

For Immediate Release

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King Conquers Guess Your Pace Race

ROXBURY – He is a state indoor track champion who ran for two years in college.

However, his current training is on the treadmill and not the hilly roads of the Antiques Capitol of Connecticut, where he now lives.

Atticus King, 28, says he runs five miles a day on the treadmill at a local fitness club.

King, who recently graduated from the University of Arizona with a bachelor's degree in History, garnered his first victory on Saturday, August 29, at the weekly Roxbury Road Runners Club series, which the Woodbury resident recently began running.

Over the recent weeks he had a second and third place finish in the series.

His initial victory came in the third annual Guess Your Pace Race in which the runners provide their estimated per-mile time before the event.

King ran on a 4x800-meter relay team at Hamden High School that won the state Class LL indoor championship. He also competed in cross-country for the Green Dragons. He ran for two years at Saint Lawrence University in Canton, N.Y.,

specializing in the middle distances in track and also competing on the cross-country team.

King said he ran conservatively through the first mile since he tends to run too fast, too soon. Nevertheless, he led the 3.6-mile jaunt from start to finish and was clocked in 23-minutes, 22-seconds – a 6:30 per-mile pace.

Stephen Rosko, 39, of New Fairfield placed second in 23:52 on the loop, which went to just beyond the top of the shorter incline on Ranney Hill Road and then returned to the starting area at the Everett B. Hurlburt Community Park.

King also placed fourth in the Guess Your Pace standings – just 15.48 seconds off his prediction.

Miriam Acevedo, 49, of New Milford won that contest. She was 6.81 seconds off her estimated time.

Kaleigh Constatine, 29, a psycho-therapist from Southbury, captured the women's crown, placing sixth overall in 26:44.

The former Danbury High school standout ran for a year at Iona University and currently trains about 30 miles a week. She was third in the 2025 female season standings at Roxbury and most recently was the first woman finisher in the August 15 4.2-mile event at the series.

The series will continue on Saturday, September 5, 8:30 a.m., with the Roxbury Mile II, which will start near the end of Apple Lane and finish in the parking area at the Booth Free School. The series began sponsoring the Roxbury Mile in 2003 following a suggestion by Chris Powderly, a local attorney, who was running the races regularly.

The cost is \$10 and includes a processing fee. Active-duty first responders can contact the race organizers for a discount rate.

CT Run Co. is the sponsor and will be giving away hats. CT Running and Grounds Donut House will serve as vendors.

Proceeds from the event will go to Homes for Our Troops.

Entrants can pick up their packets at the Brookfield Running Company, 731 Federal Road on Friday, September 4, from 2 to 6 p.m. On race day the packets

can be retrieved from 7:30 to 8:20 a.m. at the Everett B. Hurlburt Community Park.

Runners who have a season pass will have to manually sign-up for the Roxbury Mile II (race # 25). An e-mail coupon code was recently sent.

During August, Mary Mahrer, a former president of the Executive Committee for the series, collected dozens of pre-owned running shoes, which were donated to Sneakers4Good.

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 for the races 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. Proceeds will go to the Roxbury Scholarship Foundation and the Roxbury Ambulance Association.

Full results from the August 29 race are available via Roxbury Road Runners Club .

