

Ben True Named USATF – New England's Athlete of the Month for March 2013



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Photo: Mike Scott

BOSTON – **Ben True** of Hanover, New Hampshire, is USA Track & Field - New England's Athlete of the Month for March 2013. On March 10, Ben won the USA 15K Road Championships in the Jacksonville (FL) River Run, running 43:38 for his 4th career USA Road Championship win. On March 24 at the IAAF World Cross Country Championships in Bydgoszcz, Poland, True's 6th place finish led the American team to the silver medal behind Ethiopia. This was the highest U.S. men's team placing at this event since 1984, and the highest U.S. individual placing since 1995.

True, who represents Saucony, also earned recognition as USA Track & Field's National Athlete of the Week for his performance at the World Cross Country Championships. Ben is now the first three-time winner of New England's Athlete of the Month award, having won previously in March 2011 and September 2012.

The USA 15K Road Championships were held as part of the 36th annual Gate River Run in Jacksonville, the largest 15K race in the U.S. each year. Ben True was with the leaders all the way, reaching 5K in 14:39, 10K in 29:20 and sprinting ahead to a 2 second victory over Bobby Curtis of the Michigan based Hanson-Brooks Distance Project. Ben ran his final 5K in a blistering 14:18, for an overall average of 4:41 per mile.

In 2011, True had been the top American at the World Cross Country Championships in Spain, finishing 36th as the US Men's Senior team came in tenth. At the championships

in Bydgoszcz, Ben, who had been 5th at the American trials was hoping for a top 25 placing. The race was held in bitter cold, with snow from a recent storm evident on parts of the course. Besides the individual competition, the main battle was presumed to be the team race between Ethiopia and Kenya.

The Kenyans, Ethiopians and other East African runners raced hard from the start, and at the end of the first of six laps, True was in 25th place. He moved up steadily after that, completing the second lap in 14th place, the third lap in 11th place, and the fourth lap in 8th position. Now in contact with the rear of the lead pack, True ran hard to his 6th place finish in 33:11.

Chris Derrick of the U.S. finished 10th, and as the rest of the field came in and the team results were tabulated, it became evident that while Ethiopia had won the gold medal handily, the U.S. had edged Kenya 52-54 for the silver medal. This was an astonishing upset – and the U.S. men's team went crazy with excitement.