

For Immediate Release

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## Lipchus Sprints To Victory At Roxbury 5K

ROXBURY – There were two competitors ahead of him as he ran up the dirt surface along Hemlock Road nearing the two-mile mark.

Everywhere you look there are thickets of trees as the runners make their way back to pavement just after the 2.1-mile juncture.

Jeff Lipchus, 42, was a “back of the pack” sprinter about 25 years ago at Joseph A. Foran High School in Milford, specializing in the 100, 200 and 400 meters.

He took up distance running about 15 years ago.

Lipchus, a Tolland, MA. resident who recently lived in the Sandy Hook section of Newtown, has been more successful.

Perhaps he fits the adage that sprinters are born and distance runners are made.

He was the winner of 10 races at the weekly Roxbury Road Runners Club series in 2025. He placed sixth in the season standings.

Last December he was second in the Norfolk 10-miler.

On this day his sprint portfolio was helpful. With a burst of speed he overtook the two leaders before the two-mile marker and won the 3.1-mile race at Roxbury going away.

Lipchus was clocked in 19-minutes, 57-seconds – a 6:25-per-mile pace - over the rolling route. Wylden Abraham, 17, of Roxbury, an ace in cross country and track & field at Shepaug Valley High School, placed second in 20:25 out of a field of 53 finishers.

Lipchus said the legendary Roxbury hills are “not too difficult” to run.

“It is just the right amount of hills that you if can time things properly you will be fine as long as you train for it,” he explained.

Kaleigh Constatine, 29, of Southbury was the first female finisher and placed fifth overall in 22:34. She ran at Danbury High School and Iona University. Constantine placed fourth in the women’s standings in 2025 at Roxbury.

The series will continue on Saturday, March 21, 8:30 a.m., with a 3.1-mile run that will include a trip along Wellers Bridge Road.

Registration is available through [Roxbury Road Runners Club](#).

Runners should arrive early and check in at the Everett Hurlburt Community Park pavilion so that they are logged into the computer system.

Current and former military personnel, current and former first responders and youth entrants should inquire about discount fees. The general charge is \$45 for a season pass and \$10 for the weekly waiver.

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

For more information, contact Scott Benjamin, the race director, at [ScottBenjaminWCSU2014@gmail.com](mailto:ScottBenjaminWCSU2014@gmail.com), (v/m) (860) 354-3521 or access the Roxbury Races Facebook page, [www.roxburyraces.net](http://www.roxburyraces.net) or [Roxbury Road Runners Club](#).

Full results from the March 14 race are available via [Roxbury Road Runners Club](#).

