

For Immediate Release

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Roszko, Flores Stride Smoothly In Staggered-start

ROXBURY – A novel concept that began nearly 40 years ago has become a featured and fun staple on the country roads of Roxbury.

About two years after arriving in the area and establishing his rivalry and friendship with Dave Harvey in the area races, Western Connecticut State University Math Professor Ed Sandifer began a staggered-start race at the weekly Roxbury Road Runners Club series.

He calculated the typical times for the entrants and had them take off according to ability. The premise was that in an ideal world there they would cross the finish line simultaneously.

The late Sandifer captured the Roxbury season championship 12 times in addition to completing the Boston Marathon each year from 1973 through 2009.

He initiated the staggered-start event in June 1988 with his wife and six-year-old son working at the finish line well before electronic timing became part of the series.

Runner Janet Levy, who lives in Roxbury, now does the calculations for the event in which clusters of runners of varying abilities can be seen sprinting along the final hill on Apple Lane that stretches for about three-tenths of a mile.

Mike Abraham, 67, of Roxbury has captured the last two season titles in the series.

He recently stated that Stephen Roszko, 39, of New Fairfield has been

near the front of the pack through the summer but seemed stronger recently.

Roszko captured his first event of the season in the series over a 4.3-mile loop on Saturday, September 19, and prevailed in the actual time in the staggered-start on Saturday October 3, finishing more than a minute ahead of runner-up Matt Cappiello, 61, of Southbury.

Roszko, who began running after earning a bachelor's degree from the University of Arizona, was timed in 15-minutes, 8.54 seconds – a 6:19-per-mile pace. Cappiello, who is second in the men's point standings for the season finished in 16:09 on the layout, which included a trip down the steep hill on Chalybes Road.

Jenna Flores, 32, of New Milford, tallied her first win in the women's division at the series. She was 10th overall in 19:18.

Flores, who has a bachelor's degree in Chemical Engineering from Penn State, is a certified personal trainer who does coaching on fitness and nutrition. She is a member at the New Milford Fitness & Aquatics Club. Her husband, Corey, also completed the race while pushing their son, Cameron, born earlier this year, in a stroller.

In the staggered-start results, Dirk Feather, who initially ran in the series about 20 years ago, was the winner with a time of 29:18. Costas Drakatos, 67, of Roxbury, who has run in the series for more than a decade, placed second at 30:17. Jane Chung, 50, of Bridgewater, who has run in the races for almost a decade, was the first female and finished fifth overall in 30:39.

With seven races remaining in the regular season, Chris Deming, 59, of Danbury leads the male point standings and Miriam Acevedo, 49, of New Milford is first among the women for the 2026 campaign.

The series will continue on Saturday, October 10, 8:30 a.m. with an 8.2-mile race that will include a trip along Falls Road and up the long hill on Mallory 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.

The series will collect non-perishable foods for the Roxbury Food Pantry at the Church of Christ in Roxbury during the races from October 24 through December 5.

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.