



Seeking CSU Volunteers for the 38th Tufts 10K Monday, October 13th

Volunteer with CSU at the Tufts 10K, where our organizational skills at the baggage area are legendary with the Tufts organizers.

Volunteering (10:30 am – 2:00 pm) is easy and fun! Plus – not only is it a great way to meet other members, but each volunteer earns \$20 for CSU that helps us fund activities such as the recognition party and race fees.

Contact Gail at gail@csurun.org to sign up or for more info.

Get 'Dirty' this Fall with X-Country Racing

9/7: XC Invitational Elm Bank, Wellesley

9/27: 45th Codfish Bowl

10/5: Western MA XC, Ashley Reservoir Holyoke

10/26: Boston Mayor's Cup Franklin Park, Boston

11/9: USATF Championship Franklin Park, Boston

11/30: Warrior Run Larz Anderson Park, Brookline

For more information on these races, check out www.usatfine.org/cross

Be Fast, Fit and Happy with Other CSUers with Winter Indoor Track

Ok – it is hard to think forward to it being cold, icy and too dark to run outside, but it is coming just after Thanksgiving!

Be prepared by signing up to work out Thursday nights with the CSU Coached Indoor Speed Workouts at Boston University. Pricing and additional logistics will be announced shortly.

Please email Catherine Cagle cat@csurun.org if you are interested in signing up.

CSU's Fresh Pond Races Saturday Morning Year Round!

Race at Fresh Pond EVERY Saturday morning (10am start), or sign up to volunteer with Diane McLaughlin laugh@mit.edu

Fresh Pond is a core element of the Boston running tradition and should be experienced by all CSU members and friends

Save Saturday, December 6th Annual CSU Recognition Party

Please add this date to your social/running calendar. More details on the Annual CSU Recognition Party will be announced later this fall. The festivities will be at the home of Pat Robinson and Henry Finch, Newton, MA.

Congratulations, CSU Tour des Glaces Riders!



WEEKLY:

Tuesday: Track Workouts at 6:15pm at Harvard University Track - Watch for Weekly Info on csurun.org, listserv, & Facebook or contact Terry@csurun.org
Saturday: Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)

2014 USATF Grand Prix Series

Sun., Sept. 14 9:00 am Lone Gull 10K Gloucester, MA
Sun., Nov. 2 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 2014 Grand Prix Series, score points for CSU, and have race entries paid by CSU.

2014 New England Runner Pub Series Schedule

Sun., Oct. 5 Bernie's Run 5K Dedham, MA
Sun., Oct. 19 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 September/October 2014

Mon. September 1 Around Cape Ann 25K Road Race, Gloucester MA
Mon. September 1 Run the Goose 7K Road Race, Gloucester MA
Sat., September 6 Run to the Rock 5K, 10K, Half-Marathon, Plymouth MA
Sat. September 13 Ogunquit Beach (Maine) Lobster Dash 5-Miler
Sat., October 4 Somerville Homeless Coalition Road Race 5K
Sun., October 12 Bobby Bell 5 Miler, Haverhill 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!*

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

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