

For Immediate Release

Contact: Scott Benjamin

ScottBenjaminWCSU2014@gmail.com

(v/m) (860) 354-3521

Saturday, August 22, 2026

Lipchus Scores Victory Over Elevated Boot Loop

ROXBURY – In January, 2012 Brian Vanderheiden, who had become a regular at the weekly Roxbury Road Runners Club series proposed a new course.

It became known as the Boot, because of its geographic configuration.

Today, Vanderheiden is known for holding races through his Steep Endurance company, based in Bethel. He also has completed more than 20 ultramarathons.

The legacy of his 7.2-mile route – which goes up a series of hills on Mallory Road and then down a long incline on Flag Swamp Road – is that the regulars in the series consider it one of the toughest courses to run.

The upward incline on Mallory Road starts at the 2.7-mile mark and continues to just after the 3.9-mile point. About 4.6 miles of the course is outside the Mallory Road Flag Swamp Road section – but that segment leaves the competitors' legs weary.

Jeff Lipchus, who was a “back of the pack” sprinter about 25 years ago at Joseph A. Foran High School in Milford, has assembled a gold star resume in the Roxbury series.

He has scored a number of victories over the recent years and in 2025 placed sixth in the season standings. On Saturday, August 22, he outlasted Atticus King to win the Boot run.

Lipchus, 43, was clocked in 51-minutes, 41.01 seconds – a 7:11-per-mile pace. It was his first victory at Roxbury since capturing a 3.1-mile event on March 14.

King, 28, of Woodbury placed second in 51:52. He formerly ran at Hamden High School and St. Lawrence University in Canton, N.Y.

Miriam Acevedo, 49, of New Milford tallied her 10th triumph this year in the women's division. She was timed in 1:06.33, taking 12th place overall.

Acevedo is leading the women's standings his campaign. She annexed the female season crown in 2025.

The series will continue on Saturday, August 29, 8:30 a.m., with the third annual Guess Your Pace Race in which the entrants will submit their estimated per-mile pace before the run. The distance will be under five miles and will be disclosed shortly before the start of the race.

During August, the runners are collecting pre-owned running shoes for Sneakers4Good.

The Roxbury Mile II is slated for Saturday, September 5, 8:30 a.m. Special instructions have been posted to the season pass members for entering the race.

The races, which are sanctioned by the Roxbury Recreation Commission, start and finish near the Everett B. Hurlburt community Park at 18 Apple Lane.

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

Runners should arrive early and check in so that they are logged into the computer system or sign the entry sheet near the starting area.

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 Roxbury Fall Classic, which included a 50-kilometer race, marathon and half-marathon, is scheduled for Saturday, November 14. Registration is available at

<https://runsignup.com/Race/CT/Roxbury/RoxburyMarathonHalfMarathonand50k>

.

The ninth annual Roxbury Thanksgiving Day Charity Race is slated for Thursday, November 26, 9 a.m., over a 3.1-mile route.

Registration can be accessed via

<https://runsignup.com/Race/CT/Roxbury/RoxburyThanksgivingDayCharityRace>.

The fee is \$10 plus a \$1.60 handling charge – for a grand total of \$11.60. Race-day registration of \$15 per runner – plus a \$1.90 handling fee for a grand total of \$16.90 - - will be available November 26 at the pavilion to the community park from 7:30 to 8:50 a.m.

Full results from the August 22 race are available via Roxbury Road Runners Club .