



V.I.Pace Runners Bulletin: September 5, 2017
New Generation of Runners Make Strides in 35th Labor Day 5K...

The Virgin Islands Pace Runners celebrates its 40th Anniversary with the current running season. The idea for the Labor Day 5K, in the early years known as the Gold Coast Labor Day 5K, was to kick off the annual V.I.Pace Runners calendar with a short enough race so as not to impact the runners with a measure of heat and humidity of the late summer. It has been run on mainly two courses including the original Southgate to Christiansted Historic Site of the National Park Service and the Northshore Road and through the Salt River Ecological Preserve and near the Christopher Columbus Landing Site, both of the National Park Service. On at least one occasion it was run to recognize National Prostate Awareness Month on one occasion in Frederiksted along the seashore with a start/finish at the Athlalie Petersen Public Library.

With the anticipation of the possible arrival of hurricane Irma, more than half the normal number of runners toed the start line for the annual race. They were led to the finish by mostly Good Hope Country Day student/athletes with future V.I. Youth Olympics Triathlete Dominic Pugliese leading the way over the out-and-back course at Arawak Bay...the Inn at Salt River with a time of 19:02; Michael Dizon-Bauman was second in 19:38; Brice Richards was third in 19:52 (his first sub 20:00 run); Randall Nielsen was fourth in 21:44; Mason Lambert was the fifth place male in 22:23...all GHCD runners.

Megan Lambert, Mason's mom was the first female finisher and fifth overall and edging out her son in 22:16; Bridget Klein, GHCD Coach (pushing her son Michael in a three-wheeler) was second in 23:07; Shanon Calhoun was third in 28:01; Mayah Russell was fourth in 28:57 and Jenny Tuck GHCD was fifth in 30:03.

Scroll Down for complete results...

V.I.Pace would like to share your memories of the past 40 years...logon to: <http://virginislandspace.org> to do so and help in recording the history of running, particularly in St. Croix...and contribute to the next V.I.Pace Runners Quiz...

Page 1
 THE 35th LABOR DAY 5K ROAD RACE
 Distance: 3.1 Miles
 September 4, 2017
 Arawak Bay...The Inn At Salt River
 Christiansted, St. Croix, Virgin Islands USA
 Organized by: The Virgin Islands Pace Runners
 Sanctioned by: The Virgin Islands Track and Field Federation

Place	Name	Age	S	City	St Club	Time	Pace
1	DOMINIC Pugliese	16	M	Good Hope/Count		19:02	6:09
2	MICHAEL Dizon-Bauma	13	M	Good Hope/Count		19:38	6:20
3	BRICE Richards	13	M	Good Hope/Count		19:52	6:25
4	RANDALL Nielsen	49	M	Superior Court		21:44	7:01
5	MEGAN Lambert	36	F	St. Croix, VI		22:16	7:11
6	MASON Lambert	11	M	Good Hope/Count		22:23	7:14
7	BRIDGET Klein	33	F	Good Hope/Count		23:07	7:28
8	PAUL Torrens	16	M	Hounds/Foxes Tr		25:18	8:10
9	KAEDEN Gleason	10	M	Good Hope/Count		25:42	8:18
10	COOPER Crowther	14	M	Good Hope/Count		26:49	8:40
11	SHANNON Calhoun	47	F	St. Croix, VI		28:01	9:03
12	MAYAH Russell	16	F	Good Hope/Count		28:57	9:21
13	DULCIE Crowther	47	F	St. Croix, VI		29:05	9:23
14	JOSIE Calhoon	14	F	Good Hope/Count		29:58	9:40
15	JENNY Tuck	13	F	Good Hope/Count		30:03	9:42
16	REGINA Stevens	42	F	St. Croix, VI		30:26	9:50
17	KIRRA Lambert	11	F	Good Hope/Count		33:44	10:53
18	JENNIFER Burns	51	F	St. Croix, VI		34:59	11:18
19	LILYANA Stevens	14	F	Good Hope/Count		42:11	13:37
20	ISABELLA Dumas	13	F	Good Hope/Count		42:40	13:46
21							

AWARD LIST FOR RACE
 THE 35th LABOR DAY 5K ROAD RACE
 Distance: 3.1 Miles
 September 4, 2017
 Arawak Bay...The Inn At Salt River
 Christiansted, St. Croix, Virgin Islands USA
 Organized by: The Virgin Islands Pace Runners
 Sanctioned by: The Virgin Islands Track and Field Federation

***** MALE OVERALL RESULTS FOR 5K RACE *****

1	DOMINIC Pugliese	16	Good Hope/Count	19:02	19:02	19:02
2	MICHAEL Dizon-Bauma	13	Good Hope/Count	19:38	19:38	19:38
3	BRICE Richards	13	Good Hope/Count	19:52	19:52	19:52
4	RANDALL Nielsen	49	Superior Court	21:44	21:44	21:44
5	MASON Lambert	11	Good Hope/Count	22:23	22:23	22:23

6	PAUL Torrens	16 Hounds/Foxes Tr	25:18	25:18	25:18
7	KAEDEN Gleason	10 Good Hope/Count	25:42	25:42	25:42
8	COOPER Crowther	14 Good Hope/Count	26:49	26:49	26:49
***** FEMALE OVERALL RESULTS FOR 5K RACE *****					
1	MEGAN Lambert	36 St. Croix, VI	22:16	22:16	22:16
2	BRIDGET Klein	33 Good Hope/Count	23:07	23:07	23:07
3	SHANNON Calhoun	47 St. Croix, VI	28:01	28:01	28:01
4	MAYAH Russell	16 Good Hope/Count	28:57	28:57	28:57
5	DULCIE Crowther	47 St. Croix, VI	29:05	29:05	29:05
6	JOSIE Calhoun	14 Good Hope/Count	29:58	29:58	29:58
7	JENNY Tuck	13 Good Hope/Count	30:03	30:03	30:03
8	REGINA Stevens	42 St. Croix, VI	30:26	30:26	30:26
9	KIRRA Lambert	11 Good Hope/Count	33:44	33:44	33:44
10	JENNIFER Burns	51 St. Croix, VI	34:59	34:59	34:59
11	LILYANA Stevens	14 Good Hope/Count	42:11	42:11	42:11
12	ISABELLA Dumas	13 Good Hope/Count	42:40	42:40	42:40
FEMALE AGE GROUP: 10 - 19					
1	12 MAYAH Russell	28:57	16 Good Hope/Country	28:57	28:57
2	14 JOSIE Calhoun	29:58	14 Good Hope/Country	29:58	29:58
3	15 JENNY Tuck	30:03	13 Good Hope/Country	30:03	30:03
4	17 KIRRA Lambert	33:44	11 Good Hope/Country	33:44	33:44
5	19 LILYANA Stevens	42:11	14 Good Hope/Country	42:11	42:11
6	20 ISABELLA Dumas	42:40	13 Good Hope/Country	42:40	42:40
MALE AGE GROUP: 10 - 19					
1	1 DOMINIC Pugliese	19:02	16 Good Hope/Country	19:02	19:02
2	2 MICHAEL Dizon-Bauma	19:38	13 Good Hope/Country	19:38	19:38
3	3 BRICE Richards	19:52	13 Good Hope/Country	19:52	19:52
4	6 MASON Lambert	22:23	11 Good Hope/Country	22:23	22:23
5	8 PAUL Torrens	25:18	16 Hounds/Foxes Track	25:18	25:18
6	9 KAEDEN Gleason	25:42	10 Good Hope/Country	25:42	25:42
7	10 COOPER Crowther	26:49	14 Good Hope/Country	26:49	26:49
FEMALE AGE GROUP: 20 - 29					
MALE AGE GROUP: 20 - 29					
FEMALE AGE GROUP: 30 - 39					
1	5 MEGAN Lambert	22:16	36 St. Croix, VI	22:16	22:16
2	7 BRIDGET Klein	23:07	33 Good Hope/Country	23:07	23:07
MALE AGE GROUP: 30 - 39					
FEMALE AGE GROUP: 40 - 49					
1	11 SHANNON Calhoun	28:01	47 St. Croix, VI	28:01	28:01
2	13 DULCIE Crowther	29:05	47 St. Croix, VI	29:05	29:05
3	16 REGINA Stevens	30:26	42 St. Croix, VI	30:26	30:26
MALE AGE GROUP: 40 - 49					
1	4 RANDALL Nielsen	21:44	49 Superior Court	21:44	21:44
FEMALE AGE GROUP: 50 - 59					
1	18 JENNIFER Burns	34:59	51 St. Croix, VI	34:59	34:59
MALE AGE GROUP: 50 - 99					
FEMALE AGE GROUP: 60 - 99					
MALE AGE GROUP: 60 - 99					