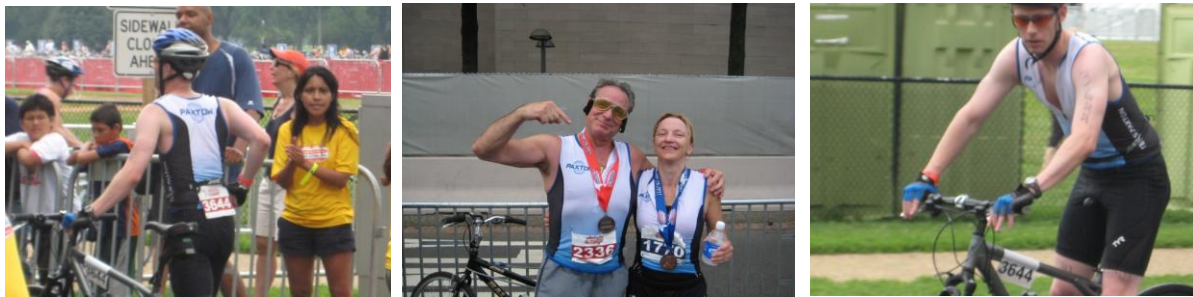


Healthy Living with Team Paxton

Paxton is committed to helping our employees live happier and healthier lives. As part of our focus on health and wellness, we plan to highlight our “Healthy Living” initiatives in each newsletter.

With great encouragement from Bill and Freddy, Team Paxton was formed to take on physically (and mentally) challenging endeavors. Team Paxton competed in the Washington DC Triathlon on June 19th, 2011. Newbies, Dave Kelly (Elvis) and Doug Rowdon, completed the Sprint Distance course consisting of a .8K Swim in the Potomac River, a 20K Bike and a 7.5K Run through our Nation’s capital. Our endurance star, Gillian Walker, cruised through the International Distance course including a 1.5K Swim, 40K Bike, and 10K Run. Aaron Kwittken, owner of Kwittken+Company, and Rob Stuart, Private Trainer at Sports Club LA, also represented Team Paxton extremely well on the International Distance course.



Team Paxton wants to send a special thanks to friends and family for their support throughout training and on race day. We’d also like to thank Linda Richardson and Kevin Callahan for supplying us with our race jerseys and the on-the-spot photography. We look forward to our next Team Paxton challenge and hope you’ll join us!

Team Paxton Results:

Sprint	Swim	T1	Bike	T2	Run	Overall	Division	Gender	Overall
Doug	17:30	5:01	45:58	2:50	41:47	1:53:04	77/120	473/702	748/1321
Dave	18:36	10:38	57:17	6:33	40:34	2:13:37	20/22	654/702	1145/1321
International	Swim	T1	Bike	T2	Run	Overall	Division	Gender	Overall
Gillian	32:25	5:21	1:29	1:34	55:06	3:03:44	18/34	224/400	965/1336
Rob	24:27	2:28	1:07	1:51	46:00	2:22:24	13/185	126/936	157/1336
Aaron	24:40	3:25	1:13	1:29	48:03	2:30:53	23/151	231/936	289/1336

In our next issue of Healthy Living: Weight Watchers.