



## CSU Annual Recognition Party!

**When:** Saturday, December 7<sup>th</sup>  
**Time:** 6:30 pm – 10 pm  
**Where:** Pat Robinson/Henry Finch's home  
153 Windsor Road, Waban/Newton  
**What:** Celebrate 2013!  
Dinner provided, BYOB  
**And:** Potluck dessert competition --  
Age-group awards!  
**Who:** All CSU Members, family &  
special friends are invited  
  
**How:** RSVP to Gail at [gail@csurun.org](mailto:gail@csurun.org)

## Thanks to Everyone Who Volunteered with CSU at the Tufts 10K!

A big CSU thank you to everyone who volunteered on Columbus Day with CSU. Your efforts made for good Club fun (and an outstanding workout) but also helped us finance Club activities for the year. Thank You ALL!!

## Mud, Grass, Beautiful Fall Foliage & More Mud

The Cross-Country season is well underway, but it's not too late to sign up for the USATF NE Championship!!!  
Sun., Nov 10, 10am; USATF-New England Championship, Franklin Park, 8K (Masters Men), 10K (m), 6K (f), GRAND PRIX for the USATF NE Championship!!!

## Seeking Sunday Group Runs

Due to popular demand we will be bringing back the Sunday Group Runs, starting January, 2014. If you are interested in hosting a run, email [cat@csurun.org](mailto:cat@csurun.org)

## Winter Track: Starts December 5<sup>th</sup>

It's time to sign up for the Boston University 14-week indoor coached speed program for CSU:  
Thurs. nights, 7-8 pm, \$150 (\$165 after Nov. 15<sup>th</sup>) for the entire track program. CSU membership required.  
For more info, contact [cat@csurun.org](mailto:cat@csurun.org)

## Volunteers Needed! Saturday Fresh Pond Races

Help keep the tradition alive! Contact Diane McLaughlin at [Laugh@mit.edu](mailto:Laugh@mit.edu) if you can help out on any given Saturday (10 – 11am).  
Volunteers needed beginning Jan. 2014.

## Save the Date! CSU @ the Greater Boston Food Bank

Saturday, January 11, 9:30 am – 12:00 pm  
Contact [gail@csurun.org](mailto:gail@csurun.org) for info and sign-up – limited to 20 CSU members/friend



**WEEKLY:**

Thursday: Indoor Track Workouts beginning Dec. 5<sup>th</sup> at Boston U. Athletic Center  
 Saturday: Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)  
 Sunday: CSU long runs – Watch for Weekly Information on CSU list-serv

**RACE IDEAS FOR November/December 2013:**

November 2	10:00 am	Run for All Ages 5K	Wakefield, MA
November 3	10:00 am	10 <sup>th</sup> Annual Boys & Girls Club 5K	Watertown, MA
November 3	12:15 pm	Genesis Battlegreen 5K/10K	Lexington, MA
November 17	10:00 am	30 <sup>th</sup> YMCA 5M Turkey Trot	Taunton, MA
November 24	11:00 am	Norwood Turkey Trot 4M	Norwood, MA
November 28	8:00 am	Thanks4Giving 5K/10K	Lowell, MA
November 28	9:00 am	Gobble Gobble Gobble 4M	Somerville, MA
November 28	8:00 am	Wild Turkey 5M	Salem, MA
November 28	8:00 am	Concord Turkey Trot 5K	Concord, MA
December 1	9:30 am	Cambridge 5K Yulefest	Cambridge, MA
December 7	10:00 am	Reindeer Run 5K	Beverly, MA
December 14	12:00 pm	Assault on Mount Hood	Melrose, MA
December 15	11:00 am	Somerville 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 or Facebook: Cambridge Sports Union Runners*  
 - *New Members – Please contact Gail Breslow, [gail@csurun.org](mailto:gail@csurun.org), or Catherine Cagle, [cat@csurun.org](mailto:cat@csurun.org), so we can welcome you and introduce you to others!*

To subscribe to CSU's mailing list, go to:  
<http://mailman.mit.edu/mailman/listinfo/csul>

Editors: Catherine Cagle & Gail Breslow

CSU Calendar  
 The calendar of  
 Cambridge Sports Union  
 c/o 19 Appleton Street  
 Waltham, MA 02453