

Intervals...

Newsletter for Members of twenty-six two marathon club

January 2010

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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

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the first issue of "Intervals" for 2010. 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:

Diane Sager ran the Goofy Challenge: a half marathon on January 8th and a full marathon on January 9th in Walt Disney World. Diane then ran the Houston Marathon on January 17th!

Jeff Burrus, Rosina Castellanos, and Summer Smith ran the Houston Marathon on January 17th.

Good luck to:

All of our first time trainees and members who will run the 3M Half Marathon on January 24th.

All of our first time trainees and members who will run the Austin Marathon on February 14th.

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

Post-Long Run Massage

The ladies at ThriveAustin have scheduled a session on

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.



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

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](#)).

There is also a club workout on Mondays at 6:00 pm. This is an advanced group that typically runs 6-8 miles at fairly high intensity. Contact Paul for

January 30th after our long run. They charge \$1 per minute for 10 or 20 minute post-run massages.

Contact Holly at holly@thrive-austin.com to get on one of the massage lists.

A Great Half!

On January 24th, come run the city's third largest distance road racing event with your fellow members! The official 3M pacers are TST members; look for them in bright orange shirts! Many of our members run this each year, and it's a great "tune-up" race for spring marathons. Some members will be running a few miles before the start of the race--email Paul Carmona for more details.



(TST will not hold a group long run on Saturday, January 23rd because many of our members run the race the next day.)

Monthly Breakfast

Our "First Timer" women have planned a breakfast social at RunTex on Lake Austin after one our long runs every month. Bring \$5 to contribute for bagels and coffee and meet our First Timers! Our next breakfast will be January 30th. Bring a change of clothes, too!

Valentine's Day is coming..

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!

Looking for Someone?

The [TST website](#) is still underconstruction, but please go and check out the new features! 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.

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, 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!

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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