

For Immediate Release

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Deming Outruns Cappiello Again

ROXBURY – The temperature was cooler this time – actually in the low 50s, chilly for late May – as the leaders sprinted through the first half mile, shoulder to shoulder, after the first right-hand turn as they entered the slow, steady descent to the one-mile mark.

Three weeks earlier under bright sunshine on a 4.3-mile course, Chris Deming, 59, of Danbury had gone stride for stride with Matt Cappiello, 61, of Southbury for most of a 4.3-mile loop at the weekly Roxbury Road Runners Club series.

He surged in the final stages and prevailed by 10 seconds.

Deming said he and Cappiello, who sells bicycles for a living, were next to each other on Saturday, May 30, over a 3.9-mile route.

Deming, a two-time season champion in the series, said Mike Abraham, 66, of Roxbury, was close to them at the two-mile mark just before the turn from South Street to River Road.

Abraham, who formerly coached the New Milford High School cross-country team, annexed the season title the last two years.

Cappiello said he had a slight lead on the Horrigan Trail – which is dotted with stones, roots and visits - but once they got off of the dirt portion of Rocky

Mountain Road, Deming accelerated and won by less than two seconds – being timed in 28-minutes, 2.77-seconds. Cappiello was in second, clocked at 28:04.05.

Abraham was third in 28:43.

Deming, who trains about 50 miles a week and has garnered four victories in the first 13 races of the Roxbury season. He tops the season standings with 679 points.

Cappiello ran for some stellar Danbury High School cross country teams in the early 1980s under coach Bob Taborsak. The blue and orange were contenders for the Fairfield County Interscholastic Athletic Conference title.

Miriam Acevedo, 49, of New Milford is second with 519 markers, and leads the women's division. She was first among the women and second overall in the 2025 season standings.

Acevedo posted her seventh win at Roxbury this year in the women's division , traveling across the 3.9-mile layout in 31:30.

The series will continue on Saturday, June 6, 8:30 a.m. with a 9.9-mile event that will include a trip along the steep climb on Moosehorn 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 30 race are available via [Roxbury Road Runners Club](#) .

