bellew, Laura Stankosky, Kevin Wagner, Brad Lam	4:11:54.4
53	Central Express Ashley Martin, Lane Westlund, Christy Ballman, Jon Agnich, Brad Werner	4:12:08.8
54	TEAM5 Courtnei Ramsey, Alissa Cody, Reggie Jackson, Samantha Stewart, Weldon Barber	4:12:55.1



Photo: Stuart Almond

55	Dr. Dean's TEAM HEALTH Vanessa Vega, Cinci Straup, Jeff Kramer, Matt Childs, Dereck Johnson	4:13:39.0
56	Team Maddie II Shani Ginani, Michael Ginani, Kaine Meshkin, Karen Meadows, Hugh Boyle	4:13:39.5
57	We're Dreamin of a White Rock Lindsey Humphrey, Kyle Czerwinski, James Finley, Rex Smotherman, Alison Peltz	4:13:43.8
58	Cinco Nuts Anthony Bolner, Carla Bolner, Kip Smith, Beth Smith, Jerry Cobb	4:14:21.9



Photo: Rae Mills

59	Road Kill Kathy Walter, James Knowles, Brice Beard, Teri Robertson, Diane Moore	4:14:25.4
60	BH Funds Sam Gillespie, Carlton Hill, Cassie Howard, Kip Eldridge, Tara Barnes	4:15:51.5
61	The Fab 5 Lee Parker, Sarah Weddige, Chris Rhea, Kellah Hall, Amy Shing	4:21:43.7
62	The Aquatards Deann Russey, Alec MacDonald, Joe Martinez, Jan Malone, Nancy Johnson	4:22:03.8
63	Talley Family Matt Talley, Mary Ann Talley, Mark Talley, Virginia Talley, Ann Hurley	4:22:41.0
64	B&E Peter Eyestone, Jennifer Eyestone, Cody Barrick, Sue York, Gavin Jordan	4:23:12.5
65	Running From INS Thymy Tran, Thanh Tran, Ziad Kachkouche, Jackie Souryavong, John Ferguson	4:23:17.2
66	Wright Leland Wright, Scott Finch, Dana Finch, Steve Holley, Elizabeth Keller	4:23:20.2
67	Just For Fun Laura Church, Guy Church, Patrick Fitzgerald, Allison Daigle, Heather Gingrich	4:24:00.7
68	Are We There Yet Berenisec Frias, Salvador Urena, Dalia Perez, Carlos Trujillo, Ignacia Trujillo	4:24:06.8
69	Jackels Jason Howlett, Amanda Rickman, Karen Lee, Caroline Vaughn, Jon Mooney	4:24:29.3
70	Merrythones Courtney Collins, Kim Wilson, Noelle Gaspard, John Wayne Shar, Elliott Brubaker	4:24:30.6
71	Get Er Done Kim Roberts, Ross Roberts, Jamie Wilson, Melanie Wilson, Dana Shumake	4:24:43.7
72	Who's Idea Was This Stephanie McKinley, Jeff Linkenauger, Kelley Turner, Chad Lucas, Jennifer Lilly	4:24:53.3
73	Pokey Mon's Beth Battles, Ginger Cruikshank, Tom Miller, Bobby Reese, Brandon Battles	4:25:15.6
74	Blazing Turtles Judi Rumbaugh, Steve Rumbaugh, Art Young, Rachel Collier, Heidi Jost	4:25:48.9
75	Old Crocks Dawn Lewis, Geoffrey Kerang, Margaux Kearney, Stan Lewis, Ryan Boren	4:25:49.0
76	CLFC - Lizards Peter Eversley, Jim Alvarez, Michelle Cordes, June Huhn, Valerie Haas	4:26:38.5
77	26.2 Far! Gregory Allbright, Lauren Clayton, Scott Secrest, Lindley Doublass, Laura Archer	4:26:38.9
78	The Bald and the Beautiful Melissa Allen, Stacia Schroeder, Jerry Royal, Barton Hundley, Hixon Frank	4:26:41.7
79	Bar Crawlers Jeff Starling, Kelley Starline, Ryan Leavy, John Underwood, Lisa Harper	4:27:15.6
80	WKYA Terri Hebert, Stacy Winkler, Jesse Chaboya, Debra Jaska, Jeremy Hebert	4:27:48.6
81	3 Guys 2 Girls 1 Goal Kara Gedminas, Kim Gedminas, Jordan Mosher, Stephen Crane, David Jackson	4:28:10.4
81	3 Guys 2 Girls 1 Goal Kara Gedminas, Kim Gedminas, Jordan Mosher, Stephen Crane, David Jackson	4:28:10.4

Results - Relay

81	3 Guys 2 Girls 1 Goal Kara Gedminas, Kim Gedminas, Jordan Mosher, Stephen Crane, David Jackson	4:28:10.4
81	3 Guys 2 Girls 1 Goal Kara Gedminas, Kim Gedminas, Jordan Mosher, Stephen Crane, David Jackson	4:28:10.4
85	Shakti Chanda Parbhoo, Devina Parbhoo, Dhiren Parbhoo, Kamini Mamdani, Malik Mamdani	4:29:38.3
86	We're Slow - But Out of Shape Greg Gentry, Rob Sullivan, Lea Sullivan, Dana Scott, Jodi Gentry	4:32:23.5
87	Delicious Bass Reloaded Amy Tucker, Aaron Day, Patrick Lenihan, Spring Frost, Shane Potter	4:32:24.7
88	BOHEMIAN STRIDE John Matus, Tracy Matus, Courtney Eastwood	4:33:21.7
89	Beckmann+1 Dennis Beckmann, Karen Beckmann, Heidi Beckmann, Martin Beckmann, Timothy Connelly	4:36:39.1
90	Arse Draggers Jeff Bargas, Melinda Delgado, Noel Ellison, Stacy Mack, Melanie Bargas	4:36:39.6
91	Anything But Young Jana Shook, Letty Contreras, Cliff Edwards, Ellen Biggs, Steve Cox	4:39:00.5
92	Run4URLife Kelly Courkamp, Karl Courkamp, David Brown, Stan Dobbs, Vicky Dobbs	4:40:00.3
93	Webbed Feet Tom Erickson, Sunni Thompson, Kimberly Durnan, Linda Leavell, Constance Parten	4:42:37.2
94	A Going Concern Jeff Vines, Patrice Vines, Lauren Longbotham, Alicia Fuqua, Ryan McCuller	4:43:03.5
95	Navigator Jerry Glover, Angie Glover, Mike Richter, Christine Richter, Teresa Mestas	4:44:00.0
96	Running From Dessert Mike Obert, Kyla Howell, Steve Lake, Susan Hanssen, Don Obert	4:44:38.7
97	TEAM REID Jeffrey Reid, Elizabeth Reid, Pat Cooper, Chris Cook, Charyl Blanton	4:44:41.3
98	TEAM NUTS My Big Fat Greek Nuts Jim O'Neill, David Higgs, Shari Higgs, John Higgs, Ginger Marcus	4:47:29.0
99	Baker's Bunch Liz Kaminski, Tina Stevens, Jamie Fulford, Stacy Murphree, Kimberly Taylor	4:48:32.7
100	Fleet Feet of EPA Carrie Paige, Shannon Snyder, David Neleigh, Ronnie Crossland, Kelvin Spencer	4:49:25.1
101	Rock Runners Gracie Golonka, Jeff Thomas, Celeste Marcille, Deana Hicks, Rich Garcia	4:49:48.0
102	Team ARCap Abeer Ghazaleh, Greg Frederking, Amy Dixon, Kevin Van, Clyde Greenhouse	4:49:49.5
103	The Wiggles Kate Beaty, Tamarah Walker, Peter Newnham, John Horne, Kelli Green	4:50:37.2
104	Shamrocks Jeremy Mailen, Chad Hodges, Ray Novales, Amy Becker, Brooke Novales	4:51:03.6
105	Coppel YMCA Team Leah Heaney, Gayle Westapher, John Thursby, Al Davis, Amy Wilson	4:54:07.4



Photo: Rae Mills

106	I-35 Roadrunners Andy Chapa, Tanya Gonzalez, Carmen Gonzalez, Adrian Salazar, Yolanda Montalvo	4:59:12.9
107	BBC HALF UNITS Hank Mulvihill, Pam Neff, Randy Rutledge, Kirk Thompson, Max Wernick	5:00:18.5
108	Insight for Living Angela Sergesketter, Michelle Lindley, Jessica Witty, Brian Witty, Michael Bergeron	5:01:35.0
109	Carboaters Sandy Rivera, Carl Rogers, Heidi Monroe, Michael Rivera, Rich Borrego	5:08:48.4
110	Hard Rockers Meg Mitchell, Amy Dixon, Kristin Hall, Chad Dixon, Chad Hodges	5:09:33.8
111	Running From the Law James Stanton, Sarah Toraason, Jason Dennis, Jeff Grable, Britta Luukonen	5:10:18.4
112	Yes... We're related !! Jeff Tucker, Latha Tucker, Tim Tucker, Margie Tucker, David Tucker	5:12:26.0
113	Grant's Gazelles Keith Bingeman, Ashley Pinto, Amy Journo, Michelle Caballero, Dan Caballero	5:16:01.7
114	Team 26385 Wendy Stewart, Heather Whealley, Scott Wheatley, Jennifer Barry, Kevin Brock	5:16:44.2
115	The Michigan Wolverines Barbara Pichey, Joe Pichey, Patricia A Smith, Kimberly Clark, David Pichey	5:16:51.5
116	Jon Grayson Memorial Pam Grayson, Mike Grayson, Katie Grayson, Curt McClellan, Gwen Pittman	5:26:25.6
117	The Slow Motions Troy Walker, Shelley Holloway, Laura Knoll, April Forrestal, Latorey Malone	5:26:27.2
118	BOOKIN' IT Brent Dyer, Richard Wincorn, Kathleen Wincorn, Tom Kretchun, Chris Kretchun	5:28:54.0
119	The Short Bus Jeremy Trinkman, Alissa Domasky, Kristy Jones, Erin Walters, Ron Neal	5:48:03.4
120	What were we thinking ?? Marie Mendoza, Hussain Samnani, Sheila Harris, Allison Graber, Chad Parkhill	6:05:22.7
121	The Beth Brigade Nessie Haideri, Kirsten Tulchin, Jamie Cheney, Joshua Schmidt, Joshua Schmidt	6:30:02.9

Open Group 5-Person

1	Team Nuts GFD Nuts Kevin Paige, Randy Smith, Matt Rookie, Roger Rookie, Bud Sanford	3:25:40.2
2	Frisco Fire Department Jake Owen, Nick Potter, Brian Lynn, Doug Smith, Trey Stout	3:32:00.7
3	GPD Striders Team Three Darryl Kimmis, Larry Ray, Jason Hatfield, Michael Skillings, Steve Dye	3:35:52.4
4	First Baptist Bonham Kevin Towery, Sharon Towery, Bret Willis, Greg Hughes, Steve Bradley	3:52:52.7
5	Bowers Laura Bowers, Teresa Turpin, Carla Freeman, Liesel Wilson, Wade Wilson	3:54:09.6
6	GPD Striders Team Two Chris Hataway, Todd Gyure, Jake Lambert, Berlin Caldwell, Michael McLendon	3:56:47.1

7	GPD Striders Team One Christian Gipson, Richard Ashcroft, Dennis Kelly, Kevin Ross, Walter Carter	3:56:47.5
8	Tigers Nick Callaway, Katie Keen, Zack Mitchell, Jonathan Buras, Dustin Ellingburg	3:57:23.3
9	TAMOR Marathon Bastards Jimmy Brune, Eric Branton, Emily Hollister, Joh Cox, Robert Fleming	3:59:29.0
10	10 AF Lucy Wyatt, Lorraine Bishop, Cynthin Boswell, Steven Youssi, William Taylor	4:00:04.3
11	Midland Fire Department Russ Conley, Ken Whiting, Manuel Heredia, Bryan Chatwell, Jason Clary	4:07:32.8
12	Eagles Alise Shuart, Eddie Eason, Greg Crook, Kevin Barnicle, Nathan Campbell	4:10:48.5
13	THE COCKROACHES Sandra Howell, Kevin Kanzler, Gerry Cantu, James Eastlin, Randy Griffin	4:14:08.9
14	Jo's Team #2 Steve Jackson, Taylor A Brown, Kim Brentham, Paige Hillis, Jency Gregory	4:53:41.3
15	Jo's Team #5 Shawn Volkman, C J Brown, Pat Hillis, Belh Goodall, Nancy Coronado	5:13:06.0
16	POPends Jan McCaffity, Mark Broeker, Mike Boreker, Sam Shaw, Gary McCaffity	5:19:26.2
17	Jo's Team #1 Sarah Towery, Parker Hillis, Mason Lane, Theresa Killebrew, Jim Crawford	5:21:54.6
18	Elliot Elementary Holly Rose, Erin Christian, Diane Rottler, Mary Pantlin, Carrie Cole	5:23:38.4



Photo: Stuart Almond

19	Jo's Team #3 Janabeth Allen, Lucretia Lane, Alex A Cole, Leah Killebrew, Troy Volkman	5:24:56.9
20	Jo's Team #4 Mark Gorena, Cristy Stephenson, Sharon Graber, John Ogren, Cheri Luttrell	5:32:58.8

Senior Male5-Person

1	Team Viagra Larry Martin, Bill Johnson, Danny Monts, Bill Cherry, Tommy Farrar	3:43:46.0
2	Air Cap Croakers David Arst, Jim Braun, Wayne Van Andale, Ron Willbar, Leon Matticks	3:46:53.9



Photo: Rae Mills

Greetings from DALLAS

I finished my first marathon yesterday. Without all the people cheering and encouraging me, I can't imagine how I could have finished the last 6 miles. All us runners owe a big "Thank You" to them.

-Gang Yang

This was my first marathon and there aren't enough words to say how encouraging the volunteers were, making me feel like I could actually complete a marathon.

-Michelle Fisher

The pace groups were awesome.

-Brant Spencer

Yesterday was my 3rd Rock and seems like it just gets better every year.

-Charina Tickell

This was the first time I ran the Rock. I truly loved it. I rank the Rock as a "have to run" and will do my best to make a return trip.

-Shane Garner

Congratulations. It was only a matter of time until word spread about the quality organization and administration of the Dallas White Rock Marathon and for the entry field to surpass 10,000. I was always puzzled why the entry field didn't mushroom, especially after Runner's World magazine named the "The Rock" in its top 20.



Friends and Family



Photo: Stuart Almond, Richard Browne, Beth Darr, Thomas Hyde, Rae Mills, Paul Rogers, Rick Smith

**To all who helped make
the marathon possible,**



you deserve a medal, too.



www.tsrhc.org

At Texas Scottish Rite Hospital for Children, we are grateful to the volunteers, civic leaders, sponsors, and the Dallas White Rock Marathon Board of Trustees and committees for making the 2004 event a huge success. On behalf of each child treated at Texas Scottish Rite Hospital for Children, please accept this medal as a token of our appreciation.

Supporting the 2004 Dallas White Rock Marathon ensures that we can continue our 83-year legacy of providing the highest quality medical care to Texas children with orthopedic conditions and learning disorders – at no cost to patient families. Your steadfast commitment to this event illustrates there is more to a race than running.

For more information about TSRHC, to volunteer or to make a donation, please call 214-559-5000 or visit www.tsrhc.org.



Aid Stations and Mental Refreshment

Thousands of hats tipped to the volunteers and coordinators who manned the aid stations for the weary and exhilarated runners. You are the Runners' Rock.

Start/Finish	American Airlines Running Club
Mile 1	Northwest Bible Church
Mile 2	Abbott Laboratories
Mile 4	Luke's locker
Mile 6	Tri Dallas
Mile 7	Texas Scottish Rite Hospital for Children
Mile 9	Nortel Networks
Mile 10	Lake Grapevine Runners and Walkers
Mile 11	Nokia
Mile 12	JC Penney
Mile 14	CrossTexas Energy Services
Mile 15	Friends of Bob
Mile 16	InteliStaf Healthcare Travel
Mile 17	Cross Country Club of Dallas
Mile 18	Troop 5 Boy Scouts
Mile 19	D H Sports / Hooters
Mile 20	Hewlett Packard
Mile 21	Mary Kay
Mile 22	Party Hogs
Mile 23	BancTec
Mile 24	Dallas Christian School
Mile 25	Nokia



Photos by: Dana Mills, Deborah Rouns, Dick Smith, Tim Ostermeyer

Thanks to Volunteers, Who Keep Us Going!

Crossing the finish line—every runner's goal. That feeling of accomplishment after finishing a race is indescribable. Working behind the line, a small army of volunteer's from Train to End Stroke, a division of the American Heart Association, started preparing for the arrival of runners just minutes after the start.



These dedicated volunteers greeted runners as they crossed the line, handing them their finisher medals, removing their chips, passing out medical blankets and finisher shirts. They also helped runners who needed medical attention into the care of the volunteer medical staff, provided by Baylor Medical Center.

The Dallas White Rock Marathon would like to thank these tireless volunteers for their hard work and dedication. It was a long but very rewarding day, and a good time was had by all.

Dawn Burke-Colvin, Volunteer Chairperson

Greetings
from **DALLAS**

This was the first time I ran the Rock. I truly loved it. I rank the Rock as a "have to run" and will do my best to make a return trip.
-Shane Garner

The pace groups were awesome.
-Brant Spencer

I liked everything about the entire weekend. I'll be back.
-Randy Moore

Yesterday was my 3rd Rock and seems like it just gets better every year.
-Charina Tickell

I finished my first marathon yesterday. Without all the people cheering and encouraging me, I can't imagine how I could have finished the last 6 miles. All us runners owe a big "Thank You" to them.
-Gang Yang

This was my first marathon and there aren't enough words to say how encouraging the volunteers were, making me feel like I could actually complete a marathon.
-Michielle Fisher

The Dallas White Rock Marathon was, without doubt, the most organized and entertaining marathon I have run.
-Paul Gnadt



Pre-race Pasta Dinner



Photos by DJ DeFranco/Smith

ROLLOVER[®]

Keep your unused anytime minutes from month to month to month.

Available on GSM Nation plans \$39.99 & up. Other monthly charges apply.**

MOTOROLA RAZR - EXCLUSIVELY AT CINGULAR

- Ultra Thin Camera Phone
- Bluetooth Wireless Technology Capable

It doesn't get any better than this!



Bluetooth Wireless Headset
Sold Separately.

cingular
making the best call



**Cingular imposes the following monthly charges: A Regulatory Cost Recovery Fee of up to \$1.25 to help defray its costs incurred in complying with obligations and charges imposed by State & Federal Telecom regulations, a gross receipts surcharge, and State & Federal Universal Service charges. The Regulatory Cost Recovery Fee is not a tax or government-required charge. Limited time offer. Wireless service subject to credit approval. \$36 activation fee for new service. \$150 Early Termination Fee applies unless service is cancelled within the first 30 days of service. Independent agents may impose other equipment-related charges. Unused anytime minutes expire after the 12th billing period. Night & weekend and Mobile to Mobile minutes do not roll over. Phone price and availability may vary by location. Airtime & other measured usage are rounded up to the next full minute or kilobyte at the end of each call or data session respectively, for billing purposes. Coverage not available in all areas. Other terms & conditions apply. See store for details and coverage map. © 2005 Cingular Wireless LLC

Thanks to Photographers, Who Make Us Look Good!



Thomas Hyde



Dennise Richardson



Lilla Tune



Tim Ostermeyer



Pat Rogers



Rick Smith



PJ Photography



Stuart Almond



Earl Kennard



Kathy Morse



Rae Mills



Mary Kennard



Beth Darr



Richard Browne

ONE TASTE & YOU GET IT!

DR PEPPER BOTTLING COMPANY OF TEXAS

Proud Sponsor of the

DALLAS WHITE ROCK MARATHON

ATTENTION TAKE-AWAY CUSTOMERS:

KEEP YOUR EYES ON THE ROAD NOT THE CHEESE FRIES

OUTBACK STEAKHOUSE
48 FRIES. JUST \$4.99

Lewisville • Mesquite
 Grapevine • NW Hwy. • Irving
 Burleson • Dallas • Denton • Hurst
 Garland • Addison • South Arlington
 DeSoto • Fort Worth • Plano • Frisco

PROUD SUPPORTER OF THE DALLAS WHITE ROCK MARATHON

It's not just a cookie...it's a Lifestyle!

SPORTCOOKIE
 No Sugar Added

*Wally Peanut Butter
 Trail Mix
 Wild Lemon Pie
 Chocolate Chip
 Oatmeal Cranberry
 Banana Nut*

protocookie!

*Chocolate Chip
 Oatmeal Raisin
 White Chocolate Chip*

3333 Earhart Drive, Suite 200 • Carrollton, TX 75006
 Phone: 877-776-2667 • Fax: 972-239-6887
 Email: info@protocookie.com
 Visit us at www.protocookie.com

Post Race Party and Award Banquet



Quantiles
DALLAS



On Sunday, December 12, 2004, Texas Scottish Rite Hospital for Children hosted the "I Rocked" Post-Race Party and Awards Banquet, a post-race celebration for those who participated in the Dallas White Rock Marathon. The celebration was held at the American Airlines Center following the race and included complimentary food and beverages for all marathon participants, live music from the PitPops of Dallas and an award banquet to recognize the top finishers of the marathon.

At the celebration, the top five male and female marathon winners and the top winners in each category were recognized. The marathon winners received prize money in the amount of \$10,000 for first place, \$7,000 for second place and \$4,000 for third place. The presentation to Liza Galvan of San Antonio, Texas, the winner of the women's division with a time of 2:38:23.1, was a highlight. After receiving her prize money, Galvan gave an impromptu speech expressing how moved she was by Texas Scottish Rite Hospital for Children and all the organization does for children.

Dedicated to the health and happiness of all children, Texas Scottish Rite Hospital for Children is one of the nation's leading pediatric centers for the treatment of orthopedic conditions and learning disorders, like dyslexia. For more than 83 years, the hospital has provided care for more than 160,000 children across the state of Texas, without charging a single patient family. Generous donations the hospital receives each year from individuals, corporations, foundations and supporters, such as the Dallas White Rock Marathon, allows the hospital to continue its mission of providing the highest quality medical care to Texas children at no cost to patient families. For more information about Texas Scottish Rite Hospital for Children, to volunteer or to make a donation, please call 214-559-5000 or visit www.tsrhc.org.

Texas Scottish Rite Hospital for Children would like to thank the following sponsors for making the post-race party possible: Michelob Ultra, Ben E. Keith Foods, Inc., Consolidated Restaurant Operations/Good Eats, The Coca-Cola Company, Dannon, Dasani, Dr Pepper Bottling Company/Deja Blue, Kraft Foods Inc., Minyard Food Stores, Powerade, Sunkist Growers, Inc. and Ward North American.

Provided by Texas Scottish Rite Hospital for Children



In Grateful Appreciation

Thanks to the wonderful people at the Texas Scottish Rite Hospital for Children who make our efforts more rewarding than a pay check.

Race Administration

Andy Beach
Beth Ann Blackwood
Bill Herman
Bob Jones
Bob Luchsinger
Chock Bailey
David Hartwig
Dr. Bob Fowler
Francey Beall
Garland Newman
Glen Carter
Horace Duncan
Janet Smith
Jeanne Prejean
Jeff Antonioli
John Galvin
John Jenkins
Ken Reese
Larry Barthlow
Laura Hamill
Marcus Grunewald
Martin Schneider
Missy Walbridge
Parks Sterns
Pat Cheshier
Patrick Buchen
Renee Loria
Robin Friedel
Roger Foster
Rollie Stevens
Sara Schleisman
Susan Leonard
Teresa Linder
Terry Allen

Finish Line

Dawn Burke Colvin
Ginni Mercer
Justine Hemmer
Julie Robertson
Train to End Stroke Volunteers

Results Book

Eric Swanson
Marilyn Swanson
Step By Step Design
Jeanne Cullers
Mary Kennard

Photographers

Beth Darr
Dennise Richardson
Earl Kennard
Kathy Morse
Lilla Tune
Mary Kennard
Pat Rogers
Patrick "PJ" Johnson
Rae Mills
Richard Browne
Rick Smith
Stuart Almond
Thomas Hyde
Tim Ostermeyer

Texas Scottish Rite Hospital for Children

Alexia Griffin
Alison McCleskey
Allyson Weaver
Arturo Flores
Ashley Givens
Betsy Love
Bob Walker
Brenda Sturgis
Brie Marek
Carlton Stewart
Heather Campbell
Jake Marek
Jamie Eidman
Jerry Hooks
Jim Sturgis
Joe Alexander
LeighAnne Harper
Mark Murphey
Martha Hansard
Natalie Huber
Nathan Gonzalez
Randy Culpepper
Rebecca Cutbirth
Robert Carroll
Shelley Cook
Shorty Guajardo
Tripp Givens
Wes Parham

Volunteer Groups

American Heart Association's
Train to End Stroke
Dallas County REACT
Dallas Police Association
Garland Amateur Radio Club
For the Love of the Lake

TSRHC Volunteers

Aileen Diaz
Amber Whemeyer
Ana Torres
April White
Bob Ayers
Curtis Anderson
Danny Anderson
Debbie Nichols
Don Corben-Smith
Emily Luera
Gladys Kolenovsky
Glynn Gregory
Heather Wachtel
Jim Brown
Joanna Houston
Julia Hager
Kelee Hancock
Kelly Heatly
Laura Oderman
Manisha Patel
Maria Anderson
Marilyn Bottles
Melody Fletcher
Nissa Harrington
Nora Elmonoufy
Paige Porterfield
Pedro Galvan
Pete Cadena
Phyllis Cuesta
Reeti Jindal
Reuel Corneila
Robert Barrientos
Rose Carrizales
Ryan Harrington
Sheri Posey
Steve Anderson
Suzanne Carl
Veronica Carrizales
Vicki Wanjura
Virginia Gregory

Dallas White Rock Marathon Board of Trustees



Photo: Pat Rogers

Left to right:
Bill Bond, Bob Walker, Briena Marek, Jeanne Cullers, John Baer, Irving Adelstein, Chuck Dannis, Shelly Cook, Bob Hancock, Marcus Grunewald, Ed Humphreys, Chock Bailey, Luann Bruster, Roger Foster, Beth Ann Blackwood, Lou Need, John Jenkins, Debye Humphreys, Dawn Colvin, Mary Kennard

Index

Sponsors-Advertisers

- 3 Texas Scottish Rite Hospital
- 4 Sunkist
- 7 Michelob Ultra
- 9 Bank of America
- 12 Victory
- 17 Clear Channel
- 18 New Balance
- 25 American Stroke Association
- 26 Run On
- 26 Good Eats
- 32 Central Market
- 32 Ward North America
- 37 Dannon
- 38 Hyatt
- 49 Cooper Complete
- 51 Two Men and A Truck
- 51 Milestones
- 51 Dallas County React
- 51 Fowler Sports Medicine
- 61 Clif Bar
- 63 Kraft
- 65 Ben E. Keith
- 65 Minyard Food Stores
- 68 American Airlines
- 75 Texas Scottish Rite Hospital
- 78 Cingular
- 80 Outback Steak House
- 80 Proto Cookie
- 80 Dr Pepper
- 83 PrimaCare
- 83 Team Nuts
- IBC Coca-Cola
- BC Dallas Police Association



**Family Medicine
Urgent Care
Occupational Medicine**



**open 7 days
no appointment needed
most insurance accepted**

www.primacare.com

GO NUTS

Team Nuts Wants You For White Rock 2005

Team Nuts, the Dallas-based marathon team of more than 175 testicular and prostate cancer survivors and supporters "Ran the Rock" in 2004 and will do it again in 2005.

Team Nuts is a grassroots running club benefiting the Lance Armstrong Foundation and the Methodist Hospital Foundation to help fight male cancers.



**Join us in 2005.
The race against
male cancers is
just beginning.**



www.teamnuts.org | 214.334.5029

**The
PitPops**



Run The Rock - Sunday, December 11, 2005

Marathon and Half Marathon Entry

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Age as of 12/11/05 _____ Date of Birth: _____
(Minimum age of 16 for full Marathon)

Sex: _____ T-shirt Size: S M L XL XXL

Clydesdale division (male +200 lbs. female +160 lbs.)

Wheelchair entry

Is this your first marathon? (not your first Rock, but your first marathon ever)

Help us define our demographics:

Occupation: _____

Income: R 0-\$50K R \$50K-100K R \$100K-150K R \$150K+

5-Person Relay Entry

Team Name: _____

Company: _____

Member 1: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Age as of 12/11/05 _____ Date of Birth: _____

Sex: _____ T-shirt Size: S M L XL XXL

Member 2: _____

Age: _____ Sex: _____ T-shirt Size: S M L XL XXL

Member 3: _____

Age: _____ Sex: _____ T-shirt Size: S M L XL XXL

Member 4: _____

Age: _____ Sex: _____ T-shirt Size: S M L XL XXL

Member 5: _____

Age: _____ Sex: _____ T-shirt Size: S M L XL XXL

CHECK ONE Be prepared to show ID for age/category:

- Open Male (all male team, any age)
- Open Female (all female team, any age)
- Masters Male (each member age 40 or over)
- Masters Female (each member age 40 or over)
- Seniors Male (each member age 60 or over)
- Seniors Female (each member age 60 or over)
- Mixed Open (any age, minimum of two females)
- Mixed Masters (40 or over, as above)
- Corporate (all members same employer)
- Odds/Ends (fits no other category)
- Other Group (School/Military/Police/Fire)
- High School Male (same school)
- High School Female (same school)

WAIVER, RELEASE AND AGREEMENT: Must be signed with registration. In consideration of the acceptance of this entry, I, the undersigned, hereby assume full responsibility for any injury or accident which may occur during the event or while I or my child is on the premises of the event. I hereby, for myself and my child, our heirs, executors and administrators, forever release, hold harmless, and discharge the Dallas White Rock Marathon, its sponsors, officers, directors, agents, volunteers, employees, promoters, and beneficiaries, and all other persons and entities associated with the event, (collectively, the "Organizers"), from and against any and all rights and claims for injuries or damages I or my child may have arising in any manner from our participation in this event, regardless of whether such injuries or damages result from the negligence of the Organizers. I understand that I/my child enter this event at our own risk, and I acknowledge that it is my responsibility to determine whether the entrant named above is fit to safely complete this event. I agree that any legal claim arising from me/my child's participation in this event shall be governed by the laws of the State of TX and will be adjudicated by and in the courts located in Dallas County, TX.

I agree to abide by all rules of this race, including the obligation to terminate my/my child's participation by close of the race at 3:30 p.m. on race day, and, while I acknowledge the race administrators have no duty to me/my child, I hereby permit myself/my child to be removed from the competition if, in the opinion of the race administrators, me/my child's continuing would endanger me/my child's health or the safety of others. I authorize and grant permission to the Organizers to use me/my child's name, voice and likeness in any photographs, broadcasts, telecasts, promotions or other accounts of this event. I agree that, as an athlete participating in this sporting event, I or my child may be subject to drug testing at the discretion of the Organizers.

SIGNATURE:

X _____
Participant

X _____
Parent signature for minor

X _____
Participant

X _____
Parent signature for minor

X _____
Participant

X _____
Parent signature for minor

X _____
Participant

X _____
Parent signature for minor

X _____
Participant

X _____
Parent signature for minor

No Packet Pick-up or Registration On Race Day

<input type="checkbox"/> Pre-Race Pasta Dinner	\$15.00/ea	\$ _____
<input type="checkbox"/> 2005 Marathon Poster	\$15.00/ea	\$ _____
<input type="checkbox"/> Donation for Texas Scottish Rite Hospital for Children (Optional)		\$ _____
<input type="checkbox"/> Marathon	\$ 80.00	\$ _____
Late Registration after Nov. 28	\$ 90.00	\$ _____
At Expo	\$100.00	\$ _____
<input type="checkbox"/> Half Marathon	\$ 45.00	\$ _____
Late Registration after Nov. 28	\$ 50.00	\$ _____
At Expo	\$ 60.00	\$ _____
<input type="checkbox"/> 5-Person Relay	\$130.00	\$ _____
Late Registration after Nov. 28	\$140.00	\$ _____
At Expo	\$150.00	\$ _____
Total		\$ _____

Entry fees are non-refundable and not transferable

Mail application with check/money order to: The Rock (DWRM)
 10344 White Rock Circle
 Dallas TX 75238-1445



Coca-Cola
Real

Coca-Cola

PROUDLY SUPPORTS
THE WHITE ROCK MARATHON!

©2004 The Coca-Cola Company. "Coca-Cola," the Dynamic Ribbon and the Quench Emblem are registered trademarks of The Coca-Cola Company.



we help keep the
**WHITE ROCK
MARATHON
RUNNING**

This year, members of the Dallas Police Association donated over 1,200 manhours to ensure a safe and smooth White Rock Marathon, enabling the donation of more proceeds to Texas Scottish Rite Hospital for Children.



DALLAS POLICE ASSOCIATION