

Collins Makes Strong Showing at the Escape from Alcatraz

San Francisco, CA
June 8, 2008



Ben Collins with female champion Leanda Cave

Some of the world's greatest athletes swam, cycled and ran away from the Alcatraz Prison in the 2008 Accenture Escape From Alcatraz this morning. Ben Collins, showed his swimming prowess by easily staying with the front pack in the rough cold waters of San Francisco Bay, then maintained his position through the bike course. His final time of 2:11:47 was enough for 18th place overall.

Rumor had it that the current through the bay would be 4.5 knots in the swimmer's favors, but the wind and waves stole the potential advantage away from the field. Collins time of 25:10 was the sixth fastest and just 10 seconds behind the leaders, Andy Potts and Benjamin Sanson, both renowned swimmers.

The 18 mile cycling leg included seven challenging climbs, and technical descents. Collins, who was racing this course for the first time, remained conservative through the ride. While holding back for the daunting 8 mile run, Collins rode a 49:22, and posted the 11th fastest bike split of the day. "The course was beautiful," Collins echoed the words of over two thousand competitors, who enjoyed riding past the Golden Gate Bridge and along single track paths overlooking a stunning Pacific Ocean.

The run put the competitors even deeper into the natural obstacles of the area. After bruising his heel on a botched flip turn just days before the race, Collins struggled with a painful run. Collins decided to finish, but did his best not to further provoke his injury. He passed runners on every hill, but had to back off on the descents. "It's frustrating to race below your fitness level, but I think I made the right choice for the long term."

Collins' run was still the 29th fastest of the day, and enough to place him in 18th overall. "This is a race that I have been looking forward to for a long time. It's just a fun venue for a race, and the organizers do a great job of making the experience worthwhile."

Ben is starting a five week training block. At the end of June he will visit Denver for a training camp leading up to the July races. For an up to date schedule, and the latest info on Ben's daily adventures check out <http://bencollins.org>.