

Ben True Named USATF-New England Athlete of the Month for March



Photo: courtesy PhotoRun.net

BOSTON – **Ben True**, age 25 of Hanover, NH, has been named USA Track & Field – New England’s Athlete of the Month for March 2011. True is a 2009 graduate of Dartmouth College, who competes for In the Arena’s (ITA) New Hampshire Team. On March 12 in Jacksonville, FL, True finished 2nd in a very fast 43:25 at the USA 15K Road Race Championships. Later in the month, on March 20, True was the top U.S. finisher at the 36th IAAF World Cross Country Championships, held in Punta Umbria, Spain.

The 15K championships were held as part of the 34th Gate River run in Jacksonville. Mo Trafteh of California took control early, but Ben kept a fast pace, reaching the 10K in 28:43 as he jockeyed for 2nd place with Aaron Braun of Flagstaff, AZ. True outkicked Braun to take the national runner-up spot by one second.

At the IAAF World Cross Country champs, Ben made his international racing debut a memorable one, as he ran the 12K course in 35:56. His 36th place finish was the best American performance in the field of 120, as he headed the U.S. team’s 10th place finish.

True grew up in North Yarmouth, Maine where he attended Greeley High School. At Dartmouth, he earned All-American honors in cross country, outdoor track & field and cross country skiing. Ben is the only Dartmouth runner to break 4 minutes for the mile and is the school record holder in the 1500, mile and distance medley relay. On the relay,

he ran a 3:57.7 anchor leg for the mile.

Although True, who earned his degree in art history, is now embarked on a career as a professional runner, ironically his choice of Dartmouth College was influenced greatly by his reluctance to give up Nordic skiing. Even as excelled in both skiing and running, the effort to push so hard in both sports lead to overtraining and a lengthy period of burnout late in his college career. It took many months of rest and greatly reduced activity before Ben was able to resume intense training and racing.

Ben spent his first year as a post-collegian training in Oregon, before moving back to Hanover to join the ITA team. In the Arena is named after the famous Teddy Roosevelt speech that begins, “It is not the critic who counts.” Roosevelt extols the risk-taking and achievement of those who put themselves on the line to succeed or fail, that is, those who are actually “in the arena.” ITA was founded both as a club to develop elite post-collegiate distance runners and as a charitable organization mentoring youth, contributing to community events, and promoting the values of physical fitness and healthy lifestyle choices.

USATF – New England’s mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.

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