

Updates on CoachBuxton.com Athletes

Spring/Summer 2018

Several **Coachbuxton.com** athletes (**Scott Brewington**, **KB Medford** and **Josh Park**) kicked off their 2018 season at the Northeast Duathlon in February. This was Josh Park's first ever multi-sport event and he finished 3rd in his age-group!



On April 8th, **Jason Nance** ventured to South Carolina for the Duathlon National Championship where he qualified for the 2019 Duathlon World Championship.

Josh Parks completed his first triathlon at the Turtle Crawl in Georgia in May.

KB Medford and **Josh** completed the Belews Sprint Triathlon finishing 3rd and 4th respectively in their age-groups.

KB and Jason headed to Badin Lake for the sprint triathlon in June. KB took first in her age group while Jason place 3rd.

Todd Grooms finished both the 1-mile and 5K open water swims in Grand Cayman on June 17th & 18th.

Jason Nance and first time triathlete **Christine Holtz** completed the Nat Greene's Revenge Sprint Triathlon on June 9th—Christine finished 4th in her age-group!

KB continued her first place age group finishes in July at the Lake Hickory Sprint Triathlon and then later that same evening at the Beat the Heat 5K in Winston Salem.

Josh headed to Nashville to compete in the Music City Olympic Triathlon—next up for Josh is the Triathlon Nationals in Cleveland!

Check back for more updates as we roll through the summer.....