

For Immediate Release

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## Pane Accelerates Gradually For Roxbury Win

ROXBURY – In a town that is a Connecticut model for scoreboard speeding monitors, the top runner each Saturday in the Roxbury Road Runners Club series is usually issued a ticket by a trooper from the state police barracks in Southbury before reaching the first monitor.

Anthony Pane utilized a different strategy.

He started to gradually run by the middle-of-the-pack runners around the one-mile mark of a 4.3-mile jaunt. He didn't take the lead until he came off the dirt and gravel surface on High Bridge Road and returned to South Street with about 1.6 miles to go.

Pane, 30, a graduate student from Baltimore, easily won in 28-minutes, 55-seconds – a 6:43-per-mile pace.

Michael Z, 35, of New Haven placed second in 30:13.

Pane was visiting Roxbury, which is the hometown of his girlfriend – the daughter of Dave Wolfe, a regular in the weekly Roxbury series who placed 30<sup>th</sup> in 37:57.

Wolfe wore his long-sleeved, blue series T-shirt, which includes words, "Running Hills since 1977."

Pane said he felt the rises in elevation.

"It is much hillier than the races I've done before," he exclaimed.

At the University of Rochester he ran not only the 10,000 meters, but the steeplechase, which “requires more flexibility.”

Pane added, “In the steeplechase, I like the aspect that you have more to do It is more of an obstacle course race.”

He trains 80 miles a week and was clocked in two-hours, 48-minutes in last year’s Boston Marathon. He will run Boston again on April 20.

Pane said he runs only a small number of road races in Baltimore.

“The ones there can be expensive if you do them regularly,” he explained.

Miriam Acevedo, 49, of New Milford was the first female finisher and placed 15<sup>th</sup> overall in 34:47.

It was her second win of 2026 in the female division at Roxbury. In 2025 she won the women’s title and placed second in the overall standings.

Acevedo currently tops the women’s standings with 229 points.

Matthew Cappiello, 61, of Southbury leads the overall standings with 279 points. He placed fifth in the Saturday, April 4, race with a clocking of 31:17.

Chris Deming, 59. of Danbury is second in the season standings with 276 points. He is a former season champion. On Saturday, he placed third in 30:37.

The Roxbury series will continue on Saturday, April 11, 8:30 a.m., with a 5.0--mile run that will include a trip up the steep hill on Squire Road.

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

Runners should arrive early and check in at the Everett B. 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 at 18 Apple Lane.

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 April 4 race are available via [Roxbury Road Runners Club](#).