

2010 Summer and Fall Race Recap

Nina Pope finished 1st in her AG, 1st Grand Master, at the grueling **Triple T in White Lake, NC** (super sprint race on day #1, 2 Olympic races on day #2, ½ IM on day #3). Nina also finished 15th in her AG at the **RI 70.3**. To wrap the season up, Nina won here AG at the **Beach 2 Battleship full IM**.

Leslie Curley qualified for Team USA in all three triathlon distances and short course **Duathlon at Nationals** this summer and fall: short course duathlon (Richmond, VA 3rd AG), sprint (Tuscaloosa, AL 2nd AG), Olympic (Tuscaloosa, AL 15th AG) and ½ IM (Myrtle Beach, SC 6th AG). **Coach Buxton** joined Leslie at all four races and qualified for Team USA at the duathlon (13th AG), the sprint (2nd AG) and Olympic (14th AG). Leslie finished up her season this fall, with a solid race at the 70.3 **World Championships** in Clearwater, FL.



Coach Buxton and Leslie at Du Nationals

Chris Duda completed his first ½ IM at the **South Carolina Half**, finishing first in his AG (**Coach Buxton** joined Chris at the half, finishing 12th OA and 2nd in her AG). Chris also finished 6th in his AG at the **Long Course Nationals** in Myrtle Beach and then concluded his season with an impressive first IM distance race at the **Beach 2 Battleship**, where he finished 2nd in his AG.



Chris finishing the swim at B2B full



Chris and Coach Buxton at the SC ½ IM

Several Coachbuxton.com athletes participated in the **Beach 2 Battleship ½ IM** – **Jason Hoth** 5th Master's Clydesdale, **Todd Grooms** 6:16, **Eliza Blackwell** (best bike split of all of the teams) and congratulations to the overall female winner, **Tara Flint**. Tara's other finishes this summer/fall include 2nd OA **Half Full Triathlon**, 6th OA **Stumpy Creek Olympic**, 6th OA **Pinehurst Olympic**, and 7th OA **Over the Mt. Olympic**.

Coach Buxton joined Tara and **Jason Hoth** (6th MCD) who set a PR for the 10k at **Over the Mt. Olympic**, finishing first in her AG. Jason also place 10th MCD at the Stumpy Creek International distance triathlon later in the summer.



Jason and Coach Buxton at OTM



Tara with Coach Buxton and fiancé, Kurt, at OTM

Rebeca Ramos set a personal best for ½ IM at the Miami-man ½ finishing 6th in her AG.

Caroline Lettieri finished her first IM at **Ironman AZ**.

Congratulations to all coachbuxton.com athletes on another terrific season!