

Coach Karen Buxton

I have been a professional coach for over 30 years and have specialized in working with endurance athletes for the past eighteen. I have a B.S. in Allied Health Sciences from Johnson State College (now Northern Vermont University) and a M.Ed. in Athletic Administration from Temple University and hold coaching certifications of Level-III and Youth and Junior from USA Triathlon. I have also served as the Secretary-General of USA Triathlon's Board of Directors, Co- Chair for USAT's Age Group Commission, board member of USAT's Mid- Atlantic Region and as a member of USAT's Duathlon Commission. I am a presenter for USAT's Coaching Certification Program; author of *The Triathlete's Guide to Off-Season Training*; featured author on Active.com; and founding member and president of Team Tri for Hospice (www.triforhospice.com), a 501(c)(3) that raises awareness and funds for non-profit hospices.

Taking up triathlon 27 years ago, I have worked my way from a mid-packer in sprint distance races to representing the United States on ten world teams (four in triathlon and six in duathlon). Highlights of my extensive racing career include: a member of two four-person teams (all women & coed) that finished the 2002 & 2016 Race Across America (RAAM), fifteen ironman- distance races including the 2004 & 2014 Hawaii Ironman World Championships, the 2017 70.3 World Championships, a 5th place overall finish in the 2000 U.S. Long Course Championships, 1st place age group finish at the 2007 Long Course Duathlon Championships, an age group silver medal at the 2007 Long Course World Duathlon Championships, and a second place age group finish at the 2010 USAT Sprint Triathlon National Championships. I am a six-time USA Triathlon All-American (2001, 2003, 2014, 2015, 2016, 2017), four-time Ironman All World Silver Athlete (2014, 2016, 2016, 2017) and have been inducted into my high school and college Athletic Hall of Fame.

I bring a wealth of personal competitive experience to my coaching; and as a wife and mother, I am aware of the delicate balance required to develop a satisfying athletic commitment within the day-to-day essential framework of my client's busy lives.

I live in Greensboro, NC, and coach triathletes, duathletes, cyclists, swimmers and runners from first-timers to elites, both online and in person.