

For Immediate Release

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Son, Dad Place First, Third A Day Before Fathers' Day

ROXBURY – When Mike Abraham returned to the Roxbury Road Runners Club series in 2024 after being away for much of the previous nine years, he brought a companion.

Abraham, a Roxbury resident, had an impressive resume of coaching young runners. From 2002 through 2004 he directed the New Milford High School boys' cross-country team to a state division crown each year and the Green Wave also garnered the State Open title in 2003.

When he started running the Roxbury series regularly again, he brought along his son, Wylden, who while in elementary school had been seen riding his skateboard through the pavilion at the Everett B. Hurlburt Community Park occasionally when his father assisted with the timing at the annual Roxbury Mile I and Roxbury Mile II.

Mike Abraham was a season champion during his previous tenure with the series, which he began competing in more than 30 years ago. He captured the 2024 and 2025 season titles, but his son is even faster.

Consider that Wylden Abraham, who will be a freshman in two months at Gettysburg College in Pennsylvania, has won the last three races that he has run at Roxbury. He has prevailed in a short run – the Roxbury Mile – an intermediate distance – 4.2 miles – and a long and rigorous jaunt – 9.9 miles with a jaunt up the steep incline at Moosehorn Road.

On the morning before Fathers' Day and also the morning before the first day of summer, Wylden Abraham – who graduated with distinction earlier this month from Shepaug Valley High School-Washington – easily prevailed Saturday, June 20, over the 4.2-mile route, which included a descent down a ski slalom-style hill on Wellers' Bridge Road.

The 17-year-old was clocked in 28-minutes, 24.04-seconds – a 6:46-per-mile pace, which is particularly impressive because the runners had to traverse a .2-mile jeep trail in the final mile.

Chris Deming, 59, of Danbury, who is easily leading the point standings this season at Roxbury, placed second in 31:09.

Mike Abraham, 66, was third in 31:28.

Kaleigh Constatine, 29, of Southbury, a former standout at Danbury High School and Iona University in New York state, was the top female finisher and took fifth overall in 32:55.

Deming, a former two-time season champion who trains about 50 miles a week, has annexed 791 points. Miriam Acevedo, 49, of New Milford is first among the women and second overall with 608 markers.

Acevedo, who topped the women's standings in 2025, finished third among the females and eighth overall over the 4.2-mile loop with a time of 35:42

The series will continue on Saturday, June 27, 8:30 a.m. with a 5.7-mile event that will include a trip along both directions of River Road.

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.

The series will continue uninterrupted through June.

On Saturday, July 4, there will be no race since the Stephen Reich Freedom Trail five-kilometer (3.1-mile) race will be held at Steep Rock in Washington, sponsored by that town's Recreation Department. There is no entry fee.

On Saturday, July 11, the Roxbury series will resume at 8:30 a.m. with a 3.0-mile race that will start and finish at the Roxbury Land Trust's River Road preserve.

There also will no race on Saturday July 25, when the New Milford Parks & Recreation 8-mile and 3.1-mile races will be run.

Current and former military personnel, current and former first responders and youth entrants should inquire about discount fees for the Roxbury series. 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 June 20 race are available via [Roxbury Road Runners Club](#).