



Thank You, Tufts 10K Volunteers

CSUers, friends & family members all helped raise over \$500 for the running section that will be used for our race fees & CSU events!

Annual CSU Recognition Party December 1st

The event will be held at the home of Pat Robinson and Henry Finch in Waban. The event will be catered as usual, with an invitation to BYOB and BYOD (= dessert).

Regarding the Dessert Competition, this year there are no restrictions, no categories, No-Holds-Barred! In the spirit of Keeping It Simple, there will be just ONE competition category: "Best Dessert."

Date/Time: Saturday, December 1st
7:00 pm

Where: 153 Windsor Road, Waban
(Newton) 617-527-3322

Dress: Festive

RSVP: Gail Breslow, Gail@csurun.org

Time to Renew With CSU for 2013!

On-line registration starts in November and can be done in-person at the Recognition Party.

CSU/BU Indoor Winter Track Program Starts November 29th

CSU is pleased to announce our 5th year of offering a coached indoor track program at the BU indoor track. The program will start on Thursday, November 29th.

As in past years there are a limited number of spots and this opportunity will fill up quickly. Please stay tuned for the specific details including the number of weeks and cost.

'Like' CSU on Facebook

We have a new CSU facebook page at "Cambridge Sports Union Runners" and hope you will 'like' us as a way to easily be connected with the latest news from your team members.

You can easily post photos, race results and support other CSUers on this page.

2013 USATF Membership

To participate with CSU in the USATF-NE Grand Prix Race Series, you must have a valid USATF membership number.

This membership is separate from your CSU dues and can be done online at <http://www.usatfne.org/member/index.html>

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: Check the CSU webpage for Outdoor Track Workouts at Harvard Track

Thursday: Indoor track program at BU starts November 29th (Stay tuned for cost/signup details)

Saturday Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)

Sunday: Watch the CSU list-serv for Walden Pond and/or Battlefield Road Runs

2012 USATF Grand Prix Series

Congratulations to CSU runners who participated with CSU in the 2012 USATF Grand Prix Series!

Help shape the 2013 series by attending the 2013 USATF Grand Prix presentation meeting on Monday, November 5th at the Gosman Athletic Center at Brandeis University in Waltham, MA. On-line voting by 2012 members age 18 and over will take place from Thursday, November 15 through Tuesday, November 20.

2012 New England Runner Pub Series Schedule

Congratulations to CSU Pub runners who enjoyed this fast and fun race series! For those of you who have not checked out this race series, be sure to check it out in 2013.

RACE IDEAS FOR November/December 2012

Sun., November 11	12:00 pm	Monson Memorial Classic Half Marathon	Monson, MA
Sat., November 17	12:00 pm	1 st Annual Piggy's 5K	Waltham, MA
Sun., November 18	11:00 am	USATF Cross Country Championship	Westfield, MA
Thur., November 22	8:00 am	Thanks 4 Giving 5k & 10K	Lowell, MA
Thur., November 22	8:30 am	Feaster Five Thanksgiving Day Race	Andover, MA

Thur., November 22	9:00 am	Gobble Gobble Run	Somerville, MA
Sat., December 1	10:00 am	Reindeer Run 5K	Beverly, MA
Sun., December 9	11:00 am	Walter's Run 5K	West Roxbury, MA
Sun., December 16	11:00 am	Jingle Bell Run	Somerville, 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, website or Facebook.*
- *New Members – Please contact our membership coordinator 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/cs-u-l>



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