

**2013 - Welcome all coachbuxton.com athletes to another great season!!!!!!!**

The 2013 season was off to a quick start with [Coach Buxton](#), [Paul Le Houiller](#) and [Becky Sage](#) traveling to Knoxville for the Rev3 half. Unfortunately the race did not happen for the trio as Coach Buxton and Sage crashed their bikes on wet tracks the day before the event. Coach Buxton fractured her hip in two places and is out for the season and Becky sprained her shoulder (AC) and is working on her recovery so that she is ready for IM Mt. Tremblant. Paul opted on taking care of the girls and also did not race—thank you Paul!



Paul at the finish



Phil heading in



Coach Buxton with Paul and Phil



Todd on the run

The inaugural Raleigh 70.3 saw five Coachbuxton.com athletes participating: [Phil Beane](#), [Paul Le Houiller](#), [Nina Pope](#), [Todd Grooms](#) and [Mike Schemancik](#). All racers had a great day with Mike setting a PR for the 70.3.

[Cary Gentry](#) started his season with a solid finish at the Hickory Sprint.

Check back for more race reports as the season moves along!

2012

**Early summer update:**

**Cary Gentry** (17<sup>th</sup> AG), **Becky Sage** (4<sup>th</sup> AG) and **Phil Beane** (7<sup>th</sup> AG) kicked off their 2012 tri season at the Belews Lake Olympic distance in May.

**Nina Pope** opened her season at the Cary Duathlon (3<sup>rd</sup> AG) in April, White Lake Half (4<sup>th</sup> AG) in May and then she headed north to NH to compete in the Mooseman 70.3 where she finished 6<sup>th</sup> in her AG.

**Phil Beane** and **Neal Deans** braved the heat at White Lake in May—both had solid finishes in tough conditions.

**Kimberly Humphrey** ventured to FL to open her season at St. Anthony's. Kimberly had a great race following a winter of rehabbing a broken foot.

**David Tattan** opened his season in early June at the Grand Rapids ½ IM. David will be joining **Coach Buxton** in August at IM NYC!

**Michelle Horvath** had a great start to her season at the Kinetic Half IM in Virginia in May.

**Coach Buxton** joined **Becky Sage** and **Dina Arceo** in St. Croix as prep for IM NYC. It was a tough day with rain and standing water on the course, but Team Tri for Hospice fared well with both Arceo and Buxton finishing 9<sup>th</sup> in their AG, while Becky finished 20<sup>th</sup> in her AG.

Two weeks after St. Croix, "the girls" headed to Washington, NC to participate in the FS 100-2m swim, 88 mile bike, 10 mile run (another training day). All had great races with Arceo finishing 2<sup>nd</sup> overall female, Buxton 3<sup>rd</sup> OA female and Sage winning her age group.

**Summer 2012 Race Update:**

**Nina Pope** race to a 6<sup>th</sup> place age-group finish at the Mooseman 70.3. Nina will be competing in the upcoming Rev 3 Full Iron distance race later this month—good luck Nina!!!

Congratulations to **Michael Danch** who finished two 70.3 races, San Juan and St. Croix.

Congrats to **Alan Proctor** and **Cary Gentry** for finishing the Stumpy Creek Sprint in early August. Both Cary and Alan will be competing in the Belews Lake sprint in September.

**Paul LeHouillier** had a great race at the 70.3 in Mt. Tremblant Canada. Next up for Paul is the B2B full Iron Distance race in October. **Becky Sage** and **Todd Grooms** will race the ½ that day also.

Congratulations to **Heather Taylor** who finished her first IM in Louisville earlier this month.

Congratulations to coachbuxton.com athletes, **Phil Beane**, **David Tattan**, **Becky Sage** and **Caroline Lettieri**, who joined Coach Buxton at the NYC IM in early August. Beane PRed (11:21), Tattan battled sciatica to finish, Lettieri had a great race (13:18), Sage completed her first IM in 11:56 and Buxton finished 7<sup>th</sup> in her age group (12:00).



**Phil, Becky and Coach Buxton at the finish of IM NYC. Go TEAM TRI for HOSPICE!!!**

Best of luck to all athletes racing this fall!

**Congratulations and good luck.....  
See you at the races,  
Karen**