

Saturday, May 20, 2023

Consalvo, Cole Conquer Steep Roxbury Hills

ROXBURY – Tommy Consalvo tallied his fourth authoritative win of the season and Alyssa Cole also returned to the winner's circle at a series where she was a season champion 23 years ago as a middle school runner.

Consalvo, 24, of Brookfield made it a quartet of victories in 2023 at the weekly Roxbury Road Runners Club series on Saturday, May 20, by easily outrunning Mike Nahom, a former five-time winner in the competitive New Milford Parks & Recreation 7.8-miler.

Consalvo was clocked in 25-minutes, 38-seconds – a 5:45-per-mile pace – on the 4.5-mile loop, which included a run over the challenging hills on Squire Road and Apple Lane. He formerly ran at Brookfield High School and Quinnipiac University in Hamden.

Nahom, 55, of New Milford, a former standout at Brookfield High School and the University of Colorado, took second in 28:35.

Cole, 35, of Woodbury placed first among the females and third overall with a time of 29:50. She was the female season champion in 2000 at the series when she was a student at Woodbury Middle School. She has run sporadically in the series over the recent years.

The series will continue on Saturday, May 27, at 8:30 a.m. with the Roxbury Mile, which will be run through the Everett B. Hurlburt Community Park and adjacent roads.

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 former members of the military and current and former first responders can compete for free after completing the weekly waiver form.

The runners will honor the memory of Ed Sandifer, a 12-time series champion, on Saturday, June 10, at 8:30 a.m. at a 3.9-mile event.

The races, which are sanctioned by the Roxbury Recreation Commission, start and finish near Hurlburt Park.

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.