

Saturday, April 29, 2023

## Defending Roxbury Champ Deming Prevails For Third Time

ROXBURY – Defending season champion Chris Deming garnered his third victory of the 2023 campaign outlasting Mike Lyons, his closest challenger, over a 3.7-mile loop at the Roxbury Road Runners Club series.

Deming, 56, of Danbury was clocked in 25-minutes, 59-seconds – a 7:01 pace. Lyons, 48, was second in 26:23 in the Saturday, April 29, event over a course that included a trip down the long incline on Ranney Hill Road.

Tara Troiano, 35, of East Hampton was the first female finisher and took 12<sup>th</sup> overall with a time of 29:16.

The weekly races will continue on Saturday, May 6, at 8:30 a.m. with the 33<sup>rd</sup> annual Larry Kershner MidSpring Challenge over a 4.3-mile route that will include a trip down the hill on High Bridge Road.

The race is named after the second head director in the series history. Kershner, a longtime Roxbury resident, expanded the series from an eight-week summer format to the current February to December schedule. The series sponsors more races each year than any in Connecticut.

Runners can compete through the \$25 season membership. They also can participate by signing the weekly waiver form. If they have a timing chip the fee is \$2. If they do not have a timing chip, the fee is \$5. Youth runners and current and former members of the military or first responders can compete 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) or (Voice-mail) (860) 354-3521, or access [www.roxburyraces.net](http://www.roxburyraces.net) or the Roxbury Races Facebook page.