

## Updates on CoachBuxton.com Athletes

### January & February 2015

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!**

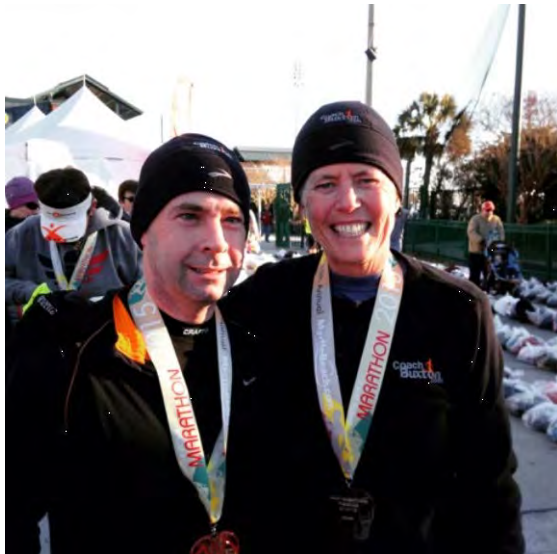


**Susan hands off to the Coach....**



**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**

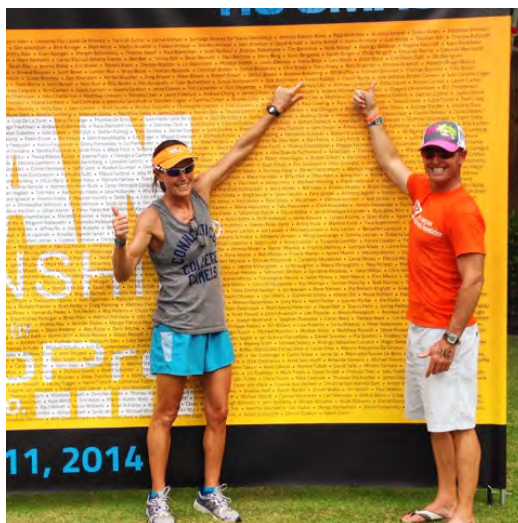


**Becky Sage & sister, Karen at MB 1/2**

## 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 22<sup>nd</sup>. This event is part of the [Triad Duathlon Series](#) hosted by [Trivium](#).



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

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