

# Intervals...

## Newsletter for Members of twenty-six two marathon club

February 2009

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### 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:

Kelly

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the second 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](mailto:tstmarathonclub@gmail.com).

### Post-Marathon Massage

For runners who are taking on the Austin Marathon, TST sponsors and manages the massage tent. If you are running this race and would like to sign up for a massage, please go to the [TST store](#) on our web site with your PayPal account information handy! We do accept cash on race day.

### Volunteers Needed!

Another great race to participate/volunteer at is approaching! The ZOOMA Austin Half Marathon & 5K is the newest women's running event in Austin and will be held Saturday, April 4th, 2009. They're boasting a scenic course through the Texas countryside and a great post-race party at the new Hyatt Regency Lost Pines Resort and Spa. ZOOMA has kindly offered

Marshek, Megan O'Malley, and Diane Sager who will run in the Houston Marathon on January 18th. Kelly ran a Boston Qualifying time!

Terri Seales who ran the Rock N Roll Arizona Marathon on January 18th.

Philip Arno had a great run at the River Road Run where he placed first in his age group!

Our first-time trainees all ran very well in the 3M Half Marathon *after* running an 8 mile, hilly warm up. Great job Meredith, Summer, Julie, Cara, Laura, Windy, and Elise!

Thomas O'Connor is in second place in his age group and Laura O'Connor is in third place in her age group in the Austin Distance Challenge after a great run at 3M.

**GOOD LUCK** to our first-time trainees and TST members who will run in the Austin Marathon on February 15th!

Great job to all marathon trainees! Keep up

TST a discount for this race in addition to listing us as a "Friend of ZOOMA" on their website. In return, we'll provide training, race participants and volunteers. If interested, please send an email to Kelly Marshek at [tstsponsorship@gmail.com](mailto:tstsponsorship@gmail.com) and she'll follow up with more details.



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## TST Half Marathon Training

TST is offering training for the Zooma Half Marathon on April 4th. It is a 15 week training plan for a bargain fee of \$50! See our website, [twentysixtwo.org](http://twentysixtwo.org), or email Paul at [paulruns@gmail.com](mailto:paulruns@gmail.com) for details.

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## "First-Timers" Celebratory Brunch



Join us for a celebratory brunch on the third Saturday of this month (February 21st) after your long run at Austin Java at 12th and Lamar. Come meet our first-time marathoners and discuss their experience with the Austin Marathon. There is no set time, so come down when you finish and get some coffee and pancakes!

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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](#)). The forum is a great place to look

the good work.

## Help TST at the Austin Marathon

TST needs people to help with the Austin Marathon Expo on February 13th and 14th. Please contact [Thomas O'Connor](#) for more details.

If you still need to sign up to volunteer to help your fellow TST members work the Austin Marathon finish line, it's not too late! We still can use more help. 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](mailto:paulruns@gmail.com).

for a running buddy for the rest of the week or find answers to a variety of questions.

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

## Jewelry for You or Your Valentine

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). We will have them at the Austin Marathon Expo on February

13th and 14th, so stop by and check them out! They are \$10 each or 2 charms for \$15.

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## Happy Hour with TST!

The next Happy Hour is on February 11th! It will be a great way to relax after work and start looking forward to the weekend. Look for the Evite coming soon!

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