

For Immediate Release

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Fisher Outruns Older, Accomplished Rivals For Third Roxbury Win Of 2026

ROXBURY – On a crisp spring morning, Generation Z., the Millennials and Generation X were represented as the top runners strode through the long, steep hills along Squire Road and the eastern section of Apple Lane.

There was Mike Nahom, 58, who more than 40 years ago was among the elite distance harriers in a star-packed Western Connecticut Conference.

He ran for Brookfield High School during a time when Bethel High School's John Geier would win the State Open cross-country championship in 1983 and then was runner-up as a senior in 1984.

Nahom then ran at the University of Colorado, eventually moved to New Milford and set the victory record in the annual July New Milford Parks & Recreation 8-miler with five victories – 1991, '92, '93, '96 and '97.

Nahom had two children excel in distance running at New Milford High School. Mia would go on to compete at the University of Connecticut and Eli at the University of Tennessee.

Jeff Lipchus, 42, was a “back of the pack” sprinter at Joseph Foran High School in Milford 25 years ago.

About 15 years ago the Tolland resident became a distance runner – with greater success.

For example, he placed first in 10 of the 38 races in 2025 at the Roxbury Road Runners Club series and took sixth in the season standings.

Four weeks ago he placed first at Roxbury in a 3.1-mile jaunt.

Then there is Nathan Fisher, 15, of Washington, who placed 10th in the Berkshire League cross-country championships last fall for Shepaug Valley-Washington High School.

He not has a fluid gait and stamina that apparently keeps him from slowing down even on the toughest hills.

On April 11, Fisher scored his third win this season at the weekly series, covering the 5.0-mile course in 32-minutes, 5.16- seconds a 6:25-per-mile pace.

He is competing for the Spartans this spring in the 3,200 meters and the 4x800-meter relay.

Litchis took second in 33:08 and Nahom placed third in 33:37.

Kaleigh Constantine tallied her second win of 2026 at Roxbury in the female division. Overall she finished ninth in 38:19. She was fourth in the women's season standing in the series last year.

Constatine, who lives in Southbury, formerly ran at Danbury High School and Iona University.

The Roxbury series will continue on Saturday, April 18, 8:30 a.m., with a 3.5--mile run that will include a trip up the hill on Wellers Bridge Road and down the incline along Chalybes 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.

On Saturday, May 2, 8:30 a.m. there will be a 4.3-mile race which will honor the late Larry Kershner, a longtime Roxbury resident who was the second race director in the series and took steps to expand the schedule from eight races in the summer to the current weekly race format from early March to early December.

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, (v/m) (860) 354-3521 or access the Roxbury Races Facebook page, www.roxburyraces.net or [Roxbury Road Runners Club](#).

Full results from the April 11 race are available via [Roxbury Road Runners Club](#).