

# **Merrick, McCabe Master Roxbury 4.3-mile Route**

**ROXBURY – Five-time defending season champion Ken Merrick and Roxbury resident Lyn McCabe posted impressive victories at the Roxbury Road Runners Club series over a 4.3-mile loop that included a series of hills over the second half of the route.**

**Merrick, 48, of New Fairfield covered the course, which included a trip down the hill on High Bridge Road, in 27-minutes, 18-seconds – a 6:21-per-mile pace. It was his 13<sup>th</sup> victory of 2017 in the weekly series.**

**Jeff Sheldon, 37, of Southbury – a two-time season champion – placed second in 28:22.**

**McCab, 39, was the first female finisher and placed eighth overall in 33:13.**

**The series will resume on Saturday, November 4, at 8:30 a.m. with the 32<sup>nd</sup> annual MidAutumn Championship over a 3.9-mile course that will include a jeep trail in part of the final mile.**

**There will be a \$5 entry fee that can be paid that morning from 7 to 8:20. Proceeds will go to the series' grants fund. There are six high schools – Nonnewaug-Woodbury, Pomperaug-Southbury, New Milford, Brookfield, Shepaug Valley-Washington and Oxford – that are eligible for the grants, which are awarded each spring.**

**Runners can enter through a \$50 season membership or a \$5 weekly waiver.**

**The Roxbury Half Marathon is scheduled for Saturday, November 11, at 8:30 a.m. Electronic registration is available at [www.roxburyraces.net](http://www.roxburyraces.net).**

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

**For further information, contact Scott Benjamin, the race director, at [ScottBenjaminWCSU2014@gmail.com](mailto:ScottBenjaminWCSU2014@gmail.com), (860) 354-3521 or access [www.roxburyraces.net](http://www.roxburyraces.net).**

