

Saturday, August 9, 2025

## Former Southern Connecticut State University Ace Adds Roxbury 3.7-miler To Impressive Resume

ROXBURY – Elizabeth Fengler was again awarded the statement-making sash.

She already has been the female ace of the Run 169 Towns Society in Connecticut.

Hartford Courant sports writer Lori Riley reported in August 2023 that Fengler and her younger brother, Stephen, had each been the top runner in their gender at 21 races already that year and to that point in 45 overall since they started competing together.

Runners in the Society seek to complete a race in each of Connecticut's 169 municipalities.

This last April the Fenglers, who each ran at Southern Connecticut State University in New Haven, were the top male and female finishers, respectively, at a Walt Disney World 10-miler in Florida.

Elizabeth Fengler, 29, of Wallingford, made her debut at the weekly Roxbury Road Runners Club series with a victory over a 3.7-mile course that included a trip down the steep hill on Chalybes Road and up the long incline on Hemlock Road.

She was clocked in 23-minutes, 19-seconds – a 6:18-per-mile pace.

Wylden Abraham, 16, of Roxbury, who runs for Shepaug Valley High School in Washington, placed second at the Saturday, August 9, jaunt and captured the men's title at Roxbury for the 11<sup>th</sup> time in 2025. He was timed in 23:36.

The series will continue with a 7.2-mile race on Saturday, August 16, at 8:30 a.m. with a 7.2-mile jaunt that will include a trip up the hill on Mallory Road and down the incline along Flag Swamp Road.

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 enter for free after completing the weekly waiver form.

The second annual Guess Your Pace Race will be held on Saturday, August 23, at 8:30 a.m. The course will not be announced until immediately before the start. The runners will sign a sheet stating their anticipated per-mile time.

The Roxbury Mile II is scheduled for Saturday, August 30, at 8:30 a.m.

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

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