



Seeking 30 CSU Volunteers for the Tufts 10K Race

When: 9:00 am, Monday, October 10th

Where: Boston Common

Contact: Gail Breslow, Gail@csurun.org

Friends & family members are welcome to volunteer! Volunteering is easy & fun. Please note CSU earns \$20 per volunteer that goes towards race fees & CSU events!

Interested in Getting Fast this Winter?

This is as easy as signing up for winter track! Not to worry about slipping on the ice, we will be running again at the BU indoor track.

If you are interested please email Catherine Cagle, Cat@csurun.org

CSU Fresh Pond Races Underway -- Thursday Evenings!

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 EVERY week this year. Bring a 50-cent donation to cover the watermelon & water.

Starting line is ¼ mile clock-wise from the Cambridge Water Department building. This season's races go through September.

Mud, More Mud and Lots of Fun

Hope you are ready to run because here is your USATF-NE Grand Prix XC for 2011!

Sept 24 Codfish Bowl
Boston, MA

Oct 2, 16 Boston Parks/USATF- NE
Development Races 9:30 am

Oct 23 Boston Mayor's Cup, 10:00am

Nov 6 USATF-NE X-C
Championships
Boston, MA

Watch for more information from CSUers on the list serve or check out <http://www.usatfne.org/cross/> . Cross-country is fun and easy to participate in, even if you have never done it before. It really is not that muddy!

Look Good and Be Warm this Fall

Looking for something special in the way of CSU yin-yang running gear – please contact Catherine Cagle, cat@csurun.org or Geoffrey Kent, Geoffrey@csurun.org

CSU Annual 'Gala' & Recognition Awards Saturday, December 3

Make sure to save this date on your calendar, as this is the Oscars of running for CSU. Black tie not required, only a festive spirit to celebrate the season. Details will follow in November!



WEEKLY:

Tuesday: Outdoor Track Workouts at Harvard Track (6:30pm warm-up)
Thursday: Fresh Pond Races (2.5 miles every week, 6:30pm start, through September)
Saturday Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)

- 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!

2011 USATF Grand Prix Series

Sun., Oct 30 8:30 am Cape Cod Marathon Falmouth, MA
Plan ahead for 2012 and renew your USATF membership now so you can participate in the upcoming Grand Prix Series, score points for CSU. Go to usatfne.org

2011 New England Runner Pub Series

Schedule

Sun., October 16 11:30 am Paddy's Shillelagh Shuffle 3M Newton, MA

RACE IDEAS FOR September/October 2011

Sat., Sept 17 Mount Desert Island Half Marathon Bar Harbor, ME
Sat., Sept 17 Danny Oates Memorial 5K Bedford, MA
Sun., Sept 25 Jack Kerouac 5K Lowell, MA
Sun., October 9 Bobby Bell 5 Mile Road Race Haverhill, MA
Sun., October 9 Harpoon Vermont Octoberfest Road Race Windsor, VT
Sun., October 30 Annual Bill's 5K Newton, MA
Sun, October 30 Komen Race for the Cure Boston, MA

CSU ANNOUNCEMENTS.

- Seeking volunteers for the CSU Orienteering Event from October 21-23rd. Please contact Sara Mae or Larry Berman, smlberman@verizon.net
- Save June 23rd, 2012 for CSU's 50th Anniversary Celebration! Details to come!

CSU Calendar

The calendar of the Cambridge Sports Union
 2011, Cambridge Sports Union
 19 Appleton Street
 Waltham, MA 02453

Editors: Catherine Cagle & Gail Breslow

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<http://mailman.mit.edu/mailman/listinfo/cs-u-l>

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