

Karen Buxton has been a professional coach for over 20 years and has specialized in working with endurance athletes for the past ten. Karen, who has a B.S. in Allied Health Sciences from Johnson State College and a M.Ed. in Athletic Administration from Temple University, holds coaching certifications of Level-III from USA Triathlon and Expert-Level from USA Cycling. She also has served as the Secretary-General of USA Triathlon's Board of Directors, Co-Chair for USAT's Age Group Commission, a board member of USAT's Mid-Atlantic Region and as a member of USAT's Duathlon Commission.

Taking up triathlon 19 years ago, Karen has worked her way from a mid-packer in sprint-distance races to representing the United States on ten world teams (four in triathlon and six in duathlon). Over the past several years, she has shifted her competitive focus to ultra-distance events: a member of a four-woman team that finished the 2002 Race Across America (RAAM), eight ironman-distance races including the 2005 Hawaii Ironman World Championship, a 5th place overall finish in the 2000 U.S. Long Course Championships, 1st place age group finish at the 2007 Long Course Duathlon Championships and an age group silver medal at the 2007 Long Course World Duathlon Championships. Buxton has been a two-time USA Triathlon All-American (2001 & 2003) and has been inducted into her high school and college Athletic Hall of Fame.

Karen brings a wealth of personal competitive experience to her coaching; and as a wife and mother of two college-age children, she is aware of the delicate balance required to develop a satisfying athletic commitment within the day-to-day essential framework of her clients' busy lives.

Karen lives in Greensboro, NC, and coaches triathletes, duathletes, cyclists and runners from first-timers to elites.