

## 2016 Race Highlights

**Cary Gentry**—Massacre Relay, Myrtle Beach marathon, Ridgewood Try a Tri for Hospice, Lake Jordan 2-mile swim, Blue Ridge Relay, Sandling Beach 50, IM NC



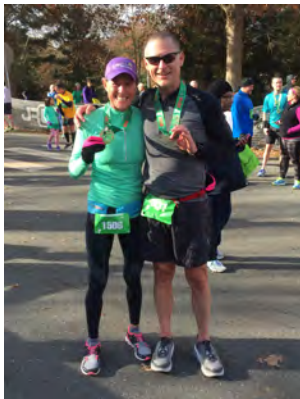
**Susan Hunger**—Massacre Relay, Belevs Oly, Brewfest 1/2 marathon, Chatt. 70.3, High Point Sprint, Ridgewood Try a Tri for Hospice, Lake Townsend Sprint



**Becky Sage**—Myrtle Beach 1/2 marathon, Old Town Beer Run, Brewfest 1/2 marathon, White Lake Half, Lake Jordan 2-mile swim, IM Texas, RAAM, IM Louisville



**Scott Brewington**—Greenville 1/2 IM, Lake Logan Half, IM Chattanooga, Greensboro Gobbler 5k, Mistletoe 1/2 marathon



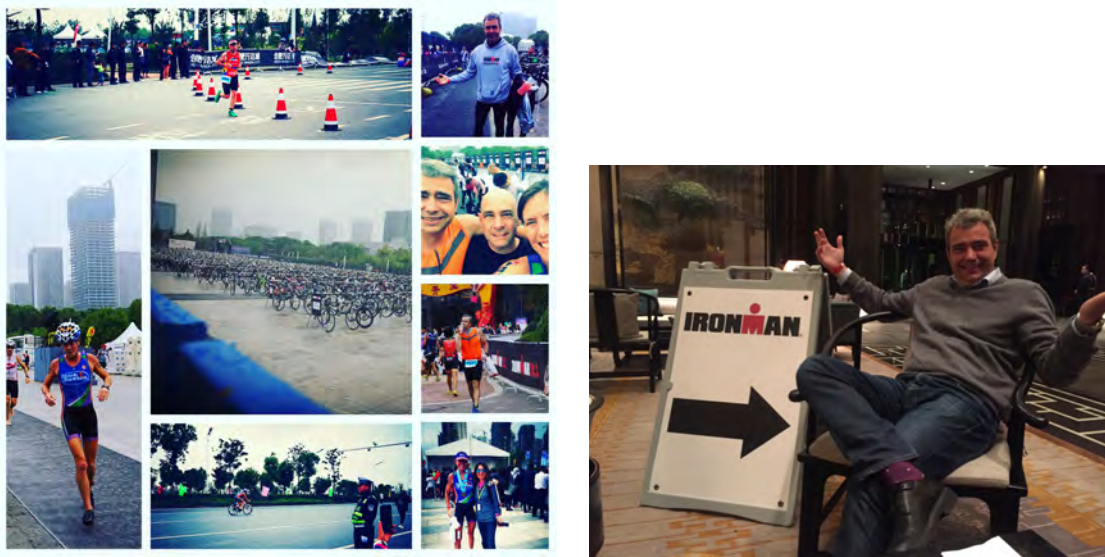
**Laura Burrows**—Tarheel Ten Miler, White Lake Half, Sandling Beach 50, IM NC  
**Ashley Verwoerd**—Tarheel Ten Miler, White Lake Half, Sandling Beach 50, IM NC



**Shawn Greer**—Myrtle Beach 1/2 marathon, Boston Marathon, Lake Brandt Sprint, Lake Logan Oly, High Country 1/2 marathon, Augusta 70.3



**Paul Le Houillier**—Beijing Oly, Hefei 70.3, Xian 70.3



**KB Medford**—Myrtle Beach 1/2 marathon, Hagan Stone Du, Grandover Du, Belews Lake Oly, 36 North Sprint, Lake Logan Oly, High Point Sprint, Muncie 70.3, Ridgewood Try a Tri for Hospice, B2B North Carolina 70.3, Mistletoe 1/2 marathon, Running of the Lights 5k



**Dwayne Hellard**—NE Park Du, Hagan Stone Du, Grandover Du, Charleston Half, IM CDL  
**AJ Maheu**—Martinsville 1/2 marathon, Belews Oly, Hamilton Lakes 10K, White Lake Half, IMLP  
**Jason Nance**—Oak Hollow Sprint  
**Nina Pope**—FL 70.3, Ohio 70.3, Atlantic City 70.3, IM NC  
**Drew Bullock**—Belews Sprint, Mistletoe 1/2 marathon, Raleigh 70.3, IM Chatt.  
**Alfredo Forero**—FL 70.3, Raleigh 70.3, Mack Oly, Clermont Sprint, August 70.3, IM FL  
**Ray Frigola**—Charleston 1/2 marathon, Myrtle Beach 1/2 marathon, Hefei 70.3

**Coach Buxton**—Miami 1/2 marathon, Charleston 1/2 marathon, Massacre Relay, Myrtle Beach 1/2 marathon, Old Town Beer Run, Brewfest 1/2 marathon, White Lake Half, Lake Jordan 2-mile swim, IM Texas, RAAM, US Masters Sprint, USAT Olympic & Sprint Nationals, Timberman 70.3, Hefei 70.3, Greensboro Gobbler 5k, Mistletoe 1/2 marathon



**Happy New Year!**