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*V.I. Pace Runners Bulletin: February 20, 2018*

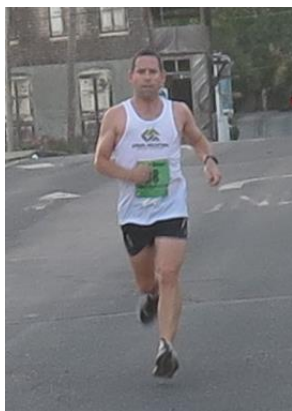
*New Comer wins Toast-To-The Captain 8.4 Mile Road Race...*

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Captain Teddy Seymour made history on June 19, 1987 when he sailed his 35' sailboat Love Song to the pier in Frederiksted, St. Croix, Virgin Islands USA to become the first black man to sail around the world alone.

During Black History Month each year, including the one when he was out to sea on his historic voyage, the V.I. Pace Runner have held the Toast-To-The Captain 8.4 mile Road Race. Wallace Williams V.I. Pace Fonder/President/Race Director, came up with the idea for the race as he monitored his friend and fellow runner's historic voyage. "I got the idea as Ted reported to me while out to sea that with every chance he would go for a run...that he ran in a 5k road race while at port in American Samoa. I chose the route for his race because it was one of our favorite training routes and it started and finished in historic Christiansted (The Christiansted National Historic Site of The National Park Service) on the spot where thousands of enslaved Africans set foot on the island after they were taken from their home land...I thought it would be a fitting tribute."



Joe Noonan, a new comer to St. Croix with the Virgin Islands National Guard, took the lead in the race Saturday morning from Dominic Puglise in the first 3 miles. Noonan gained distance on the small group going up Lowry Hill and the 10k mark and went on to finish first overall in 56:58. Puglise, training for the Youth Olympic Games in Argentina this summer, was pursued by Ruth Ann David who traveled from St. Thomas; she is a two time team medalist for the V.I. CAC Cross-Country Championships. 2018 V.I. Half-Marathon Champion Bridget Klein who is also Puglise's Good Hope Country Day School coach passed both David and he between the four and five mile marks. Puglise hung on and came back to overtake Klein with less than two miles to go to take second place in 59:13; Klein cheering her runner on as he passed her, finished first for females and third overall just a little behind in 59:20; Ruth Ann David, had a strong second place female finish in 60:18; Megan Lambert was the third place female in 63:58 and Paul Evora was the third place male in 67:37.

The next race on the V.I.Pace Runners calendar is: The Annual Flight 64 Four Mile road race on March 4 at 7am followed by the first UVI Founders Day Mile on March 23

For information on the history of The Toast-To-The Captain road race and Captain Seymour logon to: <http://virginislandspace.org> and scroll down...for questions to test your knowledge of the race, of Captain Seymour's and a selected Black History Month topic logon to: <https://www.surveymonkey.com/r/toasttocaptain>

For information: logon to: <http://virginislandspace.org> email: [wallacewilliams@msn.com](mailto:wallacewilliams@msn.com) call:340-643-2557

THE 32ND ANNUAL TOAST-TO-THE CAPTAIN ROAD RACE  
8.4 Miles  
February 17, 2018  
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	JOSEPH Noonan	49	M	St. Croix, VI		56:58	6:47
2	DOMINIC Puglise	16	M	St. Croix, VI		59:13	7:03
3	BRIDGET Klein	34	F	St.Croix, VI		59:20	7:04
4	RUTH ANN David	44	F	St. Thomas, VI		1:00:18	7:11
5	MEGAN Lambert	36	F	St.Croix, VI		1:03:58	7:37
6	PAUL Evora	48	M	St.Croix, VI		1:07:37	8:03
7	JESSICA Carter	30	F	St. Croix, VI		1:11:45	8:33
8	HEIDI Snow	42	F	St.Croix, VI		1:11:56	8:34
9	NICOLE Huston	23	F	Dublin, Ohio		1:12:23	8:38
10	SHARI Bashaw	56	F	St. Croix, VI		1:17:22	9:13
11	ROB Wolfe	57	M	St. Croix, VI		1:17:22	9:13
12	PAUL Dejardins	63	M	St. Croix, VI		1:19:07	9:26
13	FLORENDO Astropabo	39	M	St.Croix, VI		1:22:23	9:49
14	OLGA Capriola	51	F	St. Croix, VI		1:38:15	11:42
15	FRANCES C. Gaskin	82	F	St. Croix, VI		2:04:54	14:53

AWARD LIST FOR RACE  
 THE 32ND ANNUAL TOAST-TO-THE CAPTAIN ROAD RACE  
 8.4 Miles  
 February 17, 2018  
 Christiansted National Historic Site  
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 Organized by: The Virgin Islands Pace Runners

\*\*\*\*\* MALE OVERALL RESULTS FOR 8.4 MILE RACE \*\*\*\*\*

1	JOSEPH Noonan	49 St. Croix, VI	56:58	56:58
2	DOMINIC Puglise	16 St. Croix, VI	59:13	59:13
3	PAUL Evora	48 St.Croix, VI	1:07:37	1:07:37
4	ROB Wolfe	57 St. Croix, VI	1:17:22	1:17:22
5	PAUL Dejardins	63 St. Croix, VI	1:19:07	1:19:07
6	FLORENDO Astropabo	39 St.Croix, VI	1:22:23	1:22:23

\*\*\*\*\* FEMALE OVERALL RESULTS FOR 8.4 MILE RACE \*\*\*\*\*

1	BRIDGET Klein	34 St.Croix, VI	59:20	59:20
2	RUTH ANN David	44 St. Thomas, VI	1:00:18	1:00:18
3	MEGAN Lambert	36 St.Croix, VI	1:03:58	1:03:58
4	JESSICA Carter	30 St. Croix, VI	1:11:45	1:11:45
5	HEIDI Snow	42 St.Croix, VI	1:11:56	1:11:56
6	NICOLE Huston	23 Dublin, Ohio	1:12:23	1:12:23
7	SHARI Bashaw	56 St. Croix, VI	1:17:22	1:17:22
8	OLGA Capriola	51 St. Croix, VI	1:38:15	1:38:15
9	FRANCES C. Gaskin	82 St. Croix, VI	2:04:54	2:04:54

FEMALE AGE GROUP: 1 - 20

MALE AGE GROUP: 1 - 20

1	2 DOMINIC Puglise	59:13	16 St. Croix, VI	59:13	59:13
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FEMALE AGE GROUP: 30 - 39

1	3 BRIDGET Klein	59:20	34 St.Croix, VI	59:20	59:20
2	5 MEGAN Lambert	1:03:58	36 St.Croix, VI	1:03:58	63:58
3	7 JESSICA Carter	1:11:45	30 St. Croix, VI	1:11:45	71:45

MALE AGE GROUP: 30 - 39

1	13 FLORENDO Astropabo	1:22:23	39 St.Croix, VI	1:22:23	82:23
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FEMALE AGE GROUP: 40 - 49

1	4 RUTH ANN David	1:00:18	44 St. Thomas, VI	1:00:18	60:18
2	8 HEIDI Snow	1:11:56	42 St.Croix, VI	1:11:56	71:56

MALE AGE GROUP: 40 - 49

1	1 JOSEPH Noonan	56:58	49 St. Croix, VI	56:58	56:58
2	6 PAUL Evora	1:07:37	48 St.Croix, VI	1:07:37	67:37

FEMALE AGE GROUP: 50 - 59

1	10 SHARI Bashaw	1:17:22	56 St. Croix, VI	1:17:22	77:22
2	14 OLGA Capriola	1:38:15	51 St. Croix, VI	1:38:15	98:15

MALE AGE GROUP: 50 - 59

1	11 ROB Wolfe	1:17:22	57 St. Croix, VI	1:17:22	77:22
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FEMALE AGE GROUP: 60 - 69

MALE AGE GROUP: 60 - 69

1	12 PAUL Dejardins	1:19:07	63 St. Croix, VI	1:19:07	79:07
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FEMALE AGE GROUP: 70 - 99

1	15 FRANCES C. Gaskin	2:04:54	82 St. Croix, VI	2:04:54	124:54
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MALE AGE GROUP: 70 - 99