



2017 ISLAND RACE SERIES

MEDIA RELEASE

Port Alberni Paper Chase 10k – Results

(Victoria, BC – April 2, 2017) It was a beautiful day in the Alberni Valley today for the seventh race in the Vancouver Island Race Series – the Port Alberni Paper Chase 10K. Hosted by the Alberni Valley Chamber of Commerce, the race was won by Dusty Spiller with Yanna Debelic winning the woman's race. There were 243 finishers.

Spiller, who won the last race in the Island Series – Comox Valley RV Half Marathon – took the finish tape in 33:17, with Nick Walker closely behind in 33:23. Third and top Master was Mark Cryderman in 34:08.

“The race went really well for me today. Nick, Mark, and I all started out at a quick pace, holding a sub 3:20/km pace,” said Spiller. “The hills were tough, but having Nick and Mark right behind me, kept me pushing. Eventually Mark dropped back and I ran side by side with Nick until about the 9.5 km mark, where I put in a surge and broke away from him. Thinking the finish line was only a couple hundred meters away (not 500m), I misjudged my breakaway, but I had just enough in the tank to make it to the finish line. A big thanks to all the volunteers, race crew, and sponsors for putting on such a great race.”

Debelic won the women's race in 41:43, second was Carolyn Coffin in 43:44, and third was Mel Russell in 44:18. Debelic was also the top women's master. There was one age group course record – in the W55-59 Sheila Dorman in 44:36, beating the old record from 2000 by two minutes.

The Paper Chase 10K returned to the Island Series after a 15 year absence. Originally organized by the Alberni Valley River Runners, it ran for 20 consecutive years from 1983-2002.

“Thanks to all who joined us today in the rebirth of the Paper Chase in Port Alberni,” said race director Bill Collette. “We appreciated all of the support in the VIRA Race Series, and of course our local sponsors of which there were many - led by the Paper Makers in Port Alberni - Catalyst Paper Mill. The weather was perfect, the course a little challenging but lovely nonetheless. We thank our many volunteers for an awesome effort and job well done.”

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For race results go to: <http://racedaytiming.ca/vira/2017>

The last race in the Island Series is Cedar 12K, which will be followed by the series awards on April 9. To qualify for the series awards participants have to run in five of the races, with one being over 10K. Current leader in the series is Jen Millar with the Prairie Inn Harriers leading the club standings, with Comox Valley Road Runners second and Ceevacs Road Runners third.

To register for Cedar 12K go to: www.islandseries.org

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