

Intervals...

Newsletter for Members of twenty-six two marathon club

December 2008

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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.

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the third issue of "Intervals." In order to receive future issues, please **"Join Our Mailing List"** (see link at left). This link will only be available for last issue of 2008! 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.

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 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 and she'll follow up with more details.

 [TST President Katie](mailto:tstmarathonclub@gmail.com)

A New Year's Resolution

This year at the Dallas White Rock Marathon a 29 year old woman from Austin, Erin Lahr, tragically died after running about 23 miles of the race. Our sport is known for some health benefits (weight loss for example), but with headlines such as these, it can prevent an aspiring marathoner from pursuing a dream. Runner's World magazine featured a good article about the risk of sudden death during a marathon in their [December 2008 issue](#).

As 2009 approaches, everyone should plan their

Congratulations to:

Several of our members raced in the inaugural San Antonio Rock 'N' Roll Marathon on November 16th: Allison Baxley, Joe Grennan, Maria Hermon, Angie Jones, Laura O'Connor, Thomas O'Connor, Diane Sager, Ron Thoma, and Lisa Romig.

We also had members run the San Antonio Rock 'N' Roll Half Marathon: Megan O'Connor, John Weatherly, and Jennifer Concannon. Way to go TST!

Paul Terranova completed Ironman Arizona on November 22, qualifying for the Ironman World Championships in Kona next year. His marathon time was 3:13.

Maryna Tov who ran the Florence, Italy marathon on November 30th.

Suzanne Yashewski completed the Chicago Marathon, San Antonio Rock N Roll Marathon, AND Sunmart 50K within an 8-week span!

annual physical with their physician to make sure they are healthy for the next round of marathon training.

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, or email Paul at paulruns@gmail.com for



details.

"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 likely be on January 12, 2009. There is no set time, so come down when you finish and get some coffee and pancakes!

Happy Hour with TST!

Come join us for happy hour! Our next date will be January 10, 2009. Mark your calendars now! It will be a great way to relax after work and start looking forward to the weekend.

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

Ken Fries and Kate McLaughlin, who ran the California International Marathon on December 6th.

TST turned out a great performance at the Holualoa Tuscon Marathon on December 7th; all set PR's or a Boston Qualifying time!

Congratulations to: Katie Carmona (PR), Katherine Hill (PR), Claire McGuinness (PR), Eric Johnson (PR), and Paul Carmona (BQT).

Stephanie Swanzy and Diane Sager who ran in the Dallas White Rock Marathon on December 14th.

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

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

TST at the 2009 Austin Marathon Finish Line

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.

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