

For Immediate Release

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Merrick, Schuyler Take Blue Ribbons Over Roxbury 10-K

ROXBURY – Defending season champion Ken Merrick and Immaculate High School runner Carly Schuyler were the respective male and female winners Saturday, Aug. 3, over a 6.2-mile (10-kilometer) course that included an extended series of hills along Painter Ridge Road.

Merrick, 44, of New Fairfield covered the challenging layout in 38-minutes and 31-seconds – a 6:13-per-mile pace.

It was his 14th victory in the last 15 runs at Roxbury and his 15th overall during the 2013 season.

Jeff Sheldon, 33, of Southbury placed second in 39:09.

Schuyler, 17, was fourth overall with a clocking of 42:19.

The weekly series will continue Saturday, Aug. 10, at 8:30 a.m. with a 4.2-mile run that will include a trip up the hill on High Bridge Road. There will be no entry fee.

The sixth annual Two For The Show 3.-1-miler will be held Saturday, Sept. 7, at 8:30 a.m. There will be a \$5 entry fee that can be paid that morning from 7 to 8:20. The proceeds will go to address juvenile diabetes and autism.

The top overall male and the top overall female runner will each receive a \$10 gift certificate to an area running store.

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

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