

Intervals...

Newsletter for Members of twenty-six two marathon club

May 2009

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Thank You, TST!



of
our TST club
members
volunteered to
work at the finish
line of the Austin
Marathon this past
February. Other
club members
served as official
pace group leaders
for the race, at the
massage tent, at
the Expo, or in
some other
capacity to support
the race. Conley

Dear Paul,

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

Congratulations to Jamie Lynn Lugo who not only ran in the La Crosse Fitness Festival Marathon on May 3rd in Wisconsin, but she WON her age group (by an 11 minute margin) and qualified for the Boston Marathon!

Congratulations to Stephanie Swanzy for running a leg of the Beach to Bay Relay Marathon on May 16th!

Good luck to Colleen Forrest who runs in the Madison Half Marathon on May 24th!

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

"Summer Running...Having a Blast!"

Unless you're already training for a late-summer or early-fall marathon, like Seattle (June) or Chicago (October), you're probably in one of those periods where you're following no specific training

Sports, the Austin company that manages the Austin Marathon, has acknowledged TST's contributions to the 2009 race by donating \$2,000 to the club. To all of you who volunteered in one way or another at the 2009 Austin Marathon, THANK YOU for supporting this outstanding race in our very own home city, and thank you for representing your club at this flagship event in the Austin running community.

Get Published!

For anyone who has dreamed of seeing their name in print...or you want to share your running experiences with the world, Angela Jones wants to hear from you! She is working on a new book project and would like to ask marathoners some questions about their race experiences. She's looking for stories that make you laugh, with a little bit of seriousness mixed in. Contact Angela at angelajones37@yahoo.com.

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

schedule, perhaps wondering how far and how hard you should be running these days. Instead of considering yourself to be "off-season," think of yourself as being in "maintenance" mode. The primary focus should be on maintaining your aerobic base, which means that most of your miles should be at an easy, conversational pace. There are all kinds of heart rate formulas and "rate of perceived exertion" scales to determine your optimal pace for aerobic training, but the easiest way to do this is to simply run at what you feel is an "easy pace." Aim for 40-60 minutes at this pace, at least 3-4 times per week. If you can run 5-6 days a week, that's fine too. Make one of those a longer run, but don't aim for anything much longer than 90 minutes or so. Go early or late in the day to avoid heat. Mix up your routes to keep boredom away. Run with friends or groups. Take plenty of walk breaks or water stops if needed. Once a week or every other week, it's ok to go out and do some speed or hill work, but keep in mind that your speed and stamina in these intensity workouts might be less than what you experienced during racing season. The goal of these speed and hill sessions is not to perform at high levels, but to keep just a little bit of intensity in your running routines during the long, hot summer days. Remember, the primary goal is to work on your aerobic engine, which means lots of miles at slow, easy paces. Questions? Ask the coach at paulruns@gmail.com.

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

We've trained 44 women to the finish line in 5

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.

As our coach always says, "stay healthy!"

Sincerely,
Newsletter Staff
Twenty-Six Two
Marathon Club

different classes: 2005-07 (San Diego), and 2008-09 (Austin).

Relax and Unwind!

The next Happy Hour is on June 10th! It will be a great way to relax after work and start looking forward to the weekend. Look for the Evite coming soon!

Save the date for a picnic party on June 28th! We are planning a TST spring fling party at Deep Eddy (Eilers Park) from 10am-2pm. It's a "brunch" picnic that is family friendly. The pool will be open, but note that if you want to use the pool, you have to pay the additional entry [fee](#).

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