



Seeking 30 CSU Volunteers for the Tufts 10K Race

When: 10:00 am, Monday, October 8th
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!

X-Country Xed Up

Due to construction projects at Franklin Park this fall, there's an abbreviated X-country race, but here are a few!

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| Sept 23 | Greater Boston TC XC Festival Elm Bank, Wellesley |
| Oct 7 | Wayland XC Festival, Wayland |
| Nov 18 | USATF-NE X-C Championships Stanley Park, Westfield |

Watch for more information from CSUers on the list serve or check out <http://www.usatfne.org/cross/> . X-country is fun and easy, even if you have never done it before.

CSU Fresh Pond Races on Thursdays

Races start promptly at 6:30 pm and are 2.5 miles around the pond. Starting line is ¼ mile clock-wise from the Cambridge Water Dept. building. This season's races go through Thursday, Sept. 27th.

CSU, Inc. Annual Meeting

When: 7 pm, Monday, September 24
Where: Home of Pat Robinson & Henry Finch
153 Windsor Road, Waban (Newton)
617-527-3322

What: CSU Annual Meeting and dinner
Agenda: Welcome
State of the <CSU> Union
Brief updates from each section
Election of officers
Treasurer's Report
Other CSU business

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

Calling All CSU Runners!

Come to a fall-season Running Section meeting following the Sept. 20th Fresh Pond Race.

When: Thurs., Sept. 20, 7:15 pm (approx.)

Where: Alewife Bertucci's
(free parking across the street)

Agenda: Welcome new CSU Runners, explore winter indoor track options, discuss 2012 season wrap-up and 2013 recruiting, and more!

RSVP: Gail at gail@csurun.org

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



CSU Running Section Calendar September/October 2012

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

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., 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 September/October 2012

Sun., Sept. 9 9:00 am Jeff Coombs Memorial 5K

Abington, MA

Sat., Sept 15 8:30 am Danny Oates Memorial 5K Bedford, MA

Sun., Sept 23 2:30 pm Littleton 5K Littleton, MA

Sat., October 6 9:00 am Somerville Homeless Coalition 5K Somerville, MA

Sun., October 7 10:30 am Bobby Bell 5 Miler Haverhill, MA

Sun., October 7 11:00 am Harpoon Vermont Octoberfest Windsor, VT
 Sat., October 20 10:00 am Komen Race for the Cure 5K South Boston, 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, 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