

Intervals...

Newsletter for Members of twenty-six two marathon club

March 2009

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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

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" 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.

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.

On April 20th thousands of runners will participate in the 113th Boston Marathon. This year we have several club members who qualified for this prestigious and historic race. Congratulations to the runners who ran qualifying times:

Paul Carmona
Veronica Czuchna
Jamie Franke
Talaya Frazier
Ken Fries
Maria Hermon
Kelly Marshek
Kate McLaughlin
Laura Hitt O'Connor
Megan O'Connor
Thomas O'Connor
Grace Payne
Bill Sadler
Jeffrey Saitas
Stephanie Swanzy
Paul Terranova
Maryna Tov

and she'll follow up with more details.



Happy Hour with TST!

The next Happy Hour is on April 8th! It will be a great way to relax after work and start looking forward to the weekend. Look for the Evite coming soon!

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.

And good luck to those who are training for and running the 2009 Boston Marathon:

Scott Brenneman
Paul Carmona
Veronica Czuchna
Talaya Frazier
Maria Hermon
Kelly Marshek
Megan O'Connor
Maryna Tov

Good luck also to the members who will run the Zooma Half Marathon on April 4th!

Debby Bishop
Rachel Boehm
Katie Carmona
Andrea Cobbs
Becky Gould
Julie Gregory
Windy Hardaway
Nancy Harris
Joann Hernandez
Chris Hester
Claire McGuinness
Elise Sillers
Andrea Winkler

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

As our coach always
says, "stay healthy!"

Sincerely,
Newsletter Staff
Twenty-Six Two
Marathon Club

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