

Sheldon, Cole Capture 7.25-mile Roxbury Run

ROXBURY – Two-time season champion Jeff Sheldon and Alyssa Cole, who began running in the Roxbury Road Race Series as a middle school student, took the male and female laurels Saturday, September 13, over a challenging 7.25-mile loop.

Sheldon, 33, of Southbury was time in 46-minutes, 8-seconds – a 6:22-per-mile pace – over the course, which went up the hill on Mallory Road and down the steep inclines on Flag Swamp Road.

Ken Merrick, 45 of New Fairfield, who leads the point standings this year in the Roxbury series was second overall in 47:22.

Cole, 27, won the female division and was seventh overall with a clocking of 53:15.

The series will continue Saturday, September 20, at 8:30 a.m. with the sixth annual 3.0-mile Roxbury Land Trust Run, which will start near the local land trust preserve on River Road and finish at the end of the driveway to that parcel.

There will be a \$5 entry fee that can be paid that morning from 7 to 8:20 at the parcel. Proceeds will go to the Roxbury Land Trust.

The weekly races, which are sanctioned by the Roxbury Recreation Commission, typically start and finish at the Everett Hurlburt Community Park at 18 Apple Lane.

For more information, contact Scott Benjamin, the head director, at BenjaminS@wcsu.edu or (O) (203) 837-9999, ext. 19825.