

Intervals...

Newsletter for Members of twenty-six two marathon club

Boston Marathon Special Edition 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.

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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

TST at the Boston Marathon!

Your Twenty-Six Two Marathon Club was well-represented at the Boston Marathon on April 20th.

Ken Fries - 2:51:59 (PR)
Scott Brenneman - 3:09:52
Talaya Frazier - 3:30:01
Megan O'Connor - 3:30:02 (PR)
Kelly Marshek - 3:41:00
Maryna Tov - 3:41:42
Alix (Banham) Waugh - 3:51:38
Paul Carmona - 3:55:45
Veronica Czuchna - 3:55:48 (PR)
Maria Hermon - 4:01:58

Austin sent over 100 runners to the race and our own Ken Fries and Scott Brenneman were in the [top 20 Austinites!](#)

The weather conditions were perfect for a race, except for headwinds coming straight out of the east as runners made their way from Hopkinton straight east towards Boston.

Veronica was paced by her brother, Paul Carmona, the entire way except for a brief stretch where Paul stopped at a portapotty and sent Veronica on her way, saying "Go on - I'll catch you!" Unfortunately, the pit stop was right at mile 16, just as the course was beginning the challenging stretch of hills in Newton. Paul zipped up the hills and caught Veronica with plenty of room to spare before they started climbing Heartbreak Hill.

Talaya Frazier and Megan O'Connor ran step-for-step together, finishing only a second apart. They met a couple of amazing athletes on April 20th: an elderly man walking the marathon with oxygen tubes going to his nose, and an Austinite

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

who served in Iraq and ran the marathon in less than 5 hours as an amputee.

Maria Hermon ran her 11th consecutive Boston Marathon this year!

Funny story of the day is that Kelly Marshek missed requalifying by ONE SECOND, needing 3:40:59 but running precisely 3:41:00. The good news is that her 2009 Houston Marathon finish of 3:38 qualified her for Boston in 2009 and 2010, so she didn't really need to requalify anyway

Most of our Austin group from 2009 will be back in 2010, either from double-qualifiers in late 08 or early 09, or by requalifying at Boston.

Congratulations on a great race!

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