

Roxbury Races is a wonderful event for the local community. My hope is that it will continue to grow and when the time comes others will step up and take over the administrative positions.

Running for me started at New Milford High Cross Country. Back then in 1984, I was the last place runner for our team. Little did I know at that time a seed was planted in me by Russ Devin-our coach. By my senior year I would be leader of the JV team which was saying a lot when we had 34 runners and all 7 varsity runners were running sub 16:30 for the 5k. We were one of the strongest teams in the state overall-class size put aside.

During my senior year I would run Roxbury nearly every time the coach allowed me. Although I never won a single race here at Roxbury, I came in second more times than I can remember. There was always at least one runner better than me. Whether it was Mark Chantry, Ed Sandifer, Dave Harvey, Casey Gawlak, someone was always there to push me and for that I'm thankful. Hopefully, I will be an inspiration to other runners-not to win a race but just to run.

For a runner there needs to be inspiration from somewhere to motivate him or her. For me, I feel obligated to name them here so they are recognized:

**Ed Sandifer**-fellow coach, teacher, rival, inspirer and friend

**Jerry Vanasse**- fellow instructor, inspirer and friend

**Paul Teixeira**- fellow friend, rival, and great friend whom I met here

**Ken Merrick** - fellow runner and friend.

**Russ Devin**- Coach and motivator

**Steve Prefontaine**-inspiration

**Both Bob Lewis and Scott Benjamin** - for their leadership here at Roxbury Series and fellow runners.

**Maggie Chappius** - fellow trainer/coach and friend.

**My wife** - who has ran Vermont City Marathon now 22 times.

**All the Roxbury Regulars** for their participation in this event - it isn't possible to do this event without you.

Runners all have one rule to follow – respect for each other.

Finally, it is nice to see the events of Roxbury Series expanding to the ½ and full marathon. I personally hope to be present for the 1/2 marathon.

"Eventually all runners efforts merge into one and our legs run to it-The finish line."

-David DeBoy