

For Immediate Release

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Deming Wins 4.3-mile Race, Holds Lead In Roxbury Season Standings

ROXBURY – The Carpet Man went on a Magic Carpet Ride.

He was first to cross the carpet and in December he may get to walk across the red carpet for a third time.

He not only has foot speed, but is fluent with web sites and race timing technology.

Chris Deming, 59, of Danbury began running in 2004 to lose weight.

He has been the season champion twice at the weekly Roxbury Road Runners Club series. This year he is again atop the leader board.

Each Saturday he installs the carpet for the timing system. For years, he maintained the club's web site and calculated the season standings.

Deming, who trains 50 miles a week, was running stride for stride with Matt Capiello, 61, of Southbury on Saturday, May 9, as they ran through the early stages of a 4.3-mile layout, which included a trip down the hill on High Bridge Road.

Deming took the lead just before the one-mile mark on South Street and held on for his first victory of 2026 in the series. He crossed the carpet at the finish line in 30-minutes, 19.55-seconds – a 7:03-per-mile pace.

Cappiello, who trains 15 to 18 miles per week, held on for second place. He had been leading the standings earlier in the season. This was the 10th of 36 races in the series, which will conclude on December 5 with a timed unofficial race.

Said Cappiello, “Chris is a better runner than I am.”

Deming has completed 12 marathons, including Boston, and 24 half marathons.

He now has 496 points for the season. Chuck Rocca, 53, of New Milford is second in the standings with 418 points. The Western Connecticut State University math professor placed eighth in the 4.3-mile race with a time of 33:05. Cappiello is close behind in third place with 416 points for the campaign.

Miriam Acevedo, 49, of New Milford annexed the female crown for the fourth time this season. She took ninth overall with a 34:36 clocking.

She captured the female season title in 2025 and is leading that division this year with 361 points.

The Roxbury series will continue on Saturday, May 16, 8:30 a.m., with an 8.5-mile run.

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

The Roxbury Mile I is slated for Saturday, May 23, 8:30 a.m. Entry instructions will be sent via e-mail and posted at Roxbury Road Runners Club over the coming days.

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