

Intervals...

Newsletter for Members of twenty-six two marathon club

October 2009

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New Website Features

TST will no longer have the Member Forum as a medium for information for our members. Paul Carmona is working to modify our website for members to find each other and also the training notes and running locations. Please send an email to [Paul](#) telling him if you would like your email and/or picture included. The [TST website](#) is still

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the tenth issue of "Intervals" for 2009. If you have suggestions for newsletter topics, or if you would like to offer information to your fellow club members, please contact your club at tstmarathonclub@gmail.com.

Congratulations and Good luck!

Our members train and compete for a variety of marathons and races throughout the year. We all know the hard work they've put in for their training and the excitement of crossing the finish line.

Congratulations to:

Paul Terranova ran a 3:17 marathon in the Ironman World Championships on Oct 11 (amazing 7:31 pace after 2.4 mi swim and 112 mi bike) to finish 239th overall.

Veronica Czuchna ran a PR in the Toronto Waterfront Marathon on Sept 27th!

Congratulations to Mary Rose Getschow and Ashlee Joost who ran in the Chicago Marathon on Oct 11th. Ashlee (a new TST member) qualified for the Boston Marathon!

Maryna Tov ran a PR in Chicago, and she and her dad qualified for the Boston Marathon!

Good luck to:

Talaya Frazier is competing in Perth, Australia at the 2009 Long Course (Half Ironman) World Championships October 22nd through the 25th.

Diane Sager who is running the Frankenthon Marathon on October 25th.

Paul and Katie Carmona and Alex Gajdeczka will run in the Marine Corps Marathon on October 25th.

Maria Hermon will run in the Dublin Marathon in Ireland on October 26th.

Great job to all marathon trainees! Keep up the good work.

underconstruction,
but please go and
check out the new
features!

Thrill of the Finish Line - Multiplied by 12,000!

On February 14,
2010, about 12,000
runners (including our
current class of first-
time women
marathoners) will
cross the finish line at
the Austin Marathon.
YOU can be there to
enjoy the thrill of the
finish line with them.

How? Join your
fellow TST members
who, for the past 4
years, have worked at
the finish line of the
Austin Marathon. In
2009, more than 25
club members worked
at every aspect of the
finish (and start) of
the race - from
medals to clothing
pickup to massage
tent. TST members
serve on the
organizing committee
for the race, and
handle several critical
components of the
start and finish line
(in key management
roles). If you want a
chance to see a
marathon from the
inside, and enjoy the
finish without the
26.2 miles of running
beforehand, here's
your chance.



Train for Boston 2010

The 114th Boston Marathon is on April 19, 2010, which means that it's time to register for the Twenty-Six Two training program! This 24-week program begins on October 31st. The cost for members for this personalized training is less than many other groups charge. With the individualized program and our small group nobody will get "lost in the herd".

If you qualified for the 2010 Boston Marathon, come join our group to train for this legendary race. Get an application for training [here](#).

Eat Right--Right After You Run

Get on the [road to recovery](#) right after you run - eat "right," and remember the 4-to-1 ratio of carbs to protein.

Holiday Wish Lists..

TST has a couple of sterling silver charms for sale for you or for a friend. One of the charms depicts a flat shoe with 26.2 on the bottom, and the other has the words Twenty Six Point Two listed vertically (stacked on top of each other). They are \$10 each or 2 charms for \$15. Contact [Diane Sager](#) for more information about ordering these charms!

Corrections...

My apologies to Deanna Thoma. In the last newsletter her name was spelled incorrectly in the "Congratulations" section.

Don't forget our club runs every Tuesday at 5:30 p.m. (RunTex - Lake Austin store) and Saturday morning at 7:00 a.m. (locations vary - please check the [TST website: Training Log In section](#)).

There is also a club workout on Mondays at 6:30 pm. This is an advanced group that typically runs 6-8 miles at fairly high intensity. Contact Paul for more info at paulruns@gmail.com.

Twenty-Six Two is always looking for new ways to serve our members. If you've got ideas for articles, events,



Contact fellow club member and Austin Marathon Finish Line Manager Paul Carmona at paulruns@gmail.com.

fundraising opportunities, or new long-run routes, let us know! The easiest way to contact any of the club officers or directors is via the e-mail links on the ["Board and Members"](#) page on our website.

As our coach always says, "stay healthy!"

Sincerely,
Newsletter Staff
Twenty-Six Two Marathon Club

Did You Know?

The latest news about our members heard around the water coolers!

- Megan O'Connor got engaged
- Thomas and Laura O'Connor are pregnant
- Stephanie Swanzy got engaged
- Lauren Bremer will be married on November 7th with a honeymoon in Costa Rica.

This will be a new section for any social announcements that are not necessarily related to running. Please share with your fellow TST members anything you want us to know...a new job, an engagement or wedding, a new baby here or on the way! If you would like to include

anything please
send us an [email](#).

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