

|              |                   |            |                                                              |             |               |                    |
|--------------|-------------------|------------|--------------------------------------------------------------|-------------|---------------|--------------------|
|              |                   |            | <b>HIGH KNOB HELLBENDER 10K</b>                              |             |               |                    |
|              |                   |            | <b>OCTOBER 5, 2019</b>                                       |             |               |                    |
|              |                   |            | <b>NORTON, VIRGINIA</b>                                      |             |               |                    |
|              |                   |            | <u><b>Course Records:</b></u>                                |             |               |                    |
|              |                   |            | <b>Men:</b> Tanner Cook, 43 minutes, 42 seconds (2017)       |             |               |                    |
|              |                   |            | <b>Women:</b> Kristie Kachler, 55 minutes, 16 seconds (2019) |             |               |                    |
|              |                   |            | <b>OFFICIAL RACE RESULTS</b>                                 |             |               |                    |
| <b>Place</b> | <b>Name</b>       | <b>Sex</b> | <b>Age</b>                                                   | <b>Time</b> | <b>Pace</b>   | <b>Residence</b>   |
| <b>1</b>     | Brad Mathisen     | M          | 31                                                           | 51m 49s     | 8m 21s 452ms  | Norton, VA         |
| <b>2</b>     | Owen Lindsey      | M          | 18                                                           | 54m 5s      | 8m 43s 387ms  | Norton, VA         |
| <b>3</b>     | Kevin Smith       | M          | 45                                                           | 54m 15s     | 8m 45s        | Davidson, NC       |
| <b>4</b>     | Kristie Kachler   | F          | 35                                                           | 55m 16s     | 8m 54s 839ms  | Johnson City, TN   |
| <b>5</b>     | Gary Pleasant     | M          | 56                                                           | 56m 17s     | 9m 4s 677ms   | Gray, TN           |
| <b>6</b>     | Bess Mathisen     | F          | 31                                                           | 57m 14s     | 9m 13s 871ms  | Norton, VA         |
| <b>7</b>     | Shawn Becker      | M          | 42                                                           | 57m 41s     | 9m 18s 226ms  | Weber City, VA     |
| <b>8</b>     | Keith Adams       | M          | 51                                                           | 57m 58s     | 9m 20s 968ms  | Ermine, KY         |
| <b>9</b>     | Howie Hodapp      | M          | 41                                                           | 58m 2s      | 9m 21s 613ms  | Virginia Beach, VA |
| <b>10</b>    | Nate Fowler       | M          | 36                                                           | 58m 11s     | 9m 23s 65ms   | Jonesborough, TN   |
| <b>11</b>    | Emily Wells       | F          | 32                                                           | 1h 0m 24s   | 9m 44s 516ms  | Wise, Va.          |
| <b>12</b>    | Dan Montgomery    | M          | 37                                                           | 1h 0m 33s   | 9m 45s 968ms  | Lebanon, VA        |
| <b>13</b>    | Benjamin Tolton   | M          | 26                                                           | 1h 1m 17s   | 9m 53s 65ms   | Abingdon, VA       |
| <b>14</b>    | Ray Mullins       | M          | 36                                                           | 1h 1m 53s   | 9m 58s 871ms  | Nickelsville, VA   |
| <b>15</b>    | Gregory Kiser     | M          | 26                                                           | 1h 7m 1s    | 10m 48s 548ms | Norton, VA         |
| <b>16</b>    | Jeremy Price      | M          | 33                                                           | 1h 8m 4s    | 10m 58s 710ms | Dryden, VA         |
| <b>17</b>    | Brian McNely      | M          | 45                                                           | 1h 8m 14s   | 11m 0s 323ms  | Lexington, KY      |
| <b>18</b>    | Sara Ring         | F          | 29                                                           | 1h 8m 35s   | 11m 3s 710ms  | Norton, VA         |
| <b>19</b>    | Jim Ridolfo       | M          | 39                                                           | 1h 11m 51s  | 11m 35s 323ms | Lexington, KY      |
| <b>20</b>    | Chelsea Barnes    | F          | 34                                                           | 1h 12m 4s   | 11m 37s 419ms | Big Stone Gap, VA  |
| <b>21</b>    | Warren Lewis      | M          | 38                                                           | 1h 12m 34s  | 11m 42s 258ms | Jonesborough, TN   |
| <b>22</b>    | Kelli Orr         | F          | 34                                                           | 1h 13m 56s  | 11m 55s 484ms | Richlands, VA      |
| <b>23</b>    | Jimmy Taylor      | M          | 26                                                           | 1h 14m 12s  | 11m 58s 65ms  | Gate City, VA      |
| <b>24</b>    | Mitchell Bray     | M          | 39                                                           | 1h 14m 29s  | 12m 0s 806ms  | Kingsport, TN      |
| <b>25</b>    | Mark Rollins      | M          | 52                                                           | 1h 14m 56s  | 12m 5s 161ms  | Clyde, NC          |
| <b>26</b>    | John Hommell      | M          | 42                                                           | 1h 15m 7s   | 12m 6s 935ms  | Kingsport, TN      |
| <b>27</b>    | Amanda Tipton     | F          | 42                                                           | 1h 15m 59s  | 12m 15s 323ms | Kingsport, TN      |
| <b>28</b>    | Justin Barnes     | M          | 38                                                           | 1h 17m 56s  | 12m 34s 194ms | Big Stone Gap, VA  |
| <b>29</b>    | Jack Starnes      | M          | 75                                                           | 1h 18m 21s  | 12m 38s 226ms | Wise, VA           |
| <b>30</b>    | Laura Rollins     | F          | 49                                                           | 1h 18m 29s  | 12m 39s 516ms | Clyde, NC          |
| <b>31</b>    | Keith Stidham     | M          | 51                                                           | 1h 19m      | 12m 44s 516ms | Wise, VA           |
| <b>32</b>    | Don Keen          | M          | 38                                                           | 1h 20m 47s  | 13m 1s 774ms  | Kingsport, TN      |
| <b>33</b>    | Billy Mays        | M          | 43                                                           | 1h 22m 9s   | 13m 15s       | Norton, VA         |
| <b>34</b>    | Sheri Gewelke     | F          | 49                                                           | 1h 22m 15s  | 13m 15s 968ms | Johnson City, TN   |
| <b>35</b>    | Nicole Fields     | F          | 37                                                           | 1h 23m 9s   | 13m 24s 677ms | Rosedale, VA       |
| <b>36</b>    | Lance Dotson      | M          | 43                                                           | 1h 23m 58s  | 13m 32s 581ms | Wise, VA           |
| <b>37</b>    | Christina Johnsen | F          | 39                                                           | 1h 24m 12s  | 13m 34s 839ms | Virginia Beach, VA |
| <b>38</b>    | Patricia Carter   | F          | 60                                                           | 1h 26m 34s  | 13m 57s 742ms | North Port, FL     |
| <b>39</b>    | Roscoe Mullins    | M          | 55                                                           | 1h 26m 44s  | 13m 59s 355ms | Inez, KY           |
| <b>40</b>    | Laura Davis       | F          | 52                                                           | 1h 27m 39s  | 14m 8s 226ms  | Powell, TN         |
| <b>41</b>    | Scott McReynolds  | M          | 53                                                           | 1h 28m 6s   | 14m 12s 581ms | Krypton, KY        |
| <b>42</b>    | Stephanie Curde   | F          | 49                                                           | 1h 29m 25s  | 14m 25s 323ms | Watauga, TN        |

|    |                         |   |    |            |               |                 |
|----|-------------------------|---|----|------------|---------------|-----------------|
| 43 | Brandon Bennett         | M | 43 | 1h 30m 19s | 14m 34s 32ms  | Wise, VA        |
| 44 | Christina Crider-Smith  | F | 40 | 1h 30m 40s | 14m 37s 419ms | Harlan, KY      |
| 45 | Sass Sheppard           | F | 26 | 1h 34m 14s | 15m 11s 935ms | Wise, VA        |
| 46 | Tricia Cahoon           | F | 51 | 1h 34m 21s | 15m 13s 65ms  | Wise, VA        |
| 47 | Bruce Cahoon            | M | 50 | 1h 34m 22s | 15m 13s 226ms | Wise, VA        |
| 48 | Audra Lowman            | F | 52 | 1h 37m 46s | 15m 46s 129ms | Erwin, TN       |
| 49 | Keira McGough           | F | 10 | 1h 39m 52s | 16m 6s 452ms  | Norton, VA      |
| 50 | Jennifer Dawson         | F | 47 | 1h 39m 56s | 16m 7s 97ms   | Norton, VA      |
| 51 | Chad Hackney            | M | 40 | 1h 41m 13s | 16m 19s 516ms | Huddy, KY       |
| 52 | Eugenia Whitt           | F | 48 | 1h 41m 14s | 16m 19s 677ms | Ransom, KY      |
| 53 | Joanie Stallard Stewart | F | 41 | 1h 41m 59s | 16m 26s 935ms | Knoxville, TN   |
| 54 | Andrea Hightower        | F | 51 | 1h 42m 5s  | 16m 27s 903ms | Wise, VA        |
| 55 | David Sheppard          | M | 44 | 1h 44m 56s | 16m 55s 484ms | Wise, VA        |
| 56 | Darrell Blankenship     | M | 65 | 1h 50m 46s | 17m 51s 935ms | Abingdon, VA    |
| 57 | Jackie Mitchell         | F | 45 | 1h 51m 22s | 17m 57s 742ms | Dryden, VA      |
| 58 | Allyson Price           | F | 32 | 1h 51m 23s | 17m 57s 903ms | Dryden, VA      |
| 59 | Mark Caruso             | M | 57 | 1h 52m 12s | 18m 5s 806ms  | Norton, VA      |
| 60 | Allen Watts             | M | 59 | 1h 59m 18s | 19m 14s 516ms | Loveland, Ohio  |
| 61 | Samantha Watts          | F | 25 | 2h 0m 32s  | 19m 26s 452ms | Loveland, Ohio  |
| 62 | Lucas Greenwell         | M | 11 | 2h 2m 51s  | 19m 48s 871ms | Church Hill, TN |
| 63 | Conner Greenwell        | M | 8  | 2h 2m 53s  | 19m 49s 194ms | Church Hill, TN |
| 64 | Beth Greenwell          | F | 39 | 2h 2m 55s  | 19m 49s 516ms | Church Hill, TN |
| 65 | Kelly Hare              | F | 41 | 2h 10m 21s | 21m 1s 452ms  | Piney Flats, TN |