

## 18th Annual Goode, What Goes Down, Must Come Up, Chocolate Milk & Cookies, 4 Mile Handicap race summary:

It was a beautiful day in Goode, Virginia as **50** runners, joggers, and walkers gathered for the unique staggered start. **Kevin Shroyer** led the charges on his bike and set up the barricade to prevent runners from adding additional miles at the tricky turn-around. The **first** runner to cross the finish line was **Bernie Davis**, who was about an hour faster than his two hour head start. Therefore, Bernie finished **last!** However, the Habitat For Humanity and the Goode Countryside Community appreciates the three full bags of cans-trash he gathered along the way. Teresa Avery & Susan Tuck were the next two finishers, 10 minutes and 27 seconds **faster** than their 69 minute prediction, thus just under an hour total time.

The real winners according to the race format:

**1st Place; Mark Bailey, 10 seconds** slower than his 40 minute prognostication.

2nd: Robert Reid, + 14 seconds off pace = 32:14.

3rd, 4th, & 5th places went to the Race Walking **Family** of **9 year old** Aiden DeLaHunt with Dad & Mom, finishing 19, 24 & 25 seconds off pace.

6th: Elijah Jantomosa at + 26 seconds.

7th: RB (Running in Brooks) Carter, - 28 seconds **faster** than his pre-race estimate of 28 minutes.

8th: Donnie Norman, + 30 seconds.

9th: Jordan Whitlock, + 34 added to 23:45 = 24:19 and the actual **fastest time** of the day.

10th: Kaitlyn McCauley who finished 25th OVA but a full - 48 seconds ahead of the **00:00** countdown clock.

The remaining runners, joggers and walkers finished as follows:

Paul Peltier - 7:30

Fred Van Horn - 7:05

Chris Bowers - 6:43

Charlie Waters - 4:55

Ruthellen Waters - 4:51

Will Stratton - 4:12

Joe Gibson - 3:35

Matt Cundiff - 3:28

Rachel Packer - 2:36

Sharon Button - 2:30

Jeanne, Angelic-Voice, Craig - 2:16

Tori Krone - 1:34

Kristle McCauley - 1:28

Cooper Tedford - 1:11

Neemiah Jontamoso - 1:10

Andrew Drapp - 1:04

Eric Williams - 1:03

Eric Abowd - 0:55  
Erin Saunders - 0:54  
Tate Dorman - 0:50  
Chase Van Horn - 0:49  
Felix Lopez + 0:57  
Brandon Wooldridge + 0:58  
Justin Jontamosa + 0:59  
Noah Jontamoso + 1 min.  
Wendy Shupe + 1:05  
Nancy Saunders + 1:10  
Ben Schowe + 2:37  
Noah Peltier + 5:05  
Savanah Shupe + 5:30  
Trinity Anderson + 5:45  
'Wheeling' Susan Anderson + 5:45  
Olivia Box + 6:20

Many Thanks to Riverside Runners, the *Cookie Baking* JF XC Moms, Jerry Price, Harrison Loy, Sue Jones, Michelle Wooldridge, Shelly Tedford, the Oakland Methodist Church AND the many runners from Holy Name of Mary in Bedford.  
Coach Loy