

For Immediate Release

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## Gettysburg-Bound Abraham Wins Roxbury Mile I against record field

ROXBURY – When the Roxbury Road Runners Club series began 49 years ago it was a scene that you could only dream about.

Near the intersection of Apple Lane and Rocky Mountain Road 102 runners assembled and there were computer timing carpets on the road as well as at the finish in the parking lot of the Booth Free School. Ironically, that is where the series began in 1977 and would remain until April 1990 when it set up operations at the Evertt B. Hurlburt Community Park.

Executive Committee Vice president Scott Cooney had organized the Roxbury Mile I with sponsorship from Connecticut Run Co. There was an advance packet pick-up session at the Brookfield Running Co. and the entrants even received baseball caps. They had marketing table at the Everett B. Hurlburt Community Park.

Roxbury has a nine-month schedule of weekly runs – the most extensive calendar in Connecticut.

A little more than a generation ago, there were weeks when the field was in the single digits.

Roxbury resident Mike Abraham, 66, the former New Milford High School cross country coach, began running the races more than 30 years ago. He had been the season champion each of the last two years.

His son, Wylden, 17, a senior at Shepaug-Valley-Washington High School, has scored a raft of victories in recent seasons, including the 2025 Roxbury Mile I with a 5-minute, 21-second clocking.

He duplicated that feat on Saturday, May 23, but significantly improved his performance with a time of 4:56.99 – about 24 seconds faster than a year ago.

Post University cross-country coach Dillon Bell, 27, of New Milford placed second in 5:01.

Nathan Fisher, 15, of Washington, a teammate of Abraham's at Shepaug Valley was third in 5:11. Fisher had won his five previous races this year in the Roxbury series and also garnered the Glenholme 5K Run For Autism earlier this month.

Abraham will be a freshman come August at Gettysburg College, the alma mater of Dave Harvey a former series champion at the Roxbury series who grew up in Bridgewater.

Abraham will major in International Relations and Languages and compete in cross country and the distance events in track & field.

For Shepaug Valley this spring he has posted times of 4:38 in the 1600, meters and 10:36 in the 3200 meters.

In the women's division, Miriam Acevedo, 49, of New Milford placed first in 6:33 for her sixth win of the season in the 12 races that have been held in the series.

She has 483 points for the season, placing her third overall in the standings. She was second overall for the 2025 season.

Two-time season champion Chris Deming, 59, of Danbury is atop the leader board with 633 points. Frank Gustafson, 61, of Southbury holds second place with 489 points.

The series will continue on Saturday, May 30, 8:30 a.m. with a 3.9-mile event that will include a trip through the Horrigan Trail (jeep trail).

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

Runners should arrive early and check in at the Everett B. Hurlburt Community Park 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 May 23 race are available via [Roxbury Road Runners Club](#).