

For Immediate Release

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Sheldon Strides To Roxbury Seek Race Victory

ROXBURY – Jeff Sheldon, 32, of Southbury posted his ninth win of the 2012 campaign at the weekly Roxbury Road Race Series, covering the second annual 2.4-mile Brian Vanderheiden Seek Run in 14-minutes even – a 5:50-per-mile pace.

Ken Merrick, 43, placed second in 14:30.

Sheldon and Merrick both ran the race going down the steep hill on Chalybes Road. In the event, which is named after a regular runner in the series, half of the field goes in one direction and the other half runs the opposite way.

Alana Levy, 23, of Chappaqua, N.Y., won the female division, as she was clocked in 15:35 while the going in the direction that included running down the steep hill. She took ninth overall.

The series will resume Saturday, July 7, at 8:30 a.m. with an 8.2-mile race that will go to the bridge on Judds Bridge Road and back. There also will be an alternate 3.52-mile run that will start simultaneously. There will be no entry fee.

The 5.0-mile Bill Burley MidSummer Championship will be held Saturday, July 21, at 8:30 a.m. There will be a \$5 entry fee that can be paid that morning from 7 to 8:20. Proceeds will go to the Roxbury park improvement fund.

The race is named after the first head director of the series.

At the awards ceremony after the race, the top overall male and female finisher will each receive a \$10 gift certificate to the Woodbridge Running Co., which has a store in Brookfield. The runners also will honor the five latest inductees into the Roxbury Road Race Series Hall of Fame.

There will be no race Saturday, July 28, since the 7.8-mile New Milford Village Fair Days run will be held that morning. The Roxbury series will resume Saturday, Aug. 4.

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

For more information, contact Scott Benjamin, the head director, at (O) (203) 837-9999, ext. 19825, BenjaminS@wcsu.edu or access www.roxburyraces.net.

Roxbury Race Series 2012 - Race #20 - June 30, 2.4 Miles

Up or Down Chalybes

Order of Finish

place name age time pace up / down

1	Jeff Sheldon	32	14.00	5.50	down
2	Ken Merrick	43	14.30	6.03	down
3	Ryan Ripp	26	14.44	6.08	down
4	Seamus McLaughlin	18	15.03	6.16	down
5	Rob Zapletal	42	15.09	6.19	down
6	Eric Koenig	32	15.14	6.21	down
7	Brian Vanderheiden	42	15.16	6.22	down
8	Lance Saevitzon	43	15.22	6.24	down
9	Alana Levy	23	15.35	6.30	down
10	Theresa Krebs	43	15.41	6.32	down
11	Alan Peck	43	15.49	6.35	down
12	Mike Abraham	52	15.49	6.35	up

13	Chris DePalma	45	16.20	6.48	down
14	Chuck Rocca	39	16.30	6.53	up
15	Luke Farrell		16.33	6.54	up
16	Steve Benoit		16.43	6.58	up
17	Jeff Tindell		16.57	7.04	up
18	John A. Adomelis	57	17.07	7.08	up
19	Scott Cooney	48	17.11	7.10	down
20	Ross Levy	61	17.16	7.12	up
21	Nick Nassra	46	17.20	7.13	up
22	Steve Whitcomb	34	17.37	7.20	up
23	Christopher Buck		17.48	7.25	up
24	Russ Pribanic	58	17.51	7.26	up
25	Scott Benjamin	54	17.55	7.28	up
26	Jeff Bishop	31	18.07	7.33	up
27	Krystal Koenig		18.19	7.38	down
28	Tracy Birkins	26	18.36	7.45	down
29	Christopher Heaver		18.42	7.48	down
30	David Mariani	48	18.44	7.48	down
31	Brian Kamerzel	34	19.03	7.56	up
32	Luke McDonald	18	19.12	8.00	down
33	Kateri Danay	14	19.24	8.05	up
34	Katie Burns		19.31	8.08	up
35	Dan Burns	49	19.32	8.08	up
36	Dirk Feather	37	19.33	8.09	down
37	Dan Lynch		19.39	8.11	up
38	Jennifer Claybrooks	22	19.51	8.16	down
39	Halle Benoit	15	20.16	8.27	up

40	Heather Prime	23	20.17	8.27	up
41	Paul Butler	54	20.18	8.28	up
42	Rohan Narayanan	18	20.21	8.29	down
43	Bob Lewis	47	20.23	8.30	up
44	William Lowry	11	20.32	8.33	down
45	Rick Lowry	50	20.34	8.34	down
46	Marc Poliquin		21.00	8.45	down
47	Janet Levy	58	21.46	9.04	up
48	Erik LoSacco	9	21.53	9.07	down
49	Baerbel LoSacco	40	21.55	9.08	down
50	Keith Dupree		22.45	9.29	up
51	Bob Satterlee	63	22.47	9.30	up
52	Joseph Danay	49	23.08	9.38	down
53	Michelle Marcisz	43	25.14	10.31	down
54	Derek Therrien	50	25.38	10.41	down
55	Gary Titus		26.40	11.07	up
56	Charlie Euston		26.53	11.12	down
57	Nina Saevitson	45	27.05	11.17	up
58	Marissa Bishop	31	31.36	13.10	up
59	Cara Abraham	39	45.03	18.46	down
60	Kellie R	44	45.05	18.47	down