

Updates on CoachBuxton.com Athletes

January & February

Congratulations to **Alfredo Forero** for finishing his first 1/2 in 5:33 at the HITS Naples Half IM in early January!

Beth and Todd Grooms ventured to Grand Cayman to compete in the MercuryMan 1/2 IM in mid-January.

Lee Ann Musslewhite finished the Lumberton 200k Brevet in January and then made the jump to the 400k in February—well done LA!

Heather Taylor, who is always up for a new and exciting challenge, competed in the “Sky Dive 50K” at the end of January. Heather tandem jumped and then ran the 50k!!!!

Ray Frigola and **Coach Buxton** ran the Charleston 1/2 marathon on January 17th and then hit their bikes for the group ride the following day.



Ray & Coach Buxton —Charleston 1/2 Marathon

Michael Danch took his running legs to the west coast and ran the Napa Valley marathon finishing in 3:34.

Susan Hunger, Cary Gentry, Michael Danch and Coach Buxton's marathon relay team, "Only a Run?" finished 4th in the coed division of the Greensboro Massacre Marathon on February 8th.



Cary, Susan & Coach Buxton staying warm as Michael runs his loop.



Cary ready to run!



Susan hands off to the Coach....



MD coming in for the hand off...

Coach Buxton joined **Ray Frigola**, **Becky Sage** and **Scott Brewington** at the Myrtle Beach 1/2 marathon on February 14th—everyone had a great race!



Ray and the Coach at MB 1/2

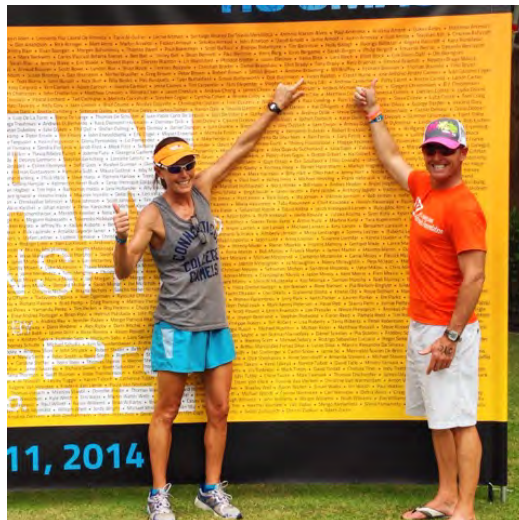


Becky Sage & sister, Karen at MB 1/2

2014 Fall/Winter Recap

Nina Pope closed her season with the Augusta 70.3 (14th AG) & IM FL (12th AG).

Bill Bruffey completed the Augusta 70.3 & the Ironman World Championship.



Bill Bruffey & the Coach in Kona

Todd Grooms tackled B2B 1/2 Ironman again this fall and finished with one of his best 1/2 times.

Bob Dixon finished his first Ironman race in Chattanooga—congratulations Bob!

Heather Taylor just missed the cut-off time for the 12-mile Swim Around Charleston, but will be back for the 2015 edition!



Heather Taylor at the Swim Around Charleston

Michael Danch ran a PB at the Chicago Marathon.

Cary Gentry finished his season with two running races, the Salem Lake 7 miler (2nd AG) and the Mistletoe 1/2 marathon (PB).



Cary and KB at the Salem Lake run

Paul Le Houillier ventured to China for an Olympic Triathlon and finished 6th in his AG.

Susan Hunger braved the cold fall weather at the Lake Townsend Sprint and was the 4th overall novice.

KB Medford also finished up her season with the same runs, Salem Lake 7-miler (1st AG & PB) Mistletoe 1/2 marathon (3rd AG & PB).



The Coach and KB at the Salem Lake 7 miler & 30K

Coach Buxton closed her 2015 season with the Salem Lake 30K (1st AG), Ironman World Championship and the Mistletoe 1/2 marathon.



Coach Buxton in Kona

Earlier in the 2014 Season...



Coach Buxton and several of her athletes (**Michael Danch, Becky Sage, Ray Frigola, Cary Gentry and Nina Pope**) kicked off the 2014 season with the Bone Island Half Ironman in Key West, FL in January. Everyone had a fun and safe race-day with **Michael Danch** taking third in his AG and Coach Buxton first in her AG.



Coach Buxton joined **Becky Sage** and **Jane Koenig** for the Myrtle Beach ½ Marathon in February—congratulations to **Jane** who finished her first half!



Coach Buxton and **Cary Gentry** both placed in their AG's at the Northeast Park Duathlon in Gibsonville, NC on February 22nd. This event is part of the [Triad Duathlon Series](#) hosted by [Trivium](#).



Coach Buxton (1st AG, 4th female overall)
& Cary Gentry (3rd AG, 26th male overall)

Check back for more updates as the season rolls along.....