

  Ben first started to play guitar around age 7. He had one "lesson" with a classical instructor. This instructor got mad when Ben told him he was out of tune. That was the end of Ben's formal education; he has been self-taught ever since.

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     Ben has played locally in his hometown of Lexington, Kentucky, with many bands ranging in styles from jazz/funk to dance to metal. Around 2000, Ben became a solo act but occasionally performs a duet with Bob Bryant, bass extraordinaire. The duo has been honored to open for Tower of Power twice in Kentucky. He also performs with vocalist Corey Cross, who knocked the audience out at Amateur Night at The Apollo in 2007.  Outside of Kentucky, Ben has performed around North America and Europe.

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     Ben has performed with musical greats such as Al Di Meola, Larry Coryell, George Duke, Joey DeFrancesco, and Phil Keaggy. He has shared the bill with Frank Gambale and Tommy Emmanuel. He has played with Sting's guitarist, Dominic Miller, in London, England. Ben did some session work with Scotty Anderson for a 9/11 tribute. Ben has also played in tribute shows to Chet Atkins and Les Paul. In July 2003, Ben had the honor of handing Les Paul his lifetime achievement award at Muriel Anderson's All-Star Guitar Night at the historic Ryman Auditorium. Another honor has been meeting his guitar heroes, Steve Morse and Steve Lukather.

 Ben's solo CD "One Track Mind" was reviewed by Downbeat Magazine in March 2003. "To mere mortals, it might seem that there's a twosome going at it. Lacy's impressive technique is built upon complex slapping, hammer-ons, and rhythmically devised chord progressions." Ben was also called "a true multitasking machine" in the same article.﻿

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     The February 2007 Guitar Player Magazine issue named Ben one of the Top 101 Forgotten Greats & Unsung Guitar Heroes. 20th Century Guitar's August 2006 issue had a 2-page article about Ben. Following is an excerpt.  "About once a decade, a new guitar talent comes along that knocks this writer out. It was like that when I first saw and heard Michael Hedges. So musical, so unique. Same with Stanley Jordan. Four years ago, I met the newest killer guitarist at a California NAMM Show. My first encounter with Ben Lacy was literally thrilling. He was incorporating multiple techniques into a truly musical blend. There were chords with bass lines. There were melody and horn lines. All done simultaneously and above all, there was a rhythmic sense few have attained. A constant groooooove that propelled the music. And I was blown away when he added the drum solos...ON GUITAR STRINGS? Ben Lacy has done what few guitarists have done in history. Not just digest the styles of the past. Ben has raised the bar a notch. Maybe two."

 In 2011, Ben headlined alongside guitar greats Dick Dale and Jimmie Vaughan at The LA Guitar Festival. In November 2013, Ben had the pleasure of opening for Blues Traveler and performing "La Grange" with John Popper. Ben has also recently opened for Kenny Wayne Shepard, Victor Wooten, Tom Keifer, Shooter Jennings, Leon Russell, and Bret Michaels. He has performed in the Long Beach Jazz Fest with drummer Alan McKenzie. In 2015, Ben appeared at the Nashville Guitar Festival, The International Guitar Summit, and opened for 80's Rock w/Dokken, Firehouse, and Trixter.

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      In November 2016, Ben Lacy and Jay Roberts opened for Steve Vai on his Passion and Warfare 25th Anniversary Tour in Nashville at Marathon Music Works and Knoxville at The Bijou Theatre.

     ​Ben can be heard on "Pocket Deuce" with his good friend Jay Roberts. The CD is a combination of jazz and pop standards for two guitars. Ben also performs "Hey Nineteen" on the CD "Maestros of Cool- a Tribute to Steely Dan," which is available on Amazon's MP3 store. Ben is a guest guitarist on the upcoming new album from Nine Pound Hammer (more information to come).

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     Ben endorses Relish Swiss Guitars, Brian Moore Guitars, Elixir Strings, ToneWoodAmp, Overton Amplifiers, and Lizard Spit Guitar Care Products. He also enjoys success with his groundbreaking instructional course from TrueFire, Two-Hand Groove Guitar.

Ben can often be found at the summer and winter NAMM shows. He is also a regular on Facebook, Twitter, Instagram, and his new YouTube channel, Ben Lacy, beyond groove.

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