

Saturday, December 6, 2025

Abrahams Collect Victories At Roxbury Finale

ROXBURY – The most prominent running family in town ended the local road race campaign with notable accomplishments.

Wylden Abraham, 17, a standout on the Shepaug Valley-Washington cross-country and track & field teams scored his 13th win this season in the 39 Saturday events sponsored by the Roxbury Road Runners Club series.

His father, Mike Abraham, 66, a former running coach at New Milford High School, placed third in the Saturday, December 6, race and before the run was awarded a plaque for capturing the season title for a second successive year at the Roxbury Road Runners Club series.

Wylden was timed in 16:50 – a 7:01-per-mile pace over the 2.4-mile loop, which included a trip up the steep hill on Chalybes Road. The race results were posted, but did not count in the standings since the last official race was on November 29.

Mike Abraham was clocked in 17:51.

Michael Z, 35, of New Haven was second with a time of 17:00.

For 2025, Chris Deming, 59, of Danbury, a former series season champion, placed second with 1,017 points. He took third place in the 2024 standings.

Nick Nassra, 59, of Middlebury was third for the season. He annexed 945 points. Nassra first ran in the Roxbury races in the late 1980s when the fields were smaller and the races started and finished near the Booth Free School on South Street.

Dan Lamb, 64, of New Milford took fourth place in the standings for a second consecutive year with 864 points. Scott Benjamin, 67, of New Milford was fifth with 786 points and Jeff Lipchus, 42, of the Sandy Hook section of Newtown was sixth with 717 points.

Miriam Acevedo, 48, of New Milford accumulated 1,047 points to win the women's title and place second overall in the standings.

Cindy Degirolamo, 59, of the Sandy Hook section of Newtown, a former female season champion, was second this year with 797 points.

Kateri Danay, 27, of Waterbury placed third with 786 points. Danay, who began running the series about 15 years ago when she was in middle school, was the women's season champion in 2021, 2022 and 2023.

Kaleigh Constatine, 29, of Danbury – who formerly ran at Danbury High School and Iona University – took fourth place with 637 points.

Lauren Contorno, 60, of Brookfield captured fifth place with 471 points. She also was fifth last year.

Irene Clarke, 57, of New Milford was sixth for a second straight season in the female standings. She tallied 468 points.

The top six male and top six female finishers in the standings were awarded plaques.

Russ Pribanic, 71, of Roxbury received a plaque as a series award for his seven years as president of the series' Executive Committee.

The Roxbury series sponsors more races than any series in Connecticut.

The runners also completed their collections for the toy drive at the collection box in the Troop A state police barracks in Southbury and the food drive for the Roxbury Food Pantry at the Roxbury Church of Christ.

The 2026 series is tentatively set to start with a fun run on Saturday, February 23, at 8:30 a.m. at the Everett B. Hurlburt Community Park, 18 Apple Lane, where almost all of the races start and finish. The first official race is slated for Saturday, March 2, at 8:30 a.m. over 2.4 miles.

The races are sanctioned by the Roxbury Recreation Commission.

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