

For Immediate Release

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Former High School, Champion, Marine, Halmose Is A Winged-Foot Wonder At Roxbury

ROXBURY – He'll soon enter college as a non-traditional student with an academic and running resume that underscores practical experience.

Seven years ago as a senior at Newtown High School, Justin Halmose, now 25, was the South-West Conference (SWC) champion at 3,200 meters in outdoor track. He was All-SWC in both track & field and cross-country.

After “a gap year” he enlisted in the Marines.

Late this summer Halmose, who hails from the Sandy Hook section of Newtown, will be studying at Post College in Waterbury and running on the cross-country team.

His coach will be Dillon Bell, who has scored victories over the recent years in weekly races at the Roxbury Road Runners Club series.

Halmose put an exclamation point next to his name on Saturday, May 2, leading every stride of the way over a 6.3-mile route that included an extended downhill

that resembled an Olympic ski slope and dirt road dotted with pebbles and stones.

He covered the layout – which included a trip down Weller’s Bridge Road and along River Road – in 37-minutes, 39.87 seconds – a 6:04-per-mile pace.

That was nearly three and a half minutes ahead of Jeff Lipchus, 42, of Tolland, who has won a wheel-barrel full of Roxbury events over the recent years. Lipchus was the runner-up in 41:00.

On the female side, Miriam Acevedo, 49, of New Milford posted her third win of the campaign, placing 13th overall out of 38 finishers. She was clocked in 51:41.

Acevedo who began running about two miles a day in 2014, accelerated her training after joining the New Milford Fitness & Aquatics Club running club.

She now runs 45 miles a week

In 2025, Acevedo was first in the female season standings at the Roxbury series and placed second overall.

The runners made their annual tribute to the late Larry Kershner, who was the second director of the series. The longtime Roxbury resident held that position from 1980-1985 and took an eight-week summer series and expanded it to the current nine-month schedule.

In the early 1980s, Kershner sometimes ran with his son, Eric, who was on hand for Saturday’s tribute, as was Kershner’s wife, Arlene.

Kershner was chairman of the Science Department at New Milford High School and later was a professor in the Education Department at Western Connecticut State University in Danbury.

He regularly taught the demanding Education Research course in which the graduate students had to complete the first three chapters of their master’s thesis.

The Roxbury series will continue on Saturday, May 9, 8:30 a.m., with a 4.3--mile run that will include a trip down the hill on High Bridge 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, (v/m) (860) 354-3521 or access the Roxbury Races Facebook page, www.roxburyraces.net or [Roxbury Road Runners Club](#).

Full results from the May 2 race are available via [Roxbury Road Runners Club](#).