

Saturday, May 3, 2025

## Lipchus easily takes Kershnar Crown For Third Win In 2025 At Roxbury

ROXBURY – Jeff Lipchus bolted to an early lead and finished more than a minute ahead of his nearest competitor to garner his third win of the season at the weekly Roxbury Road Runners Club series.

Lipchus, 41, of the Sandy Hook section of Newtown was timed in 28-minutes, 36-seconds – a 6:39-per-mile pace – over a 4.3-mile loop in the 35<sup>th</sup> annual Larry Kershnar MidSpring Challenge.

Dwight Harris, 39, of Southbury was second in 29:47 over the route, which included a trip down the hill on High Bridge Road.,

Rina McNamara, 47, of Litchfield was the first female finisher and placed sixth overall with a 33:48 clocking. She captured the women’s season title in 2024.

The race is named after the second director in the history of the race series. Kershnar held that position from 1980-1985 and expanded the schedule from eight races in the summer to the current format of 38 races per season.

Reportedly, the Fresh Pond series in Cambridge, Massachusetts is the only one on the East Coast with more races per year, since it sponsors an event on each of the 52 Saturdays.

Kershnar was chairman of the Science Department at New Milford High School and then taught in the Education Department at Western Connecticut State University.,

The series will continue on Saturday, May 10, at 8:30 a.m. with an 8.5-mile run that will include a trip along Painter Hill Road and the Goldmine and Booth roads.

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

The series will hold the popular Roxbury Mile I on Saturday, May 24, at 8:30 a.m. over a route that will go from near the end of Apple Lane to the Booth Elementary School on South Street.

The races, which are sanctioned by the Roxbury Recreation Commission, typically 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.