



V.I.Pace Runners Bulletin: February 15, 2015

Runners Toast The Captain at 29th Annual Road Race...



Runners in the 29th Annual Toast-To-The Captain 8.4 mile road race were from different walks of life as they toed the start line before sunrise in the Christiansted National Historic Site in St. Croix, Virgin Islands USA. The group of nearly three dozen including past winners; ultra-marathoners, two visiting Rabi's among others, were there including Billy Bohlke a past winner of the race, the multiple V.I. record holder in distance races and his teammate at LSU who is on the island for a vacation. "He used to hammer me in practice and in meets when we ran together at LSU" Nick Arcardo, a member of the USA National 100K Ultra

Distance Team spoke of his time at the Southeastern Conference power where Billy walked-on and became top distance man.

It wouldn't be that way Saturday as the two went through the mile at Altona, Arcardo was cruising at around 5:15 per mile pace, Billy, not really training at the serious level these days was in second place at around 6:10 per mile pace. As it were, four guys would finish the race in under 60 minutes with Arcardo leading all the way to finish in 50 minutes and 20 seconds; Joshua Brewer ran a great race and finished second in 58:59; Bohlke nipped Dedrick Luikens for third place with a time of 59:23 to 59:24 for Luikens who finished fourth, Paul Evora was the fifth place male in 1:03.45.

The exciting build-up for the female race had the two top female runners Ruth Ann David and Bridget Klein to go head-to-head for a slot for the upcoming Pan Am Cross-Country Cup to be held in Colombia. It wouldn't be as David was unable to get a flight from St. Thomas for the race. Klein dominated the female race and finished fifth overall with a time of 1:01.01; Julie Sommer was second in 1:08:05; Pamela Terry was third in 1:09.27; Theresa Harper making a comeback from months of recovery from injury, was fourth in 1:10.15 and Esther Ellis was fifth in 1:11.01.

Captain Teddy Seymour again ran the race and hosted the runners with food provided by Ana Guterrez, the first and only female V.I. Olympic marathon runner and female record holder for the race. George Jules winner of the race several times and race record holder with a time of 45:45 provided support as the lead cyclist for Saturday. Wallace Williams, race founder/director came up with the idea for the event in 1986 when Seymour was at sea on his voyage to become the first black man to sail around the world alone.

The next race on the V.I.Pace Runners Calendar is the annual Flight #64 Four Mile Road Race on Sunday March 1.



Logon to: <http://virginislandspace.org> call:340-643-2557 email: wallacewilliams@msn.com

THE 29TH ANNUAL TOAST-TO-THE CAPTAIN ROAD RACE
 8.4 Miles
 February 14, 2015
 Christiansted National Historic Site
 Christiansted, St. Croix, Virgin Islands USA
 Organized by: The Virgin Islands Pace Runners

Place	Name	Age	S	City	St Club	Time	Pace
1	NICK Arcardo	32	M	Baton Rouge, LA		50:20	6:00
2	JOSHUA Brewer	34	M	St.Croix, VI		58:59	7:02
3	BILLY Bohlke	36	M	St.Croix, VI		59:23	7:05
4	DEDRICK Luikens	38	M	St.Croix, VI		59:24	7:05
5	BRIDGET Klein	31	F	St.Croix, VI		1:01:01	7:16
6	PAUL Evora	45	M	St.Croix, VI		1:03:45	7:36
7	MIKE Klein	50	M	St.Croix, VI		1:04:47	7:43
8	RANDALL Nielsen	47	M	St.Croix, VI		1:05:12	7:46
9	JAY Gleason	40	M	St.Croix, VI		1:05:24	7:48
10	HEATHER Baden	39	F	Rye, NY		1:05:51	7:51
11	JULIE Sommer	36	F	St.Croix, VI		1:08:05	8:07
12	TROY Holloway	51	M	St.Croix, VI		1:09:17	8:15
13	PAMELA Terry	30	F	St.Croix, VI		1:09:27	8:17
14	THERESA Harper	48	F	St.Croix, VI		1:10:15	8:22
15	MICHAEL Slezak	31	M	St.Croix, VI		1:10:48	8:26
16	ESTHER Ellis	34	F	St.Croix, VI		1:11:01	8:28
17	RYAN Barry	34	M	St.Croix, VI		1:11:10	8:29
18	JENIFER Sturm	31	F	St.Croix, VI		1:15:15	8:58
19	TJ Vandehey	29	M	St.Croix, VI		1:20:29	9:35
20	LAUREN Stoffey	29	F	St.Croix, VI		1:20:55	9:38
21	REGINA Stevens	52	F	St.Croix, VI		1:21:42	9:44
22	KIRK Phillip	64	M	Chicago, ILL		1:22:29	9:50
23	JULIE Eckard	42	F	St.Croix, VI		1:22:32	9:50
24	JENNIFER Andrews	41	F	St.Croix, VI		1:22:39	9:51
25	DULCIE Crowther	45	F	St.Croix, VI		1:22:40	9:51
26	JACLYN Robak	27	F	St.Croix, VI		1:27:41	10:27
27	TEDDY Seymour	70	M	St.Croix, VI		1:40:13	11:56
28	WAYNE Nichols	60	M	St.Croix, VI		1:40:14	11:56
29	ERNEST Green	48	M			1:44:27	12:27
30	VICTORIA Scott	47	F			1:46:14	12:39
31	CHANTELLE Quinones	29	F	St.Croix, VI		1:48:49	12:58
32	TAMARAH Lezama	36	F	St.Croix, VI		1:52:56	13:27
33	MAJORIE Berman	50	F	Sumit, PA		2:12:19	15:46
34	DENISE Swartz	53	F	Sumit, PA		2:12:20	15:46



AWARD LIST FOR RACE
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 8.4 Miles
 February 14, 2015
 Christiansted National Historic Site
 Christiansted, St. Croix, Virgin Islands USA
 Organized by: The Virgin Islands Pace Runners

***** MALE OVERALL RESULTS FOR 8.4mile RACE *****

1	NICK Arcardo	32 Baton Rouge, LA	50:20	50:20
2	JOSHUA Brewer	34 St.Croix, VI	58:59	58:59
3	BILLY Bohlke	36 St.Croix, VI	59:23	59:23
4	DEDRICK Luikens	38 St.Croix, VI	59:24	59:24
5	PAUL Evora	45 St.Croix, VI	1:03:45	1:03:45
6	MIKE Klein	50 St.Croix, VI	1:04:47	1:04:47
7	RANDALL Nielsen	47 St.Croix, VI	1:05:12	1:05:12
8	JAY Gleason	40 St.Croix, VI	1:05:24	1:05:24
9	TROY Holloway	51 St.Croix, VI	1:09:17	1:09:17
10	MICHAEL Slezak	31 St.Croix, VI	1:10:48	1:10:48
11	RYAN Barry	34 St.Croix, VI	1:11:10	1:11:10
12	TJ Vandehey	29 St.Croix, VI	1:20:29	1:20:29
13	KIRK Phillip	64 Chicago, ILL	1:22:29	1:22:29
14	TEDDY Seymour	70 St.Croix, VI	1:40:13	1:40:13
15	WAYNE Nichols	60 St.Croix, VI	1:40:14	1:40:14
16	ERNEST Green	48	1:44:27	1:44:27

***** FEMALE OVERALL RESULTS FOR 8.4mile RACE *****

1	BRIDGET Klein	31 St.Croix, VI	1:01:01	1:01:01
2	HEATHER Baden	39 Rye, NY	1:05:51	1:05:51
3	JULIE Sommer	36 St.Croix, VI	1:08:05	1:08:05
4	PAMELA Terry	30 St.Croix, VI	1:09:27	1:09:27
5	THERESA Harper	48 St.Croix, VI	1:10:15	1:10:15
6	ESTHER Ellis	34 St.Croix, VI	1:11:01	1:11:01
7	JENIFER Sturm	31 St.Croix, VI	1:15:15	1:15:15
8	LAUREN Stoffey	29 St.Croix, VI	1:20:55	1:20:55
9	REGINA Stevens	52 St.Croix, VI	1:21:42	1:21:42
10	JULIE Eckard	42 St.Croix, VI	1:22:32	1:22:32
11	JENNIFER Andrews	41 St.Croix, VI	1:22:39	1:22:39
12	DULCIE Crowther	45 St.Croix, VI	1:22:40	1:22:40
13	JACLYN Robak	27 St.Croix, VI	1:27:41	1:27:41
14	VICTORIA Scott	47	1:46:14	1:46:14
15	CHANTELLE Quinones	29 St.Croix, VI	1:48:49	1:48:49
16	TAMARAH Lezama	36 St.Croix, VI	1:52:56	1:52:56
17	MAJORIE Berman	50 Sumit, PA	2:12:19	2:12:19
18	DENISE Swartz	53 Sumit, PA	2:12:20	2:12:20

FEMALE AGE GROUP: 18 - 20

MALE AGE GROUP: 18 - 20

FEMALE AGE GROUP: 30 - 39

1	5 BRIDGET Klein	1:01:01	31 St.Croix, VI	1:01:01	61:01
2	10 HEATHER Baden	1:05:51	39 Rye, NY	1:05:51	65:51
3	11 JULIE Sommer	1:08:05	36 St.Croix, VI	1:08:05	68:05



4	13	PAMELA Terry	1:09:27	30	St.Croix, VI	1:09:27	69:27
5	16	ESTHER Ellis	1:11:01	34	St.Croix, VI	1:11:01	71:01
6	18	JENIFER Sturm	1:15:15	31	St.Croix, VI	1:15:15	75:15
7	32	TAMARAH Lezama	1:52:56	36	St.Croix, VI	1:52:56	112:56
MALE AGE GROUP: 30 - 39							
1	1	NICK Arcardo	50:20	32	Baton Rouge, LA	50:20	50:20
2	2	JOSHUA Brewer	58:59	34	St.Croix, VI	58:59	58:59
3	3	BILLY Bohlke	59:23	36	St.Croix, VI	59:23	59:23
4	4	DEDRICK Luikens	59:24	38	St.Croix, VI	59:24	59:24
5	15	MICHAEL Slezak	1:10:48	31	St.Croix, VI	1:10:48	70:48
6	17	RYAN Barry	1:11:10	34	St.Croix, VI	1:11:10	71:10
FEMALE AGE GROUP: 40 - 49							
1	14	THERESA Harper	1:10:15	48	St.Croix, VI	1:10:15	70:15
2	23	JULIE Eckard	1:22:32	42	St.Croix, VI	1:22:32	82:32
3	24	JENNIFER Andrews	1:22:39	41	St.Croix, VI	1:22:39	82:39
4	25	DULCIE Crowther	1:22:40	45	St.Croix, VI	1:22:40	82:40
5	30	VICTORIA Scott	1:46:14	47		1:46:14	106:14
MALE AGE GROUP: 40 - 49							
1	6	PAUL Evora	1:03:45	45	St.Croix, VI	1:03:45	63:45
2	8	RANDALL Nielsen	1:05:12	47	St.Croix, VI	1:05:12	65:12
3	9	JAY Gleason	1:05:24	40	St.Croix, VI	1:05:24	65:24
4	29	ERNEST Green	1:44:27	48		1:44:27	104:27
FEMALE AGE GROUP: 50 - 59							
1	21	REGINA Stevens	1:21:42	52	St.Croix, VI	1:21:42	81:42
2	33	MAJORIE Berman	2:12:19	50	Sumit, PA	2:12:19	132:19
3	34	DENISE Swartz	2:12:20	53	Sumit, PA	2:12:20	132:20
MALE AGE GROUP: 50 - 59							
1	7	MIKE Klein	1:04:47	50	St.Croix, VI	1:04:47	64:47
2	12	TROY Holloway	1:09:17	51	St.Croix, VI	1:09:17	69:17
FEMALE AGE GROUP: 60 - 69							
MALE AGE GROUP: 60 - 69							
1	22	KIRK Phillip	1:22:29	64	Chicago, ILL	1:22:29	82:29
2	28	WAYNE Nichols	1:40:14	60	St.Croix, VI	1:40:14	100:14
FEMALE AGE GROUP: 70 - 99							
MALE AGE GROUP: 70 - 99							
1	27	TEDDY Seymour	1:40:13	70	St.Croix, VI	1:40:13	100:13