

# Sheldon, Degirolamo Take Laurels In 11.1-mile Roxbury Run

ROXBURY – Jeff Sheldon and Cynthia Degiorlamo conquered a grueling 11.1-mile jaunt at the Roxbury Road Race Series that included a trip up the long, steep incline on Botsford Hill Road.

Sheldon, 34, of Southbury posted his sixth win of the season in the weekly series, finishing in 1:11.03 – a 6:24-per-mile pace – on the loop, which also included a series of smaller hills through the final stages. He is a former season champion in the weekly series.

David Poppel, 51, placed second overall in 1:21.42 during the Saturday, October 10, event.

Degirolamo, 49, of Newtown was 14<sup>th</sup> overall in 1:42.59. She leads the female standings for the season and was the women's champion in the series in 2014.

The series will resume Saturday, October 17, at 8:30 a.m. with a 4.3-mile run that will include a trip down the hill on High Bridge Road. There will be no entry fee.

The Mike Abraham MidAutumn Challenge will be run Saturday, November 7, at 8:30 a.m. on a 3.95-mile route. There will be a \$5 entry fee that can be paid that morning from 7 to 8:20 a.m. Proceeds will go to the Roxbury park improvement fund.

The race is named after the former New Milford High School boys cross country coach who is a former assistant director in the series.

The Roxbury Half Marathon, which is pre-registration event through [www.roxburyraces.net](http://www.roxburyraces.net), is slated for Saturday, November 14, at 8:30 a.m. The field is limited to the first 100 applicants.

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

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