

Saturday, May 6, 2023

Consalvo Captures Kershnar MidSpring Title

ROXBURY – Former Brookfield High School and Quinnipiac University standout Tommy Consalvo easily prevailed over a 4.3-mile course at the Larry Kershnar MidSpring Challenge.

Consalvo, 24, was clocked in 24-minutes, 40-seconds – a 5:44-per-mile pace – over the loop, which included a trip down the hill on High Bridge Road.

It was his third victory in 2023 at the weekly Roxbury Road Runners Club series.

Former two-time series champion Jeff Sheldon, 43, of Southbury was second in 27:45.

Athena Peterson, 34, of Roxbury was the first female finisher and placed 12th overall among the 41 runners with a time of 35:59

The race is named after the second head director in the series, which has been going since 1977. Kershnar directed the races from 1980 through 1985. He expanded the schedule from eight races in the summer to the current 40-race February to December format.

Some of his family ran in the race or participated at a brief ceremony following the event which honored his accomplishments.

The series will continue on Saturday, May 13, at 8:30 a.m. with a 6.5-mile route that will include a trip down the long hill on Hemlock Road.

Runners can participate through the \$25 season membership. They also can compete by completing the weekly waiver form. If they have a timing chip the fee is \$2. If they do not have a timing chip the cost is \$5. Youth runners and current and former military personnel and first responders can compete for free.

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, Voice-mail) (860) 354-3521 or access www.roxburyraces.net or the Roxbury Races Facebook page.