

Sheldon, Degirolamo Capture Kershna

MidSpring Run

ROXBURY – Two runners who have each captured the season title at the Roxbury Road Race Series twice, were the individual male and female champions in the 4.3-mile MidSpring Challenge.

Jeff Sheldon, 35, of Southbury and Cynthia Degirolamo, 49, of Newtown each easily outran the competition in their respective divisions in the race, which is named after the late Dr. Larry Kershna, a former longtime Roxbury resident who was head director of the series from 1980-1985 and initiated the steps that built it from eight races in July and August to a 40-race format extending from the third week of February to the first week of December.

Sheldon, who was the season champion in 2005 and 2010 and annexed last year's Roxbury Half Marathon was timed in 27-minutes – a 6:17-per-mile pace – to place first overall Saturday, May 7, on the loop, which included a trip down the hill on High Bridge Road.

Dave Harvey, 52, a former longtime Bridgewater resident and a former harrier at Shepaug Valley High School-Washington, was second in 28:01.

Degirolamo, who won the female season title at Roxbury the last two years, was 12th overall in 33:06.

The series will resume Saturday, May 14, at 8:30 a.m. with the third annual Lyme Disease Run/Walk. There will be a 4.2-mile run that will include a trip down the incline on Ranney Hill Road and up the long hill on Hemlock Road. Concurrently, the walkers will be traveling to the Booth Free Elementary School on South Street and then return to the starting line.

There will be a \$5 entry fee that can be paid that morning from 7:30 to 8:20. Proceeds will go to the treasury for the class of 2017 at Shepaug Valley High School. Optional donations will be accepted for Lyme Disease Awareness. There will be a brief speaking program after the events, which for the second consecutive year will feature state Rep. Art O'Neill (R-69) of Southbury.

The series and the Minor Memorial Library in Roxbury will co-sponsor Exercise Your Mind Saturday, June 25, at 8:30 a.m. to promote the library's summer reading program. There will be a 2.4-mile run and a 1.2-mile concurrent walk.

There will be no entry fee. Following the events, there will be registration tables for the reading program, refreshments and a bounce house.

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

For more information, contact Scott Benjamin, the head director, at

ScottBenjaminWCSU2014@gmail.com, (860) 354-3521 or access

www.roxburyraces.net.