

## Ben True Named USATF – New England’s Athlete of the Month for September 2012



Photo: Tom Derderian

BOSTON – **Ben True** of Hanover, New Hampshire, who represents Saucony, is USA Track & Field – New England's Athlete of the Month for September 2012. At the USA 5K Road Race Championship held with the CVS Downtown 5K in Providence on September 16, True defended his title, winning in 13:52.0 to become the first two-time consecutive winner of the USA 5K title in 30 years.

The race was tactical through the first two miles (9:05), with no one willing to push a faster pace. Ben stayed in third to fourth position most of the way. With 600 meters left, there were still a dozen runners in the lead pack. As they approached the hill on Francis St., Andrew Bumbalough moved to the front, then surged strongly up the hill. Ben moved with him, staying close and as they reached the crest of the hill, he sprinted hard, kicking past Bumbalough for the win, with just 20 meters left.

A 2009 graduate of Dartmouth, True earned All-American honors in three sports; cross country, outdoor track & field, and cross country skiing. As a skier, Ben helped Dartmouth win the 2007 NCAA championship in Nordic skiing. He is also the only Dartmouth runner who has broken four minutes for the mile.

Following college, True became a professional runner, moving to Oregon for a year before returning to Hanover. With continued improvement over the last three years, he has broken through to world-class level and has personal bests of 13:14.44 for 5000 meters and 27:41.17 for the 10,000. These marks were both well under the Olympic “A” standard. Unfortunately, just before leaving for the U.S. Olympic Trials this past June, True was diagnosed with Lyme disease. Despite feeling fatigued, True managed to finish 12<sup>th</sup> in the Olympic Trials 10,000 and 6<sup>th</sup> in the 5000 where his time of 13:28.02 was less than 4 seconds away from making the U.S. team.

True’s victory in the USA 5K Road Race Championship is a sign that he has recovered from Lyme’s disease. As he looks ahead, one of his prime goals is to qualify for the U.S. team for the World Cross Country Championships in March 2013.