

Intervals...

Newsletter for Members of twenty-six two marathon club

September 2008

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Greetings from TST
President Katie Carmona



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," and we ask that you "**Join Our Mailing List**" (see link at left) if you would like to receive future issues. Also, 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.

TST: "Best Kept Running Secret in Austin"

Twenty-Six Two Marathon Club started out with five members in September of 2004. Today, with 140 members and growing, the club has trained 37 women in its first-timer program, has helped numerous members train for marathons, half-marathons and triathlons, and through its "PR-Boston Qualifier Training" has seen a tremendous success rate for those who have completed that highly-specialized training. The cost to members for marathon training is a fraction of what many other groups charge. And with TST's small size and personalized training programs for members, nobody gets "lost in the herd." One TST member, who ran an 18-minute PR at the Dallas White Rock Marathon in December of 2007, referred to TST's "PR-Boston Qualifier Training" as the "best kept running secret in Austin." Learn more about club training [here](#).

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

On February 15, 2009, 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 3 years, have worked at the finish line of the Austin Marathon. In 2008, more than 30 club members worked at every aspect of the finish (and start) of the race - from



Hello fellow marathoners! Whether you are training for a race right now, or are on "vacation" from distance running, we hope to see you at our upcoming club runs, meetings, and parties.

Looking for a running partner, or wondering what your old running buddies are up to? Keep in touch with other TST members at our members-only [forum](#).

Don't forget to visit the [TST website](#) for additional information about club apparel, happy hours, and member discounts.

I look forward to serving as your president for 2008-09, and I hope to see you out on the roads and trails soon.

Sincerely,
Katie Carmona
tstpresident@gmail.com

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.

TST in the News

As part of an ongoing series by **KEYE-TV** and **RunTex**, Twenty-Six Two and several of its members were featured in a story on the local news and on the KEYE website. Go [here](#) to see the story and watch the video.



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 members-only forum calendar](#)).

Our club 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

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