

Intervals...

Newsletter for Members of twenty-six two marathon club

3M Half Marathon Special Edition 2010

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is a special 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.

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TST at the 3M Half Marathon!



Your Twenty-Six Two Marathon Club was well-represented at the 3M Half Marathon on January 24, 2010!

Fifteen of our members lead runners as the first official pacers. All pace groups finished with near perfection, most within 10-40 seconds of the goal time! The race director for 3M has already asked us to pace the 2011 3M Half Marathon!

Congratulations and Thank You to our pacers:

1:30 Group
Ken Fries, Matt Garrett, and Thomas O'Connor.

1:40 Group
Scott Brenneman, Jackie Dobson, and
Grace Payne.

1:50 Group

Eric Johnson, Kelly Marshek, and Stephanie Swanzy.

2:00 Group

Paul Carmona and Maria Hermon.

2:10 Group

Katherine Hill and Claire McGuinness.

2:20 Group

Katie Carmona and Veronica Czuchna.

Our First time marathon trainees also had a great day! They ran 8 miles PRIOR to the start of the 3M Half Marathon and then all had a tremendous finish! Congratulations to:

Lauren Anzalone

Susie Duarte

Caroline Hallman

Joann Hernandez

Chari Kelly

Dawn Leonard

Jessica Mangrum

Theresa Noyes

Molly Powers

Morgan Puckett

Ursula Valle

Paul Baffes

Josh Bedre

Congratulations to our members who also ran 3M:

Diane Booher

Elva Brown

Heather Burnett

Jennifer Cray

Ashley Fisher

Colleen Forrest

Julie Gregory

Nancy Harris

Lauren Bremer Jackson

Angie Jones

Ashlee Joost

Melissa Kasper

Ted Manning

Anna Martin

Sylvia Martinez-Haley

Kerri McLaughlin

Stephen Pina

Cara Salling

Paul Sontag

Erika Walton
Buffy Weaver
Anna Wehl
Priscilla Williams
Ray Winter

We had almost 40 members and our 13 first time trainees have a wonderful day at the 3M Half Marathon! Come out the the Austin Marathon on February 14th to volunteer or cheer on our first time trainees and members running the race!

Congratulations on a great race!

Our TST 2010 3M Pacers



Carmona,
Maria Hermon, Matt Garrett
not pictured: Scott Brenneman, Jackie Dobson

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 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

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