

2008 DALLAS WHITE ROCK



MARATHON

Presented by NexBank

COMMEMORATIVE ALBUM



When generous people partner with a bank that truly cares for its community, great things can happen. Things like supporting The Dallas White Rock Marathon.

NexBank is proud to be the presenting sponsor for an event that benefits Texas Scottish Rite Hospital for Children. We're equally proud of our competitive rates and the high-quality banking services we offer each of our clients.

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DEAR RUNNERS

With a high temperature of 75 degrees and humidity in the 80% range, the 2008 Dallas White Rock Marathon will go down in history as one of the warmest races in our 39 years. We also set other records – most participants (16,353 runners), most bands (over 40), most number of volunteers (somewhere north of 2,500), and most Gatorade used (over 1,500 gallons!).

It wasn't a day for personal records, but for perseverance and resolve. Runners, you came to the finish line slower than previous years, but finish you did. It was a testament to your months of hard training and determination to not let obstacles stand in your way. A common comment we heard over and over: "Once I rounded the point at the lake and the wind hit me dead in the face, it felt like an invisible hand kept me from moving any further forward".

Henry Serem won the marathon with a relatively slow time of 2:22:06, while our female winner, Svetlana Ponomarenko finished with a 2:37:14. The men's race involved tactical maneuvers and headstrong competition, but the women's race was decided early on and was a matter of holding on to first place. Liza Hunter-Galvin, our women's champion from 2003 returned to run the new half marathon course, but decided the night before to go ahead and enter the full marathon. She finished second in 2:41:56, only a few minutes off her winning time 5 years ago.

The Men's Half Marathon was won by Karim Elmabchour, who finished with a time of 1:04:50, and the Women's Half Marathon was won by Olaru Nuta in a time of 1:11:31, both a testament to the PR ability of the new half marathon course and the quick finish down the Katy Trail.

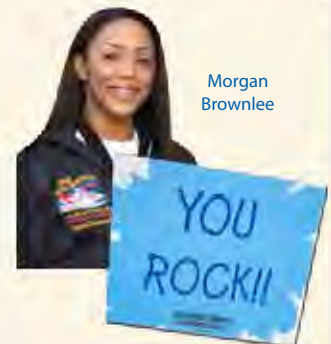
We have read all the emails from runners since the race e-mails, and are working to implement many of the suggestions we received. Keep the ideas coming on how we can make this the best marathon possible.

Mark your calendars for the 40th Rock, which will take place on Sunday, December 13, 2009. And keep your fingers crossed that our order for perfect weather comes through!

See you at the Start Line -
 Marcus Grunewald, Race Director
Marcus@RunTheRock.com

Dear Friends,

My name is Morgan Brownlee, and I proudly represented Texas Scottish Rite Hospital for Children (TSRHC) as the Junior Race Director of the 2008 Dallas White Rock Marathon presented by NexBank.



I became a patient at TSRHC when I was diagnosed with scoliosis, a condition that causes a curve in my spine and is treated by observation, bracing or surgery. As the star forward-center on my school's basketball team, I feared that my basketball days were over. Thanks to the doctors at TSRHC and the treatment I received, within three months of surgery, I was back in the game and traveling around the country playing competitively with my team.

I was honored to be this year's Junior Race Director and to be part of such a great race, in a great city, for a great cause! Thank you for supporting the 2008 marathon and the children of TSRHC. We hope to see you next year on December 13 for the 2009 Dallas White Rock Marathon.

Thank you,
 Junior Race Director

Morgan Brownlee



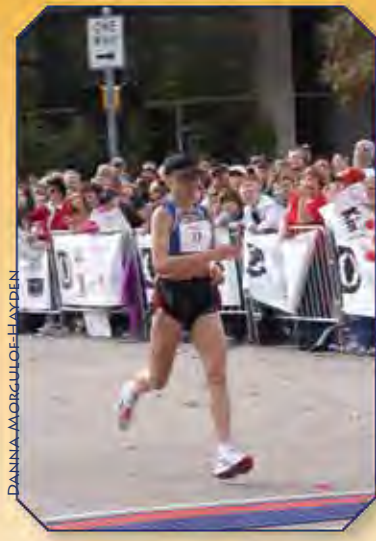
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WINNERS



DANNA MORCILLO-ELAYDEN



LEE BAKER



STUART ALMOND



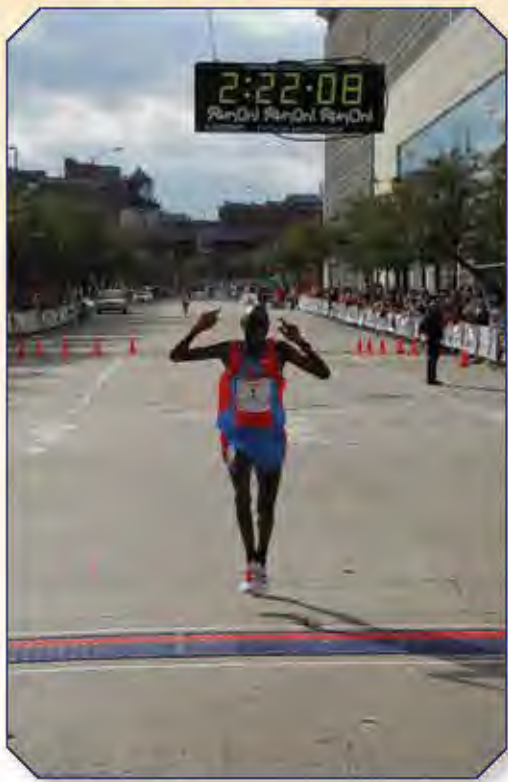
LEE BAKER



STUART ALMOND
THOMAS HYDE



LEE BAKER



LEE BAKER



LEE BAKER



LILLA TUNE



ROGER BELL



LILLA TUNE



ROGER BELL



LEE BAKER



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RICK SMITH



THOMAS HYDE



THOMAS HYDE



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SARAH TUNE



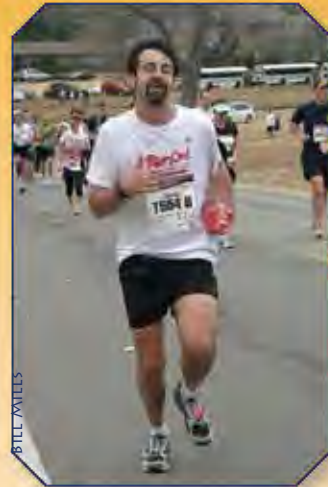
SARAH TUNE



ROGER BELL

DALLAS WHITE ROCK MARATHON

MARATHON



BILL MILLS



BILL MILLS



RICHARD BROWNE



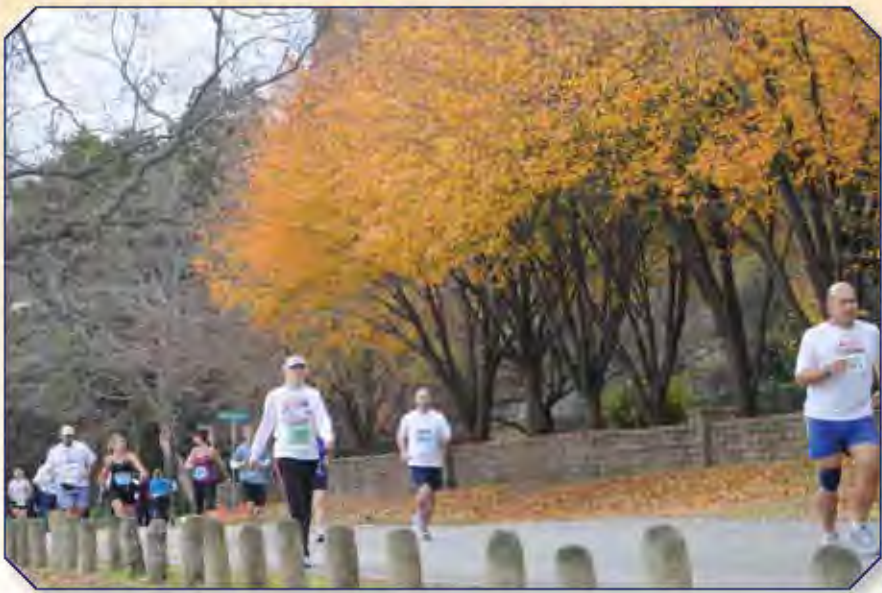
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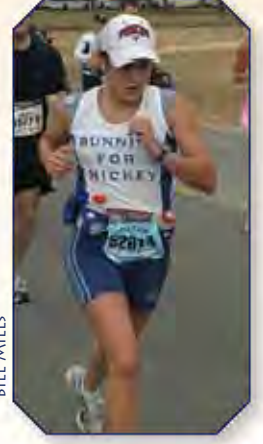
ALAN MANN



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RICHARD BROWNE



SARAH TUNE



RICK SMITH



ALAN MANN



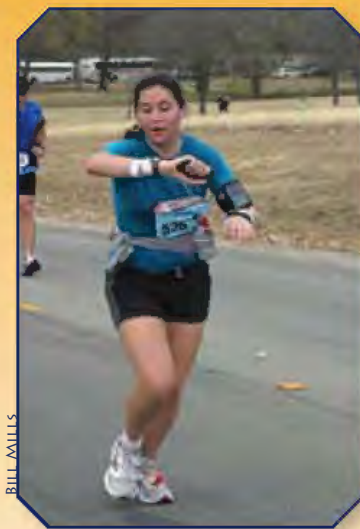
ALAN MANN

MARATHON

SUNDAY DECEMBER 14 2008



DALLAS WHITE ROCK MARATHON



BILL MILLS



SARAH TUNE



RAE MILLS



ALAN MANN



PHOTO CONTEST

MARATHON



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PHOTO CONTEST



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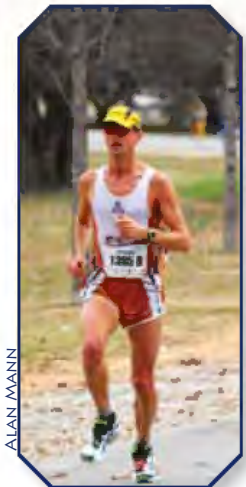
DEANIA



JPSPEARMAN



ADVOCATE



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RAE MILLS

The finish line.

Another reason to Love **RUNNING** more.

Congratulations Runners!
You Rocked the Rock!



LOVE/hate. this is the new balance



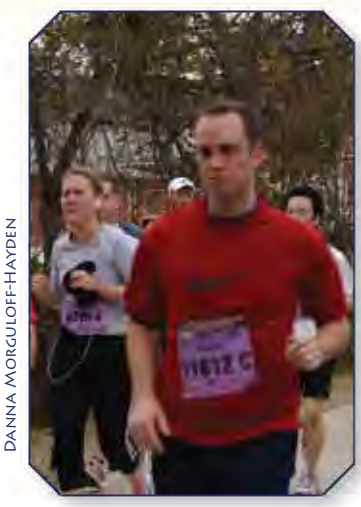
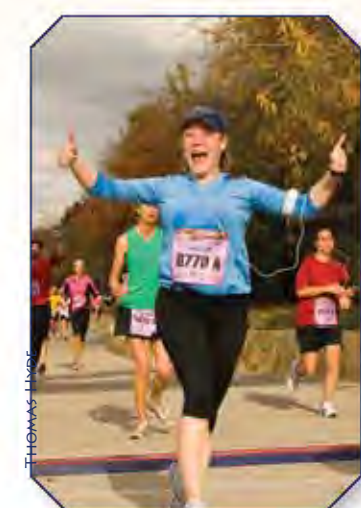
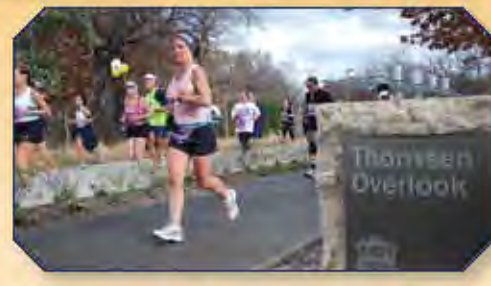
New Balance is proud to be the Official Footwear Sponser of the Dallas White Rock Marathon.

OPENING PRAYER - STEVE HARDIN, ASSOCIATE PASTOR OF VILLAGE CHURCH IN HIGHLAND VILLAGE TX



HALF MARATHON

HALF MARATHON

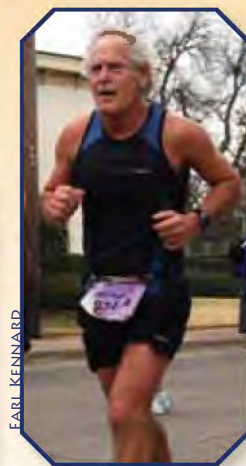
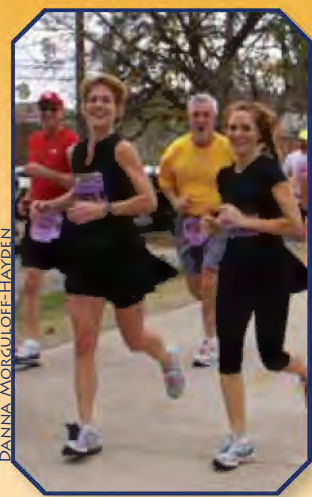
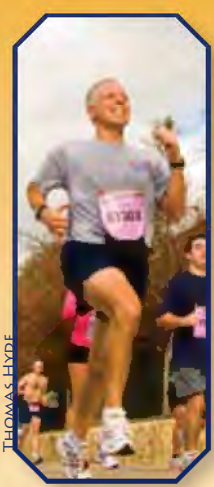
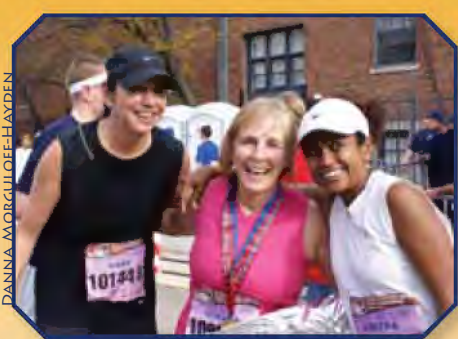


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COURSE LOGISTICS - FRANCEY BEALL ~ COURSE TIMING - ROLLIE STEPHENS AND JOHN VANDEVEN ~



DALLAS WHITE ROCK MARATHON



THE HALF



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We congratulate all of the runners for their hard work and thank them for their partnership in helping Scottish Rite Hospital improve the lives of children.



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BIG THANKS COURSE WATER - ROBIN FRIEDEL



RELAY



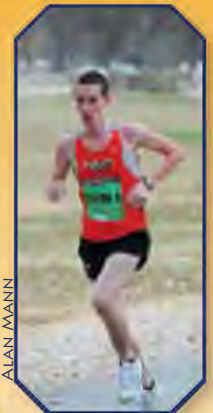
RAE MILLS



DANNA MORCULOLOFF-HAYDEN



DANNA MORCULOLOFF-HAYDEN



ALAN MANN



STUART ALMOND



RICHARD BROWNE



DANNA MORCULOLOFF-HAYDEN



ALAN MANN



ALAN MANN



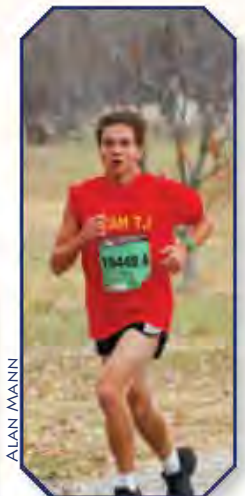
RICHARD BROWNE



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DANNA MORCULOLOFF-HAYDEN



ALAN MANN



STUART ALMOND



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THOMAS HYDE



ACDCANDWHITTEOCK



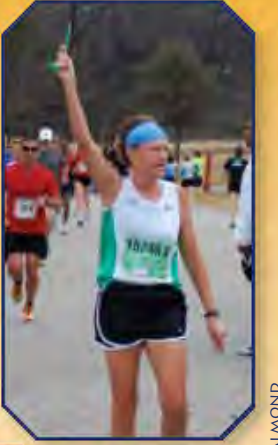
RAE MILLS



RAE MILLS



ALAN MANN



RICHARD BROWNE



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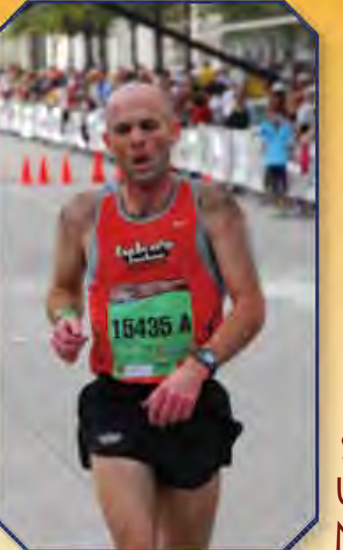
ALAN MANN



TONY HERRING



RICHARD BROWNE



STUART ALMOND



RAE MILLS



SARAH TUNE

RELAY



Thank you for helping us run our race!

TSRHC patient parents Katie and Reagan share a moment of celebration with their son and TSRHC patient Will, age 17 months of Midland.



Texas Scottish Rite Hospital for Children (TSRHC) is grateful to every runner, volunteer, civic leader, sponsor and the Dallas White Rock Marathon board and committees for making the 2008 Dallas White Rock Marathon presented by NexBank a huge success! On behalf of each child treated at the hospital, thank you for your support. The participation and dedication of every supporter helps



TSRHC build on its more than 85 years of providing exceptional care to Texas children with orthopedic conditions, certain related neurological disorders and learning disorders, such as dyslexia, at no charge to patient families. Your steadfast commitment to this event illustrates that there is more to a race than running. We can't wait to see you at the finish line in 2009!

For more information about TSRHC, to volunteer or to make a donation, please call (214) 559-5000 or (800) 421-1121 or visit www.tsrhc.org.



SARAH TUNE



SARAH TUNE



SARAH TUNE



SARAH TUNE

TSRH FOR CHILDREN



SARAH TUNE



SARAH TUNE



RICK SMITH



SARAH TUNE



ROGER BELL



SARAH TUNE



SARAH TUNE

SUNDAY DECEMBER 14 2008

DALLAS WHITE ROCK MARATHON

MAYORS RACE



We're Turning 50 Years New.



Your convenient, community hospital, Doctors Hospital at White Rock Lake is celebrating its 50th anniversary with something new just for you. In addition to our new Women's Imaging Center opening in 2009, we're improving our full suite of services and updating our facilities. From cardiology and family practice medicine to orthopedic and bariatric surgery, expert care is just around the corner. Come in today and see what's new!



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VICTORY AWARD FOR EXCELLENCE

Bart Yasso is a celebrated runner and author, works as the Chief Running Officer at Runner's World Magazine and is known as the "Mayor of Running". Bart Yasso was awarded 2008 Dallas White Rock Marathon Victory Award for Excellence on the eve of the 39th running of The Rock.



RICK SMITH

The Award for Excellence honors members of the running community for demonstrating the value of physical fitness and having a positive effect on health and fitness through outstanding effort, determination, commitment and courage. Through his participation and review of

hundreds of races worldwide and his contagious enthusiasm for the sport, Bart embodies the positive attributes of running. Bart also developed the infamous "Yasso 800's", a means of predicting your marathon finish time based on a track workout.

Bart has completed more than 1,000 races, triathlons, biathlons, and eco-challenges over the past 25 years. He has run a majority of American marathons and at least one on all seven continents. In 2007 he was inducted into the Running USA Hall of Champions in recognition of his contribution, impact, and dedication to the sport. Bart recently wrote a book called "My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing" that chronicles Bart's life and adventures and provides valuable and practical advice on how to become a runner for life and continually draw joy from the sport.

PREVIOUS HONOREES

1985	DR. KENNETH COOPER	1997	STEVE SCOTT
1986	DR. GEORGE SHEEHAN	1998	JOE ZIMMERMAN
1987	DR. ROBERT VAUGHAN	1999	BOB HAUGH
1988	FRANCIE LARRIEU SMITH	2000	DON LUCAS
1989	JOHNNY KELLEY	2001	HARRY CORDELLOS
1990	FRED LEBOW	2002	BILL ROGERS
1991	KENNY MOORE	2003	JAMES THRUSTON
1992	TOM LANDRY	2004	ARTURO BARRIOS & DAGNE SCOTT BARRIOS
1993	JOAN BENOIT SAMUELSON	2005	ARTHUR LYDIARD
1994	FRANK SHORTER	2006	JEFF GALLOWAY
1995	DAVE SCOTT	2007	IRVING ADELSTEIN
1996	RUNNERS' WORLD MAGAZINE		

IN MEMORIAM

The running community lost a friend on December 15, 2008, when Erin Lahr, a gifted athlete from Austin, Texas left us unexpectedly while doing what she loved – running. Erin always loved sports, playing soccer, softball, swimming and horseback riding while growing up, later becoming an accomplished runner. We'll miss Erin on her favorite running trails in Austin, and at races across the nation



SPIRIT AWARD

Rio King Receives 2008 Spirit Award ... "Top Rock Streaker" and Coach of Texas Instrument's National Championship Track Team



EARL KENNARD

Periodically, The Rock recognizes a local running hero who inspires others to make a difference in their lives and health through the sport of running. Rio King was selected this year for the consistency and quality of his Dallas White Rock Marathon performances, and for his passion for coaching others from novice to peak performances.

Rio's first marathon was at White Rock in 1974, but the next year, he experienced hypothermia and was not able to finish. However, in 1976 he began his "streak" and he has completed every White Rock Marathon since then. Twelve of his 35 finishes have been sub-3:00 hours and 32 have been under 4:00 hours. His unprecedented string of 34 consecutive Rock finishes qualifies him as the "Top Rock Streaker", taking the title over from the venerable Uly Vlamides who ran The Rock's first 25 races.

Rio officially became a coach when he developed and coached an inaugural Cross Country Team at UTD in 1978. It was there that he gave a student tennis player named Mary Kennard her first marathon schedule to "Run The Rock" and changed her into a healthy life-long runner. Rio also co-founded the highly successful Texas Instruments Track Team in 1979 to compete in the Corporate Cup Relays created by Runner's World Magazine, showcasing and promoting Corporate Fitness.

Congratulations to Rio, Keep on Rockin!

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SUNDAY DECEMBER 14 2008

HALL OF FAME

DALLAS WHITE ROCK MARATHON

KEEPING RUNNERS SAFE



1971 2:38:09 Rick Richardson	1971 4:12:25 Annabelle Corboy	1971 2:23:18 Paul Hoffman	1972 3:49:29 Terry Stransky	1972 2:37:45 Wayne Comer	1973 4:27:45 Patti Price	1973 2:19:18 Terry Ziegler	1974 3:13:48 Kathy Loper
1975 2:26:07 Terry Ziegler	1975 3:00:54 Kathy Loper	1975 2:25:59 Don Kennedy	2/1976 2:53:43 Dorothy Doolittle	12/1976 2:15:11 Jeff Wells	12/1976 3:07:26 Jean Ohly	1977 2:16:43 John Lodwick	1977 2:56:55 Marianne Pugh
1978 2:18:55 Tom Marino	1978 2:48:43 Karen Bridges	1978 2:14:30 Kyle Heffner	1979 2:47:31 Toni Bernard	1979 2:15:19 Robert Wallace	1980 2:41:14 Martha Sartain	1981 2:16:13 David Miley	1981 2:33:39 Julie Brown
1982 2:12:18 John Lodwick	1982 2:47:27 Carol Urish	1982 2:13:48 Kyle Heffner	1983 2:49:54 Sue Moen	1983 2:20:20 Bruce McKay	1984 2:58:04 Karen Miller	1985 2:17:42 Ed Swiatocha	1985 2:49:42 Carol Beck
1986 2:22:40 Ed Swiatocha	1986 2:55:37 Hope Fullwood	1986 2:22:42 Mike Moloto	1987 2:55:45 Charlene Soby	1987 2:16:13 Andres Espinosa	1988 2:46:30 Martha Ashley	1989 2:16:19 Andres Espinosa	1989 2:47:47 Lisa Pesedo
1990 2:24:53 Jose Pena	1990 2:48:04 Jenni L. Peters	1990 2:25:53 Jim Sterling	1991 2:46:38 Peggy Murphy	1991 2:27:09 J. P. Worcester	1992 2:48:59 Mary Level-Menton	1993 2:17:23 Victor De Jesus	1993 2:39:23 Sonia Betancourt
1994 2:19:42 Carlos Chavez	1994 2:43:28 Roxi Erickson	1994 2:16:03 Victor De Jesus Diaz	1995 2:39:49 Alevina Naoumova	1995 2:30:57 Gregorio Romo	1996 2:58:34 Shannon Compton	1997 2:26:06 Emilio Gonzalez	1997 3:07:21 Ena Mac Pherson
1998 2:20:37 William Moore	1998 3:04:34 Sheila Carmody	1998 2:24:08 Wayne Strohman	1999 2:52:44 Lori Stich	1999 2:26:27 Joel Ibarra	2000 2:54:20 Riva Rahl	2001 2:27:23 Joel Ibarra	2001 2:59:01 Dana Bullard
2002 2:33:12 Nephat Kinyaniui	2002 3:02:28 Lioudmilla Kortchaguina	2002 2:16:26 Elly Rono	2003 2:37:05 Liza Galvan	2003 2:14:00 Pavel Andreyev	2004 2:38:23 Lioudmila Kortchaguina	2005 2:15:24 Ernie Caballero	2005 2:30:03 Claudia Olivares
2006 *2:12:04 Moses Kororia	2006 *2:29:55 Svetlana Ponomarenko	2007 2:15:09 James Koskei	2007 2:35:25 Emily Samoei	2008 2:22:06 Henry Serrem	2008 2:37:14 Svetlana Ponomarenko		

SUNDAY DECEMBER 14 2008

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BIG THANKS ♡ SR. CORP. JIMMY BAILEY, SR. CORP. GRANT RICHARDSON AND THE DALLAS POLICE DEPARTMENT ♡



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Experienced racers know You've got to train with what's on the course. In most cases, that's Gatorade® Endurance Formula. With 200mg. sodium per 8oz. serving, twice the amount found in Gatorade Thirst Quencher, Gatorade Endurance Formula was specifically designed to optimize hydration by encouraging drinking and superior fluid retention. To find a retailer near you or order online, go to EnduranceFormula.com. If you race with #, train with #. Because # works.



AID STATIONS

SUNDAY
DECEMBER
14
2008

VOLUNTEERS



RAE MILLS



SARAH TUNE



THOMAS HYDE



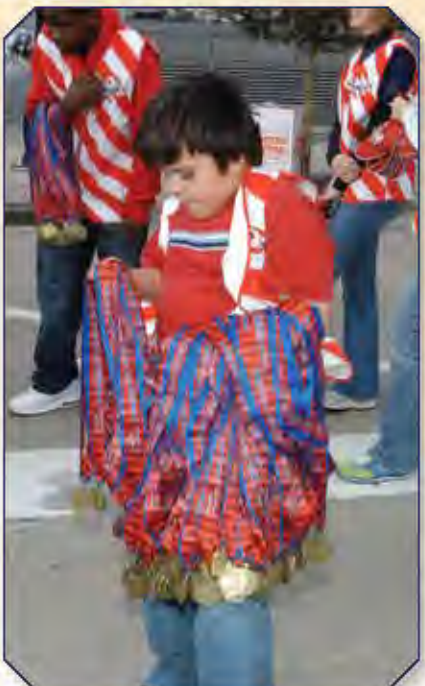
MARY KENNARD



ALEXIA GRIFFIN



RICHARD BROWNE



LEE BAKER



LILLA TUNE



THOMAS HYDE



MARY KENNARD



LILLA TUNE



MARY KENNARD

Heart

It's what makes her our champion.

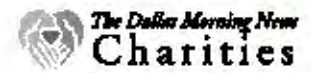
Her dream was to represent the United States in Beijing. And she did it beautifully.

But in our eyes, Nastia Liukin was already a champion. Because she devoted herself, and her time, to the children of The Dallas Morning News Charities.

With help like Nastia's, and yours, more children will sleep in a warm bed, eat hot meals — and have a chance at a dream.

To us, you are all champions. Thank you from the bottom of our hearts.

To contribute to The Dallas Morning News Charities, go to charities.dallasnews.com or call (214) 977-8875.



Nastia Liukin, Five-Time Medalist, Beijing 2008

The Dallas Morning News covers all administrative costs, so 100% of your tax-deductible donation goes directly to recipient agencies for those in need.

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Every step is a victory.



Behringer Harvard congratulates all the participants, volunteers, and sponsors who helped support Texas Scottish Rite Hospital for Children and the 2008 Dallas White Rock Marathon.



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¹ Based on 2009 GM Mid-Car Sedan segment and EPA-est. 33 mpg hwy (gas), 34 mpg hwy (hybrid). Excludes other GM vehicles. ² Side-impact crash test rating is for a model tested with standard head curtain side air bags (SABs). Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ³ Prices based on MSRP. Tax, title, license, retailer fees and optional equipment extra. Each retailer sets its own price.

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EXPO

SUNDAY
DECEMBER
14
2008



YOU ROCKED THE WHITE ROCK CONGRATULATIONS FROM CLIF BAR!



Tons of training, proper nutrition, sheer determination, mental games, taking a mile or two to think about what they'd call Velcro® if it wasn't called Velcro®...however you got through it - we congratulate you! And we hope the next time you lace up those well worn shoes (even if you swore 'never again' at the finish line), that you'll include delicious, all-natural Clif Bar and Clif Shot products as a part of the adventure.

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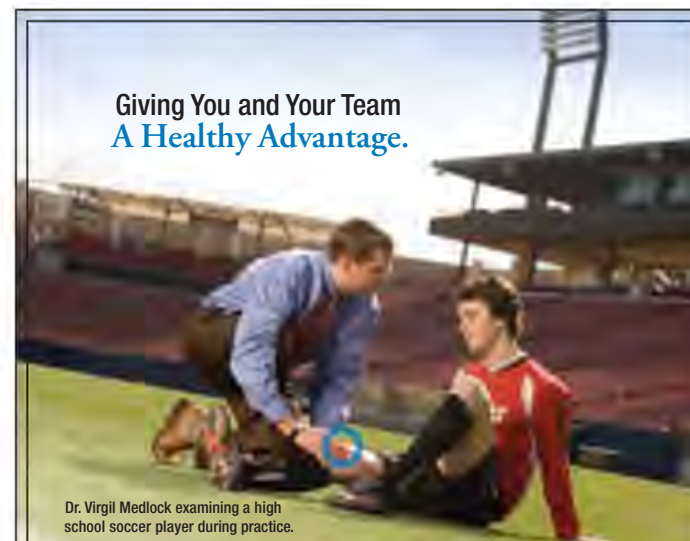
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T.G.I. FRIDAY'S® CONGRATULATES
everyone who participated in this great community event
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Dr. Virgil Medlock examining a high school soccer player during practice.

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THE DALLAS WHITE ROCK MARATHON THANKS EVERYONE WHO VOLUNTEERED THEIR TIME TO HELP MAKE THE 2008 RUN A SUCCESS.

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salute everyone who participated in the 2007 Wellstone's Dallas White Rock Marathon.

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CBS RADIO



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~STUART ALMOND ~ SUE JANOSKO ~ THOMAS HYDE ~ BIG THANKS ~

DALLAS WHITE ROCK MARATHON



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NexBank's Dallas White Rock Marathon

Sunday, December 13, 2009

8:00 am

American Airlines Center, Dallas Texas USA

Marathon ♦ Half Marathon ♦ 5-Person Relay Race
2-Day Expo ♦ Friday Nite Shindig ♦ Pre-Race Pasta Dinner
40 Bands along the course ♦ Award-winning Aid Stations
Huge Post-Race Party inside American Airlines Center



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