



Happy 50th, CSU!

Thanks to everyone who helped plan and came out on June 23rd to celebrate CSU's 50th Birthday at the Windsor Club in Waban. Here is to the next 50 years!

CSU Fresh Pond Races on Thursdays

Come to Fresh Pond Thursday nights to run or volunteer! Very fun, very informal, with popsicle-stick timing results.

Races start promptly at 6:30 pm and are 2.5 miles around the pond. Bring a 50-cent donation to cover the watermelon & water. Starting line is ¼ mile clock-wise from the Cambridge Water Dept. building. This season's races go through Sept.

Seeking 30 CSU Volunteers for the Corporate Challenge Thursday, July 12th

Time: Check-in 5:30 pm, volunteer 'til 8 pm
Where: Boston Common
Contact: Catherine Cagle, cat@csurun.org

Friends & family members are welcome to volunteer. Drag them along if you can!

CSU earns \$30 per volunteer, which goes towards race fees & CSU events!

CSU Annual Ice Cream Tour des Glaces

When: 10:30 am, Sunday, July 22nd

Where: Meet at Concord (MA) Center, on the green, by the water fountain.

What: A leisurely bike ride to THREE houses of Delectable Dairy Delights: Bates at Kimball's (Carlisle), Erickson's (Maynard) & Kimball's (Westford).

Who: Almost everyone can do all or some of the bike ride. The ice cream eating is by far the most strenuous activity of the trip. Start training now! Bring your friends, family and especially your bikes <and helmets>!

RSVP: gail@csurun.org or (617) 926-5149

Note: Rain date will be sometime later in the summer. Call 857-204-4153 for a go/no-go decision if it is rainy on the 22nd.

Stay Cool with Walden Pond Runs

Watch the CSU listserve for information on the weekend runs at Walden Pond. These morning runs typically start at 9:00am and end with an optional swim in Walden Pond. The shady soft trails around Walden Pond also offer relief from the summer sun.

Need CSU Gear?

Remember to wear your CSU gear at races and for new CSU gear, please contact Catherine Cagle, cat@csurun.org

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:

Tuesday: Outdoor Track Workouts at Harvard Track (6:15 pm warm-up)
Thursday: Fresh Pond CSU weekly 2.5-Mile Races, through September (6:30 pm start)
Saturday Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)
Sunday: Check the CSU list-serv for Walden Pond and/or Battlefield Road Runs

2012 USATF Grand Prix Series

Sat., July 28	9:00 am	Carver
Cranberry 5 Mile		Carver, MA
Sun., Sept. 30	12:00 noon	Jack
Kerouac 5K		Lowell, 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., August 19	TBA	Common
Fence Point 5M		Portsmouth, RI
Sun., September 30	12:00 noon	Jack
Kerouac 5K		Lowell, MA
Sun., October 14	11:30 am	Paddy's
Shillelagh Shuffle 3M		West
Newton, MA		

RACE IDEAS FOR July/August 2012

Sun., July 15	9:00 am	31 st Stowe 8
Miler & Relay		Stowe, VT
Tue., July 31	6:10 pm	Yankee
Homecoming Race		
		Newburyport, MA
Sat., August 11	9:00am	Bridge of
Flowers Road Race		Shelburne Falls, MA
Sat., August 18	9:00am	5K Run for
Jabberwocky		Edgartown, MA

CSU ANNOUNCEMENTS.

- *Thank you to the CSU Mount Washington volunteers! And congratulations, runners!*
- *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>

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.