

# Intervals...

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

April 2009

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### News from ThriveAustin

Twenty-Six Two Massage Therapy sponsor, ThriveAustin, has added office hours with the new addition of an exceptional Massage Therapist, Sarah Sherwood.

Sarah has been implementing her own healing, bodywork and wellness practices for over a decade. With a background in Personal Fitness Training, Nutritional Consulting, and Massage Therapy she brings to her Massage Therapy and Wellness Coaching a comprehensive approach to healing. Sarah's current focus is in Deep/Sports Massage &

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the fourth 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).

### 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.

Congratulations to the members who ran the Zooma Half Marathon on April 4th:

Philip Arno

Katie Carmona (Ran as a pacer)

Andrea Winkler (Ran as a pacer)

Talaya Frazier (Ran as a pacer)

Megan O'Connor (Ran as a pacer)

Becky Gould (Ran as a pacer)

Claire McGuinness

Debby Bishop

Jeff Saitas

Alejandra Saitas (soon to be member)

Kelly Marshek

Lisa Romig

Diane Sager

Susanna Marin

Joann Hernandez (a TST trainee)

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

Foam Rolling Session

Lymphatic Drainage and is excited for the opportunity to grow at ThriveAustin. She will also be certifying in Active Release Techniques in June.

For the month of April Sarah will be available Friday and Saturday afternoons.

Beginning in May Sarah will be available Tuesday through Friday, 2:30-6:30pm and Saturday, 10am-2pm

Contact Sarah directly to schedule via email: [sarah@integratetolive.com](mailto:sarah@integratetolive.com) or phone: 512-296-4056.

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### Happy Hour with TST!

The next Happy Hour is on May 13th! It will be a great way to relax after work and start looking forward to the weekend. Look for the Evite coming soon!

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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.

Free Foam Roll class for runners, May 9th, 2pm at ThriveAustin.

This 60 minute beginner friendly class will cover basic and advanced moves for foam rolling as a way to self massage common soft tissue stuck points for runners. Participants must bring their own foam roll (or they can be purchased at ThriveAustin for \$30) and a yoga mat. Twenty-Six Two members and non-members are welcome, but all must RSVP to [holly.odom@yahoo.com](mailto:holly.odom@yahoo.com) . Space is limited.

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### Looking for First Timers

If you know of any women who (a) have never run a marathon, but (b) want to run a marathon...

...then please let them know that the applications for the 2009-10 first-time training are now being accepted!

Give your friends our Website to find out more about our group and for the application:

[www.twentysixtwo.org](http://www.twentysixtwo.org)

We've trained 44 women to the finish line in 5 different classes: 2005-07 (San Diego), and 2008-09 (Austin).

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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

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