Sheldon Shines Over 7.25-mile Roxbury Course

ROXBURY – Jeff Sheldon scored his sixth triumph – counting time-trial events – at the Roxbury Road Runners Club Series this year after covering a challenging 7.25-mile route in 48-minutes, 17-seconds – a 6:42-per-mile pace.

Sheldon of Southbury won the Roxbury season title in 2005 and 2010.

Kateri Daney collected the women's title and placed ninth overall in 1:00.28 in the September 25 event, which included a trip up the inclines along Painter Hill Road.

The series will continue on Saturday, September 25, with an 11-mile run that will include a trip up the incline along Botsford Hill Road.

Runners can enter through the \$25 season membership. They also can participate by completing the weekly waiver form. If they have a timing chip, the cost is \$2. If they do not have a timing chip, the fee is \$5. Youth runners can compete for free after completing the weekly waiver.

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

For further information, contact Scott Benjamin, the race director, at <u>ScottBenjaminWCSU2014@gmail.com</u>, (Voice-mail) (860) 354-3521, or access www.roxburyraces.net.