

Saturday, March 25, 2023

Consalvo Conquers Roxbury's Ranney Hill

ROXBURY – Tommy Consalvo – a former standout at Brookfield High School and at Quinnipiac University in Hamden – is continuing to emerge as one of the best road racers in western Connecticut.

The 24-year-old Brookfield resident followed his New Year's Day triumph in the Brookfield Lions Club's 4-mile Run For Sight with a win Saturday, March 25, over a rolling 3.7-mile course at the Roxbury Road Runners Club series.

He was timed in 20-minutes, 46-seconds – a 5:37-per-mile pace - over the layout, which included a trip up the steep .5-mile incline along Ranney Hill Road.

Jeff Sheldon, 42, of Southbury – a former two-time champion in the series - was second overall in 22:21.

Cindy DeGirolamo, 56, of Newtown – a multiple former season female champion - was the first woman finisher and took 18th place overall in 29:58.

The weekly series will continue on Saturday, April 1, at 8:30 a.m. with a 4.2-mile event, which include a trip down the long hill on Hemlock Road and up the steep incline on Ranney Hill Road.

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 cost is \$2. If they do not have a chip the fee is \$5.

Youth runners, veterans and current and former first responders can participate 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 further information on the series, 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.