

# Intervals...

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

February 2009

**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 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).

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### A Note from the President:

It was so exciting to see so many of our members at the finish line this year, whether running or volunteering. We had another great turnout--52 members either ran the half or the marathon, manned the TST booth at the expo, served as pace runners, or volunteered in the finish line area. That is over a third of our membership!

We also had our most successful marathon fundraiser to date. The

### TST at the Austin Marathon!

Your Twenty-Six Two Marathon Club was well-represented at the Austin Marathon and Half-Marathon on February 15th!

Our first-time women's group had another 100% success rate (starters-to-finishers) with the following women crossing the finish line:

Windy Hardaway  
Cara Salling  
Laura Sheriden  
Lisie Sillers  
Summer Smith  
Meredith Thompson  
Julie Waters

### TST Members who were Marathon Finishers:

Elva Brown  
Colleen Forrest  
Ken Fries (official pacer for 3:20 group)  
Tonya Green  
Windy Hardaway  
Melissa Hazelwood  
Maria Hermon  
Jackie Ingram  
Melissa Kasper  
Kate McLaughlin (official pacer for 4:15 group)  
Rob Moore  
Tracy Najera  
Laura Hitt O'Connor  
Thomas O'Connor  
Lisa Romig  
Diane Sager  
Jeff Saitas  
Terri Seales  
Stephanie Swanzy  
Paul Terranova (official pacer for 3:00 group)  
John Weatherly  
Buffy Weaver

TST and Thrive sponsored massage tent was busier than ever, and including apparel sales at the expo we raised over \$2000 for TST. Thank you to all our expo volunteers and our massage-tent coordinators. Your hard work really paid off.

Finally, I want to send out special congratulations to our TST trainees. You all completed a very long journey and you should be very proud of yourselves. Your enthusiasm and amazing effort inspires all of us "veteran" marathoners. I hope to see your membership applications in the mailbox soon!

-Katie

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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 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

Suzanne Yashewski  
Ali Zicker

#### Half-Marathon Finishers:

Missy Bledsoe  
Lauren Bremer  
Nancy Harris  
Erika Walton

Finally, these TST Members served on the Race Organizing Committee or otherwise volunteered at the race expo or the finish line:

Thomas Arackappampil  
Philip Arno  
Scott Brenneman  
Heather Burnett  
Katie Carmona  
Paul Carmona  
Rosina Castellanos  
Veronica Czuchna  
Ashley Fisher  
Becky Gould  
Mixon Henry  
Angie Jones  
Kelly Marshek  
Claire McGuinness  
Laura Hitt O'Connor  
Thomas O'Connor  
Holly Odom  
Lisa Ro.mig  
Diane Sager  
Rick Slawsky  
Paul Sontag  
Jan Sprayberry  
Kerri Veuleman  
Aimee Ware  
Anna Weihl  
Priscilla Williams  
Andrea Winkler  
Christine Yarosh

All totaled, we had 52 club members/trainees out there. Another impressive day for TST!

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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