

Saturday, August 23, 2025

Lipchus Annexes Seventh Win OF Roxbury Season At Guess Your Pace Race

ROXBURY – Jeff Lipchus ran at a pace that was six seconds per mile slower than what he predicted.

However, the 42-year-old resident of the Sandy Hook section of Newtown still easily was the fastest harrier in the field.

Lipchus scored his seventh win of 2025 at the weekly Roxbury Road Runners Club series by covering the 4.1-mile Guess You Pace race in 27-minutes, 23-seconds.

Before the race he predicted that he would have a 6:35-per-mile pace. He came in with a 6:41-per-mile pace.

Kalieg Constantine, 28, of Southbury was the first female and placed fifth overall. She was timed in 31:05. It was her fourth win in the female division at Roxbury in 2025.

Vanessa Wood, 43, of Naugatuck and Dan Burns, 62, of Newtown were the co-winners of the Guess Your Pace competition – each being one second off their predicted pace.

The series will continue on Saturday, August 30, at 8:30 a.m. with the Roxbury Mile II.

Runners can compete through the \$30 season membership. They also can enter by completing the weekly waiver form and paying a \$5 fee. Youth runners, current and former members of the military and current and former first responders can participate for fee after completing the weekly waiver form.

The Roxbury Fall Classic will be held on Saturday, November 8. Pre-registration for the 50-kilometer, half-marathon and marathon events is available via UltraSignup.

The Roxbury Thanksgiving Day Charity Race over a 3.1-mile course will be run on Thursday, November 27, at 9 a.m. Proceeds will go to the Roxbury Scholarship

Foundation and the Roxbury Ambulance Association. Pre-registration is \$10 with a \$3.12 service fee at UltraSignup. Race-day registration from 7:30 to 8:50 a.m. will be \$15.

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

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.