

Saturday, July 22, 2023

Consalvo Scores Again Over Roxbury Route; DeGirolamo Captures Women's Crown

ROXBURY –Former Brookfield High School and Quinnipiac University harrier Tommy Consalvo annexed his sixth consecutive victory and his 10th overall in 2023 at the weekly Roxbury Road Runners Club series.

Consalvo, 25, was timed in 29-minutes, 3-seconds – a 6:19-per-mile pace – over the 4.6-mile Tierney's Preserve loop.

Jeff Lipchus, 40, of the Sandy Hook section of Newtown, placed second in the Saturday, July 22, event with a clocking of 34:44.

Cynthia DeGirolamo, 57, of Newtown was the first female finisher and took 14th overall with a time of 44:01. She is a former women's season champion in the series.

There will be no race on Saturday, July 29, when the New Milford Parks & Recreation Department will be holding its 7.8-mile and 3.1-mile events.

The series will resume on Saturday, August 5, at 8:30 a.m. with a 3.6-mile run that will include a trip along the Horrigan Trail (jeep trail).

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