

Intervals...

Newsletter for Members of twenty-six two marathon club

October 2008

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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 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

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." In order to receive future issues, please **"Join Our Mailing List"** (see link at left). 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.



Train for Boston 2009

The 113th Boston Marathon is on April 20, 2009, which means that it's time to register for the Twenty-Six Two training program! This 24-week program begins on November 1st. 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 2009 Boston Marathon, come join our group to train for this legendary race. Get an application for training [here](#).

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.

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.

Congratulations to:

Maryna Tov, who completed the Chicago Marathon on October 12th with an excellent time of 3:48. And no rest for the weary...Maryna has the Florence (Italy) Marathon in just under 5 weeks.

Talaya Frazier placed in the top 10 of her age group in the Halfmax National Championships (half-ironman distance triathlon) in Las Vegas October 18th, and qualified for the World Championships next October in Perth, Australia.

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

"First-Timers" Monthly Brunch



Join us for brunch on the second Saturday of each month after your long run at Austin Java at 12th and Lamar. It's a great opportunity for our first-time marathoners to re-fuel after a long run and catch up with their peers. The next brunch will be on November 8th after the long run. There is no set time, so come down when you finish and get some coffee and pancakes!

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 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

Save
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THRIVE
AUSTIN

Muscles tight, sore and tired? Consider a deep-tissue massage from our club's massage therapy sponsor, Thrive Austin. Club members receive \$5 off a 30-minute massage, \$10 off a 60-minute massage, and \$15 off a 90-minute massage. Print, clip and save this coupon, and present it at your therapy session with Thrive Austin. Appointments required. Contact Thrive Austin by e-mail to [Thrive Austin](#).

Offer Expires: December 5, 2008

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