

Sheldon Shines In Roxbury 3.52-miler

_ROXBURY – Jeff Sheldon, a former two-time season champion, strode to victory Saturday, October 4, over a rolling 3.52-miler course and under rainy skies at the Roxbury Road Race Series.

The 33-year-old Southbury resident covered the loop, which included a trip up the long hill on Hemlock Road, in 21-minutes, 7-seconds – a 6:00-per-mile pace.

He outlasted Ken Merrick, 45, of New Fairfield, the defending two-time season champion in the weekly series and current leader in this year's point standings, who was second in 21:35.

Theresa Gallagher-Krebs, 45, of Roxbury was the first female finisher and placed 10th overall in 25:44. She has captured the overall women's title each of the last two years.

The series will continue Saturday, Oct. 11, at 8:30 a.m. with an 11-mile run that will include a trek up the long, steep include along Botsford Hill Road. There will be no entry fee.

The 3.95-mile Bob Lewis MidAutumn Championship will be held Saturday, Nov. 1, at 8:30 a.m. There will be a \$5 entry fee that can be paid that morning from 7 to 8:20. Proceeds will go to the Roxbury park improvement fund.

The top overall male and top overall female will each receive a \$10 gift certificate to an area running store.

The races, which are sanctioned by the Roxbury Recreation Commission, start and finish near the Everett Hurlburt Community Park on Apple Lane.

For more information, contact Scott Benjamin, the head director, at BenjaminS@wcsu.edu or (cellular) (860) 354-3521.