

For Immediate Release

Contact: Scott Benjamin

ScottBenjaminWCSU2014@gmail.com

(v/m) (860) 354-3521

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Roszko Earns A Winged Foot

ROXBURY – They were together through the loose gravel from the road improvements on South Street as they approached the two-mile mark, a right-hand turn and the hilly second half of the course.

Matt Cappiello, Chris Deming, Mike Abraham and Stephen Roszko.

Roszko, 39, grew up in New Fairfield, earned a degree in English 17 years ago from the University of Arizona. Like in Westchester and returned to New Fairfield this spring.

He began running after college, currently does 25 miles a week and upon returning to the area began regularly running in the weekly Roxbury Road Runners Club series.

He has been taking some high consolation prizes – second place, third place – but never finished first.

But on Saturday, September 19, he sped past the others in the front pack.

That is no small feat. Deming is leading the season standings and has taken that title before. Abraham has been the season champ the last two years. Cappiello is near the front every week.

With Deming still in close pursuit, Roszko continued to hold the top spot through the short and moderate hills along High Bridge Road and South Street and scored his first win at the series with a clocking of 29-minutes, 39.92 seconds – a 6:54-per-mile pace – over the 4.3-mile loop.

Deming came in second in 30:05 and Cappiello third with a time of 30:12.

Roszko said he enjoys the “camaraderie” at Roxbury. “It is a fun group,” he said with a smile.

Emily Riahi, 35, of Southbury accelerated over the last 1.7 miles of the route to take the women’s title and place 10th overall. She was timed in 34:20.

The series will continue on Saturday, September 26, 8:30 a.m., with a 3.2-mile event that will include a trip up and down the hills on Weller’s Bridge Road.

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 includes 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.

If you are interested in working as a registration table attendant or course marshal for the Thanksgiving Day race, please contact Scott Benjamin at ScottBenjaminWCSU2014@gmail.com or (v/m) (860) 354-3521. Additional information on the series is available via the Roxbury Races Facebook Page.

Full results from the September 19, race are available via Roxbury Road Runners Club .