

2009 - Welcome all coachbuxton.com athletes to another great season!!!!!!!

May news:

Congratulations to Coachbuxton.com athletes who survived the White Lake Hot (Half) Ironman: **Tara Flynt** (1st AG, 4th OA), **Sarah Wilson** (4th AG), **Nina Pope** (4th AG), **Cary Gentry** (22nd AG). **Coach Buxton** slugged it out in the heat with her athletes and finished 4th in her AG. In the sprint the next day **Eliza Blackwell** finished 2nd in her AG (just her 3rd race!).

Here are some photos from the day:



Eliza at the start of the sprint.



And they are off!!!!



Eliza off to T1.

Chris Duda finished 2nd in his age-group (20th overall!) in his second ever triathlon. At his first ever Olympic distance triathlon at Kerr Lake Chris WON his age group—congratulations Chris!!!! Also at Kerr Lake **Cary Gentry** hit a PB for the Olympic distance and finished 8th in his AG.

Leslie Curley was the first master's overall finisher at the Boathouse Triathlon in Oklahoma. Leslie also finished 2nd in her AG at the Kansas City Olympic Triathlon and next up for her is the Kansas 70.3.

Jason Hoth finished 5th in his AG at the Over the Mt. Olympic distance triathlon.

Congratulations to **Todd LeBlanc** who finished the Black Forest 300K and the Left Hand Canyon 400K Brevet. Next up for Todd is the St. Vrain 660K—way to go Todd!!!!

April news:

Coachbuxton.com athletes had a great month of racing. Congratulations to ½ marathon finishers **Nina Pope** and **Bill Stump** and sprint triathlon finishers, **Cary Gentry**, **Eliza Blackwell**, **Leslie Curley** and **Chris Duda** (first time racer!!!).

Tara Flint was the second overall female finisher at the Carrboro Long Course Duathlon—next up for Tara is the White Lake ½. **Nina Pope** won here AG at the LC duathlon and will also be competing at White Lake. **Coach Buxton** was the second overall master's finisher in the SC duathlon. Congratulations to **Todd Grooms** for a great finish at the short course du in Carrboro.



Todd Grooms

Congratulations to **Rebeca Ramos** who qualified for the British Duathlon team at the Marineland Duathlon. Rebeca will be competing at the Duathlon World Championships in Concord, NC on September 26th. Here are shots of RR and Coach Buxton at the duathlon in FL. **Coach Buxton** was the overall winner and RR came in second in her AG.



Rebeca Ramos



Coach Buxton

Leslie Curley will also be heading to the Duathlon World Championships in September. Leslie came in 2nd in her age-group at the Duathlon Nationals in Richmond VA. **Coach Buxton** joined Leslie at Nationals and grabbed a spot on the world team, finishing 10th in her age-group.



Leslie and Coach Buxton at Duathlon Nationals.



Congratulations to master's runner **Doug Wahlsten** who recently competed at the 2009 USA Masters Southeast Region Track & Field Championships. Doug ran in the 100, 200 and 400 meter events. Doug took 2nd in the 200 and first in the 400. He is the new South Eastern USATF Master's Champion. Way-to-go Doug!

Congratulations to **David and Anna Tattan**, the father/daughter team who finished the very tough Big Sur Marathon.

Todd LeBlanc finished the first Brevet of the season in snowy/rainy CO last month. Next up for Todd on his Brevet quest is the 300K in early May. Good luck to Todd! Here is a shot of Todd braving the nasty weather in the 200K.



Coach Buxton will be joining several of her NC athletes at the White Lake ½ in early May.

March News

Race report: The season is starting to heat up and several coachbuxton.com athletes have toed the line already this season.

Eliza Blackwell finish her first ever triathlon in April. Eliza was 5th in her age-group and the 18th women overall. Well done Eliza.

Congratulations to **Tara Flint** who ran a PB at the Shamrock ½ marathon.

Upcoming races:

Joining Coach Buxton at the Carrboro Duathlon is **Tara Flint**, **Todd Grooms** and **Nina Pope**.

Coach Buxton will be joining **Rebeca Ramos** at the St. Augustine Duathlon later this month.

David Tattan and **Anna Tattan** are heading west for the Big Sur Marathon at the end of April.

Next up for **Eliza Blackwell** is the Wilmington Sprint Triathlon.

Leslie Curley and Coach Buxton will be in Virginia for the USAT Duathlon Short Course Nationals in hopes of qualifying for the World Duathlon Championships in Concord, NC in the fall.

Chris Duda will compete in his first ever triathlon this month in Statesville, NC.

Congratulations and good luck.....

**See you at the races,
Karen**