



Collins Wins Folsom Triathlon with New Course Record

Folsom, CA

Sunday, August 12, 2007

In what was meant to be a “tune-up race” in preparation for World Championships in Hamburg next month, Ben Collins raced in California for the first time in his career at the Folsom International Triathlon. His time of 1:51:23 bettered the previous course record by over a minute, and gave him the win over previous record holder, Team Zoom’s Steve Sexton by more than two minutes.

The cloudless Sacramento sky was mirrored in the glassy waters of alpine fed Lake Natoma Sunday morning, where the Folsom International Triathlon began with a wetsuit swim. The elite wave was led by Collins with Sexton only a short distance behind but clearly winded from the effort. The water conditions were perfect for Collins’ 17:38 swim prime, and personal best for a 1500m swim. Riding his brand new ‘Blink’ time trial bike from Beyond Fabrications, Ben flew over the rolling and windy 40k bike course with a 57-minute bike split that extended his lead to well over two minutes.

The out-and-back, rolling run course along the edge of Lake Natoma featured continuous views of the water and endless curves in the path making it impossible for the competitors to see each other. At the turnaround, Sexton had closed a minute of Collins’ lead. Surprised, Collins picked up the pace, and regained every second in the second half of the 10k run. Collins final time of 1:51:23, his personal best in the Olympic Distance, was 57 seconds faster than the previous course record.

Collins, coming off of a four week training block in San Francisco, credited his coach Dr. McMahon, and the Endurance Performance Training Centers for their help in preparing him for the rest of his season. Collins’ final race as an amateur will be World Championships in Hamburg Germany, September 2nd followed by his first pro race on September 9th, a Premier European Cup race in southern Poland.

As a fun addition to the season, Ben will be guiding Aaron Scheidies, a visually impaired athlete who also lives in Seattle, in becoming the first VI athlete to break 2 hours in an

Olympic distance race. The two athletes will be tethered in the swim and run, and will ride a tandem bike. The two will accomplish their goal at the inaugural Lifetime Fitness US Open Triathlon in Dallas, October 14th.

