



## CSU Annual Recognition Party!

**When:** Saturday, December 3, 6:30 pm  
**Where:** Pat Robinson/Henry Finch's home  
153 Windsor Road, Waban/Newton  
**What:** Celebrate 2011! Dinner provided,  
potluck dessert and BYOB  
**Who:** All CSU Members, family & special  
friends are invited  
**How:** RSVP to Gail at [gail@csurun.org](mailto:gail@csurun.org)

## Thanks to Everyone Who Volunteered with CSU at the Tufts 10K!

A big CSU thank you to everyone who volunteered on Columbus Day with CSU. Your volunteer efforts not only made for good Club fun and (an outstanding hot-weather workout) but also helped us finance Club activities for the year.

## Mud, Grass, Beautiful Fall Foliage & More Mud

The Cross-Country season is well underway, but it's not too late to sign up for the USATF NE Championship, as well as a few other fun races!!!

Sun., Nov 6, 10 am: USATF-New England Championship, Franklin Park, 8K (Masters Men), 10K (m), 6K (f), GRAND PRIX

Sun., Nov 20, 11 am: Little Rhody Runaround, 8M Trail Race, Burlingame Park, Charlestown, RI. Must wear Orange for hunting season – perfect for CSU!!!!

Sun., Nov 27, 12:00pm: Andover Striders Annual 6K Cross Country Race, Andover Country Club, Andover, MA

## Seeking Hosts for Sunday Group Runs

Due to popular demand we will be bringing back the Sunday Group Runs, starting January 8, 2012. If you are interested in hosting a run, email [cat@csurun.org](mailto:cat@csurun.org)

## Winter Track Reminder: Starts December 1st

There's still time to sign up for the Boston University Athletic Enhancement Center's 14-week indoor coached speed program for CSU: Thursday nights, 7 – 8 pm, \$165 for the entire track program. What a deal!! Any questions? Contact [cat@csurun.org](mailto:cat@csurun.org)

## Congratulations, CSU Grand Prix Winners!

Hats off to CSU Iron Runners Sumner Brown, Terry McNatt, Kevin Delaney, Henry Leong, and Marshall Randolph for running all 7 USATF Grand Prix races this season, and to Gordon MacFarland and Marshall Randolph for their One-Two finish in the 60s Division of the USATF Grand Prix series!

## Save the Date – 2012: CSU Volunteers @ the Greater Boston Food Bank

Saturday, January 21, 9:30 am – 12:00 pm  
Contact [gail@csurun.org](mailto:gail@csurun.org) for info and sign-up – limited to 20 CSU members/friends

CSU's up-to-date website with our blog, calendar, and forums should be part of your daily online reading. Bookmark [CSUrun.org](http://CSUrun.org) today, and contact [tom@csurun.org](mailto:tom@csurun.org) to post your own stories/news!



**WEEKLY:**

Thursday: Indoor Track Workouts start December at Boston Univ. Athletic Center  
 Saturday: Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)  
 Sunday: Walden Pond Trail Runs and CSU long runs – Watch for Weekly Information on [csurun.org](http://csurun.org)

**RACE IDEAS FOR November/December 2011:**

November 12	10:00 am	10 <sup>th</sup> Camy 5K Run	Walpole, MA
November 12	10:00 am	Edaville Rail Run 5M	Edaville, MA
November 13	10:00 am	5 <sup>th</sup> Annual Turkey Trot 5K	Norwell, MA
November 20	11:00 am	Norwood Turkey Trot 4M	Norwood, MA
November 20	1:00 pm	Turkey Trot 8K	Essex, MA
November 24	9:00 am	Boston Volvo 5K	Boston, MA
November 24	8:00 am	Thanks4Giving 5K/10K	Lowell, MA
November 24	9:00 am	Gobble Gobble Gobble 4M	Somerville, MA
November 24	8:00 am	Wild Turkey 5M	Salem, MA
November 24	8:30 am	WCRC Wild Turkey Trot 5K	West Newbury, MA
December 3	10:00 am	Reindeer Run 5K	Beverly, MA
December 4	12:30 pm	Jolly Jaunt 5K	Danvers, MA
December 11	11:00 am	Walters Run 5K	West Roxbury, MA

**CSU ANNOUNCEMENTS**

- *Have a Ride or Need a Ride? if you are driving to a CSU event/race or need a ride -- please share that info on the CSU list-serv or website*
- *New Members – Please contact Gail Breslow, [gail@csurun.org](mailto:gail@csurun.org), or Catherine Cagle, [cat@csurun.org](mailto:cat@csurun.org), so we can welcome you and introduce you to others!*

**CSU Calendar**

The calendar of  
 Cambridge Sports Union  
 c/o 19 Appleton Street  
 Waltham, MA 02453

Editors: Catherine Cagle & Gail Breslow

To subscribe to CSU's mailing list, go to:  
<http://mailman.mit.edu/mailman/listinfo/cs-u-l>

**CSU's up-to-date website with our blog, calendar, and forums should be part of your daily online reading. Bookmark CSUrun.org today, and contact [tom@csurun.org](mailto:tom@csurun.org) to post your own stories/news!**