

Ben Collins Sets Course Record in Pacific Northwest's Most Popular Triathlon

Sunday, July 15, 2007
Seattle, WA

Just two weeks after being named the 2007 USAT National Champion, Ben Collins set a course record at the Benaroya Research Institute Triathlon of Seafair. A record attendance of 2,200 competitors, including 50 elites started the race with Collins. With a finish time of 57:13, Collins bettered the previous course record of 57:33, set last year by professional Dave Messenheimer and was the only competitor under the hour mark.

Leading the 750m swim in Andrew's bay was Northwestern swimming alumnus, Brian Davis, a long time friend and training partner of Collins. Collins exited the water moments behind Davis, almost a minute ahead of the rest of the pack lead by professional triathlete Chris Tremonte. Davis was quickly overtaken in the swim to bike transition and at the end of the 20k bike course Collins had extended his lead over Tremonte and Davis to three minutes.

Collins continued to push the record setting pace over the 5k run course, eventually finishing over three minutes ahead of professionals Tremonte and David Larpenteur. Collins, who was in high spirits after his mid-season break, cart-wheeled over the finish line to the narration of an astonished announcer, "Ladies and gentlemen, a new course record, 57:13, that is *scary* fast".

Next up for Collins is a week of physiological testing in San Francisco at the brand new Endurance Performance Training Center in San Francisco followed by a training camp to prepare for the Triathlon World Championships where he will represent the United States in Germany on September 1. Immediately after the World Championships Ben will turn professional and will be racing in a number of ITU World Cup triathlon races throughout Europe and the Middle East. His first race as a professional will be September 9 in Poland.

