Merrick Wins Race To Benefit Shepaug Freshmen, Lyme Awareness

ROXBURY – Two-time defending season champion Ken Merrick posted his fifth victory of the season at the Roxbury Road Race Series Saturday, May 10, as he outran a large field over a 3.7-mile event that raised money for the Shepaug Valley High School Class of 2017 and Lyme Awareness.

Merrick, 45, of New Fairfield covered the layout, which included a trip up the steep incline along Ranney Hill Road, in 21-minutes, 57-seconds – a 5:56-per-mile pace.

Jeff Sheldon, 33, of Southbury, another former season champion in weekly races, took second in 22:14.

Cynthia Degirolamo, 47, was the first female finisher and placed 19th overall among the 88 competitors.

The event raised $380 for the Shepaug Valley High School Class of 2017 and additional funds for Lyme Awareness. Members of the class collected the entry fees and donations before the race and then spoke briefly about their efforts during a post-race ceremony. The school has students from Washington, Roxbury Bridgewater and Sherman.

The series will continue Saturday, May17, at 8:30 a.m. with a run of about 7 miles. There will be no entry fee.

The Roxbury Mile I will be held Saturday, May 24, at 8:30 a.m. There will be no entry fee.

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

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