

For Immediate Release

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## Fisher Becomes A Four-Leaf Champion

ROXBURY – Nathan Fisher isn't old enough to drive but he has become the king of the roads in a town that sponsors the most foot races per year in Connecticut.

Fisher, 15, of Washington easily posted his fourth win of the season at the weekly Roxbury Road Runners Club series by accelerating through the uphill incline along Wellers Bridge Road and then the downhill on Chalybes Road.

He covered the 3.51-mile course on a morning with temperatures that seemed more mid-June than mid-April – in 21-minutes 19.24 seconds – a 5:55-per-mile pace.

Fisher, who runs for Shepaug Valley High School-Washington, was 10<sup>th</sup> in the Berkshire League cross-country championships last fall and is competing in the 3,200 meters and the 4x800-meter relay this spring for the Spartans track & field team.

Mike Nahom, 58, a five-time winner of the New Milford 8.0-mile road race, placed second in 21:56.

A Shepaug Valley alumnus, Clara Wolfe, 29, was the female champion, placing 10<sup>th</sup> overall in a field of 55 finishers with a 25:19 clocking.

She ran cross-country and track & field at Shepaug and then at the University of Rochester.

Wolfe, who grew up in Roxbury, currently trains about 25 miles a week in Baltimore where she is studying toward her doctorate degree in Biology at Johns Hopkins University.

“The hills in Roxbury are always tough,” Wolfe said when asked to describe the course.

Dave Wolfe, 61, her father, is a longtime Roxbury resident and a regular at the race series. He took 26<sup>th</sup> place over the 3.51-miler with a time of 30:39.

Kathleen McNamara, 12, of Litchfield was second in the female division, placing 14<sup>th</sup> overall in 26:08.

The Roxbury series will continue on Saturday, April 25, 8:30 a.m., with a 4.7--mile run that will include a trip down the hill on Squire Road and then along the Horrigan Trail.

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 6.3-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](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 18 race are available via [Roxbury Road Runners Club](#) .