

Summer and Fall News 2009

Leslie Curley qualified for the 70.3 world championships by winning her AG at the Kansas 70.3 and finished her season off at IM Arizona. Leslie also did well at the Hyvee Olympic (2nd Master's, 2nd AG), Kansas 50 (first AG), Duathlon World Championships (6th AG).



LC on the run at Kansas 70.3

David Tattan finished 3rd in his AG at the Lake Mac Tri, competed in the NYC Triathlon with his daughter Anna and finished his 8th IM Wisconsin!

Chuck Keely finished his first ever triathlon at the Latta sprint, coming in 16th overall and 6th in the master's novice group. Chuck continued to improve over the season racing at Lake Lure, Wilmington and Pinehurst.

Nina Pope had a great season finishing in 4th in her AG at the Cardinal Harbour ½ IM, 18th in her AG at the Augusta 70.3 and 5th in her AG IM Arizona.

Tara Flint closed her season with a strong finish at the Beach 2 Battleship ½ IM with a personal best of 4:53 (4th place OA). Tara also finished the Lake Logan Olympic Triathlon (9th OA), Triathlon Nationals and the Victory Junction ½ marathon (2nd OA)

Rebeca Ramos completed her second ever Ironman in Cozumel. After a PB swim Rebeca had two flats on the first lap of the bike, but hung in and finished strong.

Todd Grooms finished the B2B ½ IM just two minutes shy of his personal best.

Jason Hoth closed his season with a strong finish at the Duke ½ IM with a 6:15, winning the Clydesdale Division. Jason also participated in the Bandits Olympic Triathlon, Lake Norman Sprint and Pinehurst Olympic Triathlon.

Sarah Wilson finished two IM's this summer and fall, Louisville and Arizona. She also participated in the Buffalo Springs 70.3.

Eliza Blackwell finished off her season well with a 3rd place finish in her AG at Kure Beach, 3rd OA at the Washington, NC international, 7th AG at the Wilmington Sprint Triathlon and 7th in her AG at the Beach 2 Battleship ½ IM (her first half!!!!).



EB celebrating her first ½ IM finish!!!

Ultra-endurance cyclist, **Todd LeBlanc**, finished the grueling Last Chance 1200k in 81 hours!!! He hit a PB for every split along the way:

- 1st 100 miles- 5:15 (includes a 15 minute stop)
- 200K time was 6:15
- 300K-10:20(includes 2 15 minute stops) beat PR of 14 hrs at Black forest 300K earlier this year
- 200 mile mark- 11:05
- 400K- 15 hrs (beat my previous best of 18 hrs by 3 hrs!)
- 600K- turnaround was 29 hours with 3 hrs of sleep so I was flying (beat PR of 34:50) on this one
- 800K- was there in 41(stopped for 1 hr and climbed steep 3 hr section of hills). 1000K- I anticipated it would take about 10 hrs being so late in the ride to do this next 125. We got 25 mph headwinds from 1am-3Pm the following day and this cost me an extra 6 hrs as it did the other riders. One guy I was jockeying back and forth stated he would do 60 hrs and he got 67 at finish which told me it wasn't just me that was slow. Since I had no way to make up that time with not sleeping I realized I was no where on course to hit 65 hrs. (Slept 2 hrs just before hitting this point).
- 1200K- finished in 81 hrs after sleeping about 11 hrs on last day.

Cary Gentry hit a personal best at the Kerr Lake Triathlon (8th in AG) and had strong finishes (cycling faster than last season in each race) at Kure Beach, Mission Man Sprint (7th in AG) and Lake Logan Olympic (6th in AG).

Anna Tattan competed in the NYC Marathon.

First season triathlete, **Chris Duda** closed the season strong with solid performances at the Statesville Sprint (19th OA), Lake Logan (5th AG) and Kerr Lake Olympic Triathlon.



Chris at Kerr Lake

Master's runner, **Doug Wahlsten**, hit the 5k circuit this fall taking several first place finishes in his age group—Kernersville, Lexington Hawg Run, High Point Free to Breathe and he was 2nd in the Greensboro Gobbler 5K.

Coach Buxton closed her season with a 6th place finish in her AG at the Cozumel Ironman in November. Check out her full race report in her blog at www.coachbuxton.blogspot.com.

Best wishes to all for a wonderful start of the New Year!!!!!!