Saturday, August 26, 2023

Sheldon Shines At Roxbury

ROXBURY – Two-time season champion Jeff Sheldon easily captured a challenging 6.2-mile race at the weekly Roxbury Road Runners Club series.

Sheldon, 43, of Southbury was timed in 39-minutes, 43-seconds – a 6:23-per-mile pace over the loop, which included a trip in both directions on Judd's Bridge Road.

Chris Deming, 56, of Danbury, the 2022 series season champion, was second overall with a 44:29 clocking.

Rina McNamara of Kent was the female winner in the Saturday, August 26, event and placed 13th overall in 51:43.

The series will continue with the Roxbury Mile II on Saturday, September 2, at 8:30 a.m., which will be run on a course that will include the paved track at the Everett B. Hurlburt Community Park at 18 Apple Lane.

Runners can compete through the $25 season membership. They also can participate by completing the weekly waiver. If they have a timing chip, the cost is $2. If they do not have a timing chip, the fee is $5. Youth runners and current and former first responders and military personnel can participate for free after completing the weekly waiver form.

The sixth annual Roxbury Thanksgiving Day Charity Race will be held on Thursday, November 23, at 9 a.m. over a 3.1-mile course. Pre-race registration is available at https://ultrasignup.com/register.aspx?did=105567. The race will benefit the Roxbury Scholarship Foundation.

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

For more information, contact Scott Benjamin, the race director, at ScottBenjaminWCSU2014@gmail.com, (Voice-mail) (860) 354-3521 or access www.roxburyraces.net or the Roxbury Races Facebook page.