



Seeking Volunteers!

CSU is looking to organize more social activities off the track this year, such as weeknight runs followed by bar trivia, occasional city running tours, workshops and happy hours. To share ideas or join the CSU social committee, contact Meghan at meghanca@gmail.com.

It's 2013! 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, contact Tom at tom@csurun.org

Welcome Terry McNatt, Hall of Fame Inductee!

Long-time CSU member Terry McNatt was inducted into the CSU Hall of Fame at our annual Recognition Party, December 1st.

A member of CSU since the early 90's, Terry has had a prolific running career over the past 20 years, defying the aging process. But Terry is fast as well as prolific: from 1998 to 2012, he has been the top CSU finisher in about 75% of the Championship races he has run for the Club. Terry has also won his division in the NE Runner's Pub Series 3 times (including 2012) and the overall title twice. Impressive as Terry's running resume is, CSU also honors the personal qualities that make him one of New England's most respected runners. Among those qualities are his loyalty and generosity. As friend and running partner Jon Waldron noted, "For me and I suspect for others, Terry has been the model for how to train, how to race, how to be a good teammate, and how to enjoy running to the fullest." Congratulations, Terry!

Get a Running Start on the New Year!

Back by popular demand, CSU Sunday Winter Group Runs, with an emphasis on "T-friendly" starts. Here's the run-down <pun intended>, but check the CSU listserv, website, and/or Facebook for the most up-to-date listing. Questions? Contact Tom at tom@csurun.org.

January 6: Stephen Granger-Bevan (Harvard Square)

January 13: Tom Dmukauskas/Kristi Cabot (Harvard Square)

January 20: Mimi Sun (Beacon Hill)

January 27: Boston Prep 16 Miler (Derry, NH)

February 3: Delwyn Williamson/Judy Teitelman (Jamaica Plain)

February 10: Catherine Farrell/Steve Wofsy (Arlington)

February 17: Meghan Cartwright (Oak Square)

February 24: USATF Jones 10 Miler

March 3: Catherine Cagle/Theo Kindermans (Waltham)

March 10: Patrick Bugbee/Elizabeth Utz (Fresh Pond)

March 17: USATF New Bedford Half Marathon

March 24: CSU Soup Run - Pat Robinson/Henry Finch (Newton)

Save the Date: Soup Run, March 24

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 24. 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!

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 Ctr (pre-registration required)
 Saturday Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)
 Sunday: Group Long Runs – Watch for Weekly Info on csurun.org, listserve, & Facebook

2013 USATF Grand Prix Series

Sun., Feb 24	11:00 am	Jones Group 10-Miler	Amherst, MA
Sun., Mar 17	11:00 am	New Bedford Half Marathon	New Bedford MA
Thu., June 13	6:30 pm	Hollis 5K	Hollis, NH
Sat., July 27	9:00 am	Carver Cranberry 5 Miler	Carver, MA
Sun., Sept. 15	9:00 am	Lone Gull 10K	Gloucester, MA
Sun., Sept. 29	8:30 am	Nahant 30K	Nahant, MA
Sun., Nov. 3	8:50 am	Manchester City Marathon	Manchester, NH

Be sure to “subscribe” with CSU and renew your USATF membership so you can participate in the 2013 Grand Prix Series, score points for CSU, and have race entries paid by CSU. Go to usatfne.org

RACE IDEAS FOR JANUARY/FEBRUARY 2013

Tues., Jan. 1	11:00 am	Hangover Classic 10K/5K	Salisbury, MA
Tues., Jan. 1	10:00 am	Wicked Frosty Four (4M)	Salem, MA
Tues., Jan. 1	11:00 am	Freezer Five (5M)	Sterling, MA
Sat., Jan. 5	10:00 am	Little Compton Winter Run (4.8M)	Little Compton, RI
Sun., Jan 27	10:00 am	Boston Prep 16 miler	Derry, NH
Sat., Feb 9	10:00 am	Bradford Valentine 5 miler	Bradford, MA
Sat., Feb 16	11:00 am	Martha’s Vineyard 20 Miler	Vineyard Haven, 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!
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CSU Calendar

The calendar of the
 Cambridge Sports Union
 2013, 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>

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