

Saturday, April 20, 2024

## Consalvo, Spooner Turn In Blue-Ribbon Performances At 5.0-mile Roxbury Run

ROXBURY – Thomas Consalvo and Linda Spooner captured the crowns over a competitive field running five miles along steep up and down inclines at the weekly Roxbury Road Runners Club series.

Consalvo annexed his third overall win this season at Roxbury as he was timed in 28-minutes, 31-seconds – a 5:42-per-mile pace – over a 5.0-mile loop, which included a trip up the steep hill on Squire Road. The 25-year-old Brookfield resident formerly ran at Quinnipiac University in Hamden.

Spooner, 49, of Sturbridge, Massachusetts was first in the women's division and placed sixth overall with a time of 37:15 at the Saturday, April 20, event. She recently was the first female finisher at the Great Stew Chase 15-kilometer in Springfield, Massachusetts.

The series will continue with a 6.5-mile jaunt on Saturday, April 27, at 8:30 a.m. that will include a trip down the long hill on Hemlock Road and up the Horrigan Trail.

Runners can compete through the \$30 season membership. The other option is to complete the weekly waiver form and pay \$5. Youth entrants and current and former members of the military or first responders can participate for free after completing the weekly waiver form.

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 more 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.