



Seeking Volunteers, Boston Food Bank:

When: Saturday, Jan. 21, 9:30 am – 12 pm
What: Sorting food & making a difference (optional brunch at Mike's Diner following)
Contact gail@csurun.org for info and sign-up – limited to 20 CSU members/friends

It's 2012! Time to Renew Your CSU Membership...

Renewing your membership online is easy and secure. Just go to csurun.org, click on the membership link, and have a credit card handy. (If you prefer paying by check, you can still do so by following the mail-in instructions as indicated.) If you have any questions, please contact Geoffrey Kent, geoffreyokent@yahoo.com

Seeking Hosts for Sunday Group Runs

Due to popular demand we will be bringing back the Sunday Group Runs, starting January 8, with a Waffle Run from Waltham! Watch the listserv for details. If you are interested in hosting a run, please email cat@csurun.org.

Save the Date: Soup Run, March 25

Calling all Boston Marathon runners and other winter long-runners! Pat Robinson and Henry Finch will be hosting the annual Soup Run on Sun., March 25. Runners will be shuttled to the Marathon Start for any distance up to 18-20 miles.

Drivers/ support crew needed, as are runners. Early-morning start. Stay tuned for details, and start practicing soup recipes!

Welcome Jon Waldron, Hall of Fame Inductee!

Long-time CSU member and Newton resident Jon Waldron was inducted into the CSU Hall of Fame on Saturday, December 3, at our annual Recognition Party.

A member of CSU since 1984, Jon has a track record of stand-out running performances across a wide range of distances and venues. He was a MA All-State cross-country runner in high school, ran a 2:30 marathon in 1991, won a U.S. Masters Indoor Mile Championship in 2003, and held the American M45 age-group record for the outdoor 3000 meters (9:04:05) from 2003-05.

But Jon is more than just a stand-out runner in his own right. At CSU's annual Hall of Fame induction ceremony, fellow runner Terry McNatt described Jon as a true Renaissance Runner – a personal mentor to many other runners, a high school cross-country and track coach at Concord Academy, a writer-blogger-philosopher about running and about life, and someone who integrates his love of running with his interest in music, writing, and life as a whole. As Terry said, "Jon is always more interested in your training and accomplishments than his own... He is a listener and thinker in coaching and in life." Jon helps the Club out in a myriad of ways, most notably embracing the sport of running and leading a long and successful running life of his own. In short, he is and has been an inspiration to us all!

Jon joins prior-year inductees Larry and Sara Mae Berman (co-founders of CSU) and 1984 Olympic marathoner Eleonora Mendonca in the CSU Hall of Fame, as well as Duke Hutchinson, Pat Robinson, Henry Finch, Lisa Doucett, Sumner Brown, Diane McLaughlin, and Catherine Farrell.

Congratulations, Jon!

CSU's website with our blog, calendar, and forums should be part of your daily online reading. Bookmark CSUrun.org today, and contact tom@csurun.org to post your own stories/news!



WEEKLY:

Thursday: Indoor Track Workouts at Boston Univ. Athletic Center
 Saturday: Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)
 Sunday: Group Long Runs – Watch for Weekly Information on csurun.org & listserve

2012 USATF Grand Prix Series

Sun., Feb 26	11:00 am	Jones Group 10-Miler	Amherst, MA
Sun., Mar 18	11:00 am	New Bedford Half Marathon, 13.1M	New Bedford MA
Sat., May 19	9:00 am	Bedford Rotary 12K	Bedford, NH
Sun., June 10	9:00 am	Newton 10K	Newton, MA
Sat., July 28	9:00 am	Carver Cranberry 5 Mile	Carver, MA
Sun., Sept. 23	9:00 am	Legacy 5K	Dedham, MA
Sun., Oct 28	8:30 am	Cape Cod Marathon	Falmouth, MA

Be sure to “subscribe” with CSU and renew your USATF membership so you can participate in the 2012 Grand Prix Series, score points for CSU, and have race entries paid by CSU. Go to usatfne.org

2012 New England Runner Pub Series Schedule

Sun., Mar 25	10:00 am	An Ras Mor 5K	Cambridge, MA
Sun., April 22	11:00 am	Doyles 5M	Jamaica Plain, MA

Watch for updates on csurun.org & the listserve in January

RACE IDEAS FOR JANUARY/FEBRUARY 2012

Sun., Jan 22	10:00 am	Boston Prep 16 miler	Derry, NH
Sun., Feb 5	10:00 am	Great Stew Chase 15K	Lynn, MA
Sat., Feb 11	10:00 am	Bradford Valentine 5 miler	Bradford, MA
Sun., Feb 12	11:00 am	Paddy Kelly 5 miler	Brockton, MA

CSU ANNOUNCEMENTS.

- Big CSU thank you to Pat Robinson & Henry Finch for hosting the CSU Recognition Party!
- 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, or Catherine Cagle, cat@csurun.org, so we can welcome you and introduce you to others!

CSU Calendar

The calendar of the
 Cambridge Sports Union
 2012, Cambridge Sports Union
 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/csul>

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