

## 2010 Summer and Fall Race Recap

**Nina Pope** finished 1st in her AG, 1<sup>st</sup> Grand Master, at the grueling **Triple T in White Lake, NC** (super sprint race on day #1, 2 Olympic races on day #2, ½ IM on day #3). Nina also finished 15<sup>th</sup> in her AG at the **RI 70.3**. To wrap the season up, Nina won here AG at the **Beach 2 Battleship full IM**.

**Leslie Curley** qualified for Team USA in all three triathlon distances and short course **Duathlon at Nationals** this summer and fall: short course duathlon (Richmond, VA 3<sup>rd</sup> AG), sprint (Tuscaloosa, AL 2<sup>nd</sup> AG), Olympic (Tuscaloosa, AL 15<sup>th</sup> AG) and ½ IM (Myrtle Beach, SC 6<sup>th</sup> AG). **Coach Buxton** joined Leslie at all four races and qualified for Team USA at the duathlon (13<sup>th</sup> AG), the sprint (2<sup>nd</sup> AG) and Olympic (14<sup>th</sup> AG). Leslie finished up her season this fall, with a solid race at the 70.3 **World Championships** in Clearwater, FL.



**Coach Buxton and Leslie at Du Nationals**

**Chris Duda** completed his first ½ IM at the **South Carolina Half**, finishing first in his AG (**Coach Buxton** joined Chris at the half, finishing 12<sup>th</sup> OA and 2<sup>nd</sup> in her AG). Chris also finished 6<sup>th</sup> in his AG at the **Long Course Nationals** in Myrtle Beach and then concluded his season with an impressive first IM distance race at the **Beach 2 Battleship**, where he finished 2<sup>nd</sup> in his AG.



**Chris finishing the swim at B2B full**



**Chris and Coach Buxton at the SC ½ IM**

Several Coachbuxton.com athletes participated in the **Beach 2 Battleship ½ IM** – **Jason Hoth** 5<sup>th</sup> Master's Clydesdale, **Todd Grooms** 6:16, **Eliza Blackwell** (best bike split of all of the teams) and congratulations to the overall female winner, **Tara Flint**. Tara's other finishes this summer/fall include 2<sup>nd</sup> OA **Half Full Triathlon**, 6<sup>th</sup> OA **Stumpy Creek Olympic**, 6<sup>th</sup> OA **Pinehurst Olympic**, and 7<sup>th</sup> OA **Over the Mt. Olympic**.

**Coach Buxton** joined Tara and **Jason Hoth** (6<sup>th</sup> MCD) who set a PR for the 10k at **Over the Mt. Olympic**, finishing first in her AG. Jason also place 10<sup>th</sup> MCD at the Stumpy Creek International distance triathlon later in the summer.



Jason and Coach Buxton at OTM



Tara with Coach Buxton and fiancé, Kurt, at OTM

**Rebeca Ramos** set a personal best for ½ IM at the Miami-man ½ finishing 6<sup>th</sup> in her AG.

**Caroline Lettieri** finished her first IM at **Ironman AZ**.

Congratulations to all coachbuxton.com athletes on another terrific season!

## Spring News 2010

**Coach Buxton** joined **Stephen Dahlstedt**, **Cary Gentry** and **Tara Flint** for the Belews Lake sprint in Stokesdale, NC--Coach Buxton was first in her age group; Stephen, 7th; Cary, 8th; and Tara was the 8th overall female finisher--congratulations to all. Stephen followed up the next weekend at Smith Mt. Lake where he finished 2nd in his age group.

**David Tattan** kicked off his season at the Steelcase Duathlon, where he finished 1st in his age group.

**Cary Gentry** hit a PB at the White Lake sprint, finishing 3rd in his age group.

At the White Lake Half I, **Tara Flint** finished 9th overall and **Eliza Blackwell** finished 10th in her age group. **Jason Hoth** slugged it out the following weekend at the WL 1/2 II and survived the 90+ temperatures to finish.

**Todd Grooms** headed to the Charleston Half and had a great first race of the season and **Nina Pope** finish 3rd in her age group at the Lighthouse 10K.

**Leslie Curley** and **Coach Buxton** both qualified for Team USA at the Duathlon National Championships--Leslie was third in her age group and Coach B was 13th. Up next for Coach Buxton is the Over the Mountain Olympic Triathlon in Kings Mountain, NC.

**Eliza Blackwell** and **Tara Flint** both started off their seasons well at the Azalea fest sprint triathlon in Wilmington, NC. Tara was the second overall female and Eliza finished 3rd in her age group (11th overall)! Tara also hit a PB at the Shamrock ½ marathon and Eliza did a great job at the Wilmington ½ marathon.

Congratulations to both **Nina Pope** and **Sarah Wilson** for competing in the inaugural Tobacco Road Marathon in Raleigh, NC.

**Coach Buxton** joined **Leslie Curley** at Powerman AL where Leslie was the 2nd overall female and Coach Buxton was the first masters (5th overall). Coach Buxton also took first in her age group (40-49) at the 5-mile Beer run in Greensboro and first for the masters (5th overall female) at the Eggstravaganza 5K. Both Leslie and Coach Buxton will be participating and the Duathlon National Championship in Richmond in April.

Congratulations to **Cary Gentry** for hitting a PB at the Eggstravaganza 5K with a 19:37 (4th overall male finisher)!!!!

**Summer and Fall News 2009**

**Leslie Curley** qualified for the 70.3 world championships by winning her AG at the Kansas 70.3 and finished her season off at IM Arizona. Leslie also did well at the Hyvee Olympic (2<sup>nd</sup> Master's, 2<sup>nd</sup> AG), Kansas 50 (first AG), Duathlon World Championships (6<sup>th</sup> AG).



*LC on the run at Kansas 70.3*

**David Tattan** finished 3<sup>rd</sup> in his AG at the Lake Mac Tri, competed in the NYC Triathlon with his daughter Anna and finished his 8<sup>th</sup> IM Wisconsin!

**Chuck Keely** finished his first ever triathlon at the Latta sprint, coming in 16<sup>th</sup> overall and 6<sup>th</sup> in the master's novice group. Chuck continued to improve over the season racing at Lake Lure, Wilmington and Pinehurst.

**Nina Pope** had a great season finishing in 2<sup>nd</sup> in her AG at the Cardinal Harbour ½ IM, 18<sup>th</sup> in her AG at the Augusta 70.3 and 5<sup>th</sup> in her AG IM Arizona.

**Tara Flint** closed her season with a strong finish at the Beach 2 Battleship ½ IM with a personal best of 4:53 (4<sup>th</sup> place OA). Tara also finished the Lake Logan Olympic Triathlon (9<sup>th</sup> OA), Triathlon Nationals and the Victory Junction ½ marathon (2<sup>nd</sup> OA)

**Rebeca Ramos** completed her second ever Ironman in Cozumel. After a PB swim Rebeca had two flats on the first lap of the bike, but hung in and finished strong.

**Todd Grooms** finished the B2B ½ IM just two minutes shy of his personal best.

**Jason Hoth** closed his season with a strong finish at the Duke ½ IM with a 6:15, winning the Clydesdale Division. Jason also participated in the Bandits Olympic Triathlon, Lake Norman Sprint and Pinehurst Olympic Triathlon.

**Sarah Wilson** finished two IM's this summer and fall, Louisville and Arizona. She also participated in the Buffalo Springs 70.3.

**Eliza Blackwell** finished off her season well with a 3<sup>rd</sup> place finish in her AG at Kure Beach, 3<sup>rd</sup> OA at the Washington, NC international, 7<sup>th</sup> AG at the Wilmington Sprint Triathlon and 7<sup>th</sup> in her AG at the Beach 2 Battleship ½ IM (her first half!!!!).



**EB celebrating her first ½ IM finish!!!**

Ultra-endurance cyclist, **Todd LeBlanc**, finished the grueling Last Chance 1200k in 81 hours!!! He hit a PB for every split along the way:

- 1<sup>st</sup> 100 miles- 5:15 (includes a 15 minute stop)
- 200K time was 6:15
- 300K-10:20(includes 2 15 minute stops) beat PR of 14 hrs at Black forest 300K earlier this year
- 200 mile mark- 11:05
- 400K- 15 hrs (beat my previous best of 18 hrs by 3 hrs!)
- 600K- turnaround was 29 hours with 3 hrs of sleep so I was flying (beat PR of 34:50) on this one
- 800K- was there in 41(stopped for 1 hr and climbed steep 3 hr section of hills). 1000K- I anticipated it would take about 10 hrs being so late in the ride to do this next 125. We got 25 mph headwinds from 1am-3Pm the following day and this cost me an extra 6 hrs as it did the other riders. One guy I was jockeying back and forth stated he would do 60 hrs and he got 67 at finish which told me it wasn't just me that was slow. Since I had no way to make up that time with not sleeping I realized I was no where on course to hit 65 hrs. (Slept 2 hrs just before hitting this point).
- 1200K- finished in 81 hrs after sleeping about 11 hrs on last day.

**Cary Gentry** hit a personal best at the Kerr Lake Triathlon (8<sup>th</sup> in AG) and had strong finishes (cycling faster than last season in each race) at Kure Beach, Mission Man Sprint (7<sup>th</sup> in AG) and Lake Logan Olympic (6<sup>th</sup> in AG).

**Anna Tattan** competed in the NYC Marathon.

First season triathlete, **Chris Duda** closed the season strong with solid performances at the Statesville Sprint (19<sup>th</sup> OA), Lake Logan (5<sup>th</sup> AG) and Kerr Lake Olympic Triathlon.



*Chris at Kerr Lake*

Master's runner, **Doug Wahlsten**, hit the 5k circuit this fall taking several first place finishes in his age group—Kernersville, Lexington Hawg Run, High Point Free to Breathe and he was 2<sup>nd</sup> in the Greensboro Gobbler 5K.

**Coach Buxton** closed her season with a 6<sup>th</sup> place finish in her AG at the Cozumel Ironman in November. Check out her full race report in her blog at [www.coachbuxton.blogspot.com](http://www.coachbuxton.blogspot.com).

**Enjoy, and see you at the races!**  
**Coach Buxton**