

Saturday, August 16, 2025

ROXBURY – They say that Connecticut has more crooked roads than any of the 50 states.

In addition to that feature, Roxbury appears to have more hill per-capita than any of the 169 municipalities in the Nutmeg State.

The steep climb up Mallory Road and down Flag Swamp Road has been part of the weekly Roxbury Road Runners Club series since 2012.

Jeff Lipchus defeated a strong field of competitors on Saturday, August 16, to win the 7.25-mile jaunt. Lipchus, 42, who lives in the Sandy Hook section of Newtown, was timed in 51-minutes, 40-seconds -= a 7:08-per-mile pace. It was his sixth victory in the Roxbury series during 2025.

Wylden Abraham, 16, of Roxbury placed second in 53:23. He had been the male champion in the previous four races in the series.

Rina McNamara, 47, of Litchfield was the women's champion and was seventh overall with a time of 58:48. She annexed the women's season title in 2024 at Roxbury.

The series will continue on Saturday, August 23, at 8:30 a.m. with the second annual Guess Your Pace race.

The runners will each mark their projected per-mile pace on a score sheet before the event. The course will not be revealed until immediately before the start of the race.

Runners can participate through the \$30 season membership. They also can enter by completing the weekly waiver form and paying a \$5 fee. Youth runners, current and former members of the military and current and former first responders can compete for free after completing the weekly waiver form.

The Roxbury Mile II is slated for Saturday, August 30, at 8:30 a.m.

The Roxbury Fall Class will be held on Saturday, November 8, at 8:30 a.m. Pre-registration is available through UltraSignup.

The Roxbury Thanksgiving Day Charity Race is scheduled for Thursday, November 27, at 9 a.m. Pre-registration can be done via UltraSignup. Proceeds will go to the Roxbury Ambulance Association and the Roxbury Scholarship Foundation.

The races, which are sanctioned by the Roxbury Recreation Commission, start and finish near the Everett B. Hurlburt Community Park at 18 Apple Lane. The runners sponsor the most races of any series in Connecticut.

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.