

Saturday, August 17, 2024

Deming Conquers Steep Hill For Roxbury Win

ROXBURY -- Chris Deming - who was sidelined for weeks this spring with a leg injury - placed first on one of the toughest courses in the weekly Roxbury Road Runners Club series.

Deming, 57, of Danbury was clocked in 55 minutes, 42 seconds - a 7:41 per-mile pace - over the 7.2-mile loop, which features the long, steep hill on Mallory Road. It was Deming's second victory in the series this year. In 2023 he was the season champion for the second time.

Mike Abraham 65, of Roxbury placed second in the Saturday, August 17, event with a time of 56:23. He leads the 2024 season standings with 685 points, more than 60 points ahead of his nearest challenger. Abraham, the former New Milford High School boys' cross-country coach, also is a former season champion in the Roxbury series.

Miriam Acevedo, 47, of New Milford captured the female division for the ninth time this year. She placed fifth overall with a time of 58:32.

The series will continue on Saturday, August 24, at 8:30 a.m. with the first annual Guess Your Pace Race. Before the event, each runner will note on a spread-sheet what their predicted pace will be. The course to be run will not be announced until they assemble at the starting line.

The Roxbury Mile II will be held on Saturday, August 31, at 8:30 a.m.

Runners can participate through the \$30 season membership. They also can enter by completing the weekly waiver form and paying a \$5 fee. Youth entrants and current and former first responders and members of the military can run 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,
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access www.roxburyraces.net or the Roxbury Races Facebook page.