

October News:

Congratulations to **Leslie Curley** who finished second in her age group at the Austin 70.3, qualifying for the 2009 70.3 World Championships and 18th overall at The Best of the U.S. Amateur Triathlete Competition.

Nina Pope closed her season finishing first in her age group at the Great Floridian Iron Distance Triathlon. Well done Nina!!!!

Congratulations to **Susan Andrews** for her PB at the Pinehurst Olympic Triathlon—this effort on a “train-through” race in prep for the B2B full IM.

Congratulations to Kona finisher **Rick Wimmer**!!!

Coach Buxton will be joining **Rebeca Ramos** at the Miami Man ½ IM in early November.

Good luck to coachbuxton.com athletes who will be competing in their final races of the season—**Todd Grooms** (B2B ½ IM), **Susan Andrews** (B2B full IM) and **David Daniels** (IM FL)

August and September News:

Congratulations to **Leslie Curley** who has had a busy two months. She was the first place overall woman at the Kansas City Women’s Triathlon, 3rd overall at the Aflac Irongirl Duathlon and first place in her age group at the Nemo sprint triathlon. Next up for Leslie is the 70.3 in Austin.

Congratulations to **Jason Hoth** who had a great showing at the Bandits Olympic Triathlon and the Lake Norman Sprint.

Nina Pope had two 5th place AG finishes at the Bandits Olympic Triathlon and the Duke ½ IM.

Congratulations to **David Tattan** on a solid finish at IM WI.

Congratulations to **Rebeca Ramos** on her finishes at the Huntington’s Disease Olympic Triathlon and Cancun 70.3 (8th AG). Next up for Rebeca is the Miami Man ½ IM.

Good luck to **Rick Wimmer** who is heading to Kona!!!!!!

Congratulations to **Susan Andrews** on her finish at the Duke ½. Next up for Susan is the Beach 2 Battleship IM.

Congratulations to **Todd Grooms** on his finish at the Wilmington Triathlon. Next up for Todd is the Beach 2 Battleship ½ IM.

Congratulations to **Bill Stump** on his finish at the Nautica Malibu Triathlon.

Coach Buxton won her age group at the Missionman Sprint triathlon and was also first in her AG at the Cancun 70.3, which qualified her for the 70.3 World Championship in Clearwater Florida.

June and July news:

Good luck to **David Tattan** who will be racing at the Steelhead 70.3 the first weekend in August. David will then head to IMWI for his second IM of the season.

Congratulations to **Kim Torgerson** for his finish at the Eagleman 70.3.

Nina Pope continues her great season with a solid finish at the Mussleman ½ IM in Geneva, NY. Next up for Nina, Bandits Oly in August.

Congratulations to **Rick Wimmer** on his finish at the Providence 70.3. Next up for Rick is the Duke half as he prepares for his first trip to Kona.

Scott Burman had two solid races in June, finishing the New York City Triathlon and the Mighty North Fork Southhold Triathlon.

Congratulations to **Rebeca Ramos** who was the first master at the Tri Miami Duathlon. Rebeca will next be racing the Huntington Beach Oly in early August.

Coach Buxton finished 4th in her age group at the Kansas 70.3 and was the first master at the Missionman Sprint. Next up for Coach Buxton is the Cancun 70.3 where she will be joining athlete **Rebeca Ramos**.

May News:

Congrats to **Nina Pope** who finished 3rd in her age group at the Wood Lake Sprint—next up for Nina is the Over-the-Mountain Triathlon.

Congratulations to **Todd Grooms** who set a PR at the White Lake ½ in early May. Coach Buxton joined other coachbuxton.com athletes, **Beth Grooms**, **Kim Torgerson** and **Kelly Mitchell** at this season's event.

Congratulations to **Susan Andrews** who finished her first ½ marathon, The NC marathon, in a time of 2:02.

Leslie Curley has bounced right back from her great performance at IM AZ, posting a blazing 1 hour 36 second bike split at Memphis in May. Next up for Leslie is the Kansas 70.3. Coach Buxton will also be in Kansas for that event.

David Tattan ran his 18th consecutive River Run and will be competing in an upcoming ½ marathon and the Lake Macatawa Triathlon in June.

While in Kansas, Coach Buxton will be presenting a transition clinic on Friday, June 13th at 5:00PM at Lake Shawnee at Tinman Circle. Check her "events and resources" page for more information.

April News:

Congratulations to IM finishers, **David Tattan** and **Leslie Curley**. David completed his 11th IM in Australia and Leslie completed her first ever IM in Arizona in 12:06. Both athletes trained indoors all winter in prep for these early season races—well done both of you! David bounced right back from his IM to win his age group at the Steelcase Duathlon in late April. Next up for Leslie is Memphis in May.

Congratulation to Boston Marathon finisher **Shana Garland!!!**

Kelly Mitchell finished first in her age-group and was the 3rd masters overall at the Riverwood sprint triathlon.

Nina Pope finished second overall at the Iron Gate Vineyard TT.

Karen joined **Todd Grooms** at the Carrboro Long Course Duathlon where he finished in the top ten of his AG and Karen was the 3rd masters overall and was 1st in her AG, qualifying for Team USA for the Long Course Worlds.

Karen joined **Rebeca Ramos** for the Miami International triathlon where Rebeca finished in the top 20 in her age group and Karen finished 2nd in the 45-49 AG. Rebeca then followed up with an overall master's win at the Spring Training Duathlon and a 9th place AG finish at the Duathlon Nationals in Richmond. Karen also joined Rebeca in Richmond where she finish 3rd in her AG and qualified for Team USA for short course duathlon.

Karen will be joining athletes, **Todd and Beth Grooms**, **Kim Torgerson** and **Kelly Mitchell** at the White Lake ½ IM on May 3rd. Stop by the TrainingBible tent at the event to say hello....

See you at the races,
Karen