

Saturday, March 18, 2023

## Deming Follows Up 2022 Championship With Season-opening Win At Roxbury Series

ROXBURY -- Coming off a season championship in 2022, Chris Deming prevailed in the season opener of the 2023 season at the Roxbury Road Runners Club series.

Deming, 56, of Danbury and Mark Andrejczyk, 50, of Shelton was running almost stride for stride through parts of the second half of the out and back 3.1-mile run on Saturday, March 18, which traveled in both directions along the long hill on Hemlock Road.

Deming took first place in 23-minutes, 36 -seconds – a 6:58-per-mile pace – just three seconds ahead of Andrejczyk, who was clocked in 21:39, taking the second position.

Elizabeth Schneider, 25, of Oxford who has previously won plaques for placing in the top six for the season in the women's division, was the first female finisher and took 12<sup>th</sup> overall in 25:18.

The series will resume with a 3.7-mile event on Saturday, March 25, at 8:30 a.m. that will include a trip up the steep incline along Ranney Hill Road.

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

Youths, military veterans and current and former first responders 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 [ScottBenjaminWCSU2014@gmail.com](mailto:ScottBenjaminWCSU2014@gmail.com), (Voice-mail) (860) 354-3521 or access [www.roxburyraces.net](http://www.roxburyraces.net) or the Roxbury Races Facebook page.