



CSU Half Marathon Training Program

CSU will be partnering with Marathon Sports in Cambridge to host a free training program this Spring. The 6:15pm weekly Wednesday runs will begin March 13th and run through May 22nd. Join us for the run and/or bar trivia at Tommy Doyle's in Harvard Square after the run at 8pm! Please spread the word to any friends/family that might be interested in joining the program. Contact Patrick Bugbee at patrick@csurun.org.

New CSU Gear Coming for Spring 2013!

Good news – due to popular demand new singlets and shorts will be available for Spring. Stay tuned for more information and how this 'new look' will not only make you look good but be faster.

'Famous' CSU Soup Run + A Short Running Team Planning Meeting Sunday, March 24th

Runners will be carpooled to the marathon start in Hopkinton for any distance up to 18 miles with support (or more, without support). Please bring a food and/or drink to share after the run. Casseroles/soups and/or baked goods are encouraged. Bring warm clothing for after the run.

In addition to wonderful soup & good company post-run, we will have a short CSU Running Team Planning Meeting.

Time: 8:00 am SHARP!

Hosts: Pat Robinson & Henry Finch
153 Windsor Road, Waban (Newton)

Transit Friendly: Riverside Green Line, Waban

RSVP: pat@csurun.org, 617-964-4488

What: Drivers, support crew, runners needed

Spring is Fast Approaching Make Sure You are Faster by Joining CSU Sunday Group Runs!

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.

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)

2013 Boston Marathon CSU Activities

CSU Carbo Load Party

Saturday, April 13th @ 7:00pm

Host: Gail Breslow

26 York Avenue
Watertown, MA 02472

(By T: #73 bus from Harvard Sq)

What: Come support our runners and enjoy a fun night with friends, family & runners. Everyone is welcome! Please bring a potluck dish to share & BYOB. RSVP to gail@csurun.org, 617-926-5149

CSU Cheering, Marathon Monday, April 15th

Remember, runners & supporters, wear your CSU gear on race day!!! That way, runners can see all the CSU supporters, and supporters can spot CSU runners. There are two traditional CSU cheering locations:

1. CSU Banner, mile 14 at the park, Wellesley
2. CSU Tent at Prince & Comm Ave (30K), Newton

CSU's newly updated 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., 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 <at www.usatfne.org> to participate in the 2013 Grand Prix Series, score points for CSU, and have race entries paid by CSU.

2013 New England Runner Pub Series Schedule

Sun., April 7	11:00 am	Doyles 5M	Jamaica Plain, MA
Sun., April 28	11:00 am	James Joyce Ramble 10K	Dedham, MA
Sun., May 19	10 :30 am	Evan’s Run 5K	Norwell, MA
Sun., Aug. 18	TBD	Common Fence Point 5M	Portsmouth, RI
Sun., Sept. 22	10:00 am	Tavern to Tavern, 5K	Cambridge, MA
Sun., Oct. 20	11:30 am	Paddy’s Shillelagh Shuffle 3M	West Newton, MA

Remember, you need to subscribe to the magazine to get the jacket, more info: www.nerunner.com

RACE IDEAS FOR March/April 2013

Sun., March 10	9:30 am	An Ras Mor 5K	Cambridge, MA
Sat., March 30	1:00 pm	Shifters 5K	Waltham, MA
Mon., April 15	10:00 am	Patriots Day 5 Miler	Lexington, 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
 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/csul>

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