



## Have you Paid Your 2015 Dues? CSU & USATF Renewals

### CSU 2015 Dues:

Renewing your membership online is easy and secure. Just go to [csurun.org](http://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](mailto:tom@csurun.org)

### USATF Dues:

This renewal is separate from your CSU dues but can also be done online. Go to <http://www.usatfne.org/member/>

Thank you to all of the 2015 hosts for our Sunday runs – this has been a snowy/cold winter. Watch the CSU listserve for weekly announcements of the remaining long runs!

## CSU Calendar Goes Green

In order to save trees (and money – both green!), we will no longer be mailing the CSU calendar via USPS. Beginning with the next issue, watch the listserve for a printable PDF. We'll also post the calendar on the web site for easy reference.

## CSU's Soup Run & Runner Team Meeting Sunday, March 29th

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. Remember, this is for all CSU runners, not just our marathoners, and who does not like soup?!

We will also have a short CSU Running Team Planning Meeting with post-run, including an update on CSU Clothing & Gear for 2015.

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](mailto:pat@csurun.org), 617-964-4488

What: Drivers, support crew, runners needed.

## Thank You, CSU Sunday Winter Run Hosts!

## 2015 Boston Marathon CSU Activities

### CSU Carbo Load Party

Saturday, April 18<sup>th</sup> @ 7:00pm

Hosts: Patrick Bugbee & Elizabeth Utz  
9 Poplar Road, Unit 1  
Cambridge, MA

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 [Patrick.bugbee@gmail.com](mailto:Patrick.bugbee@gmail.com)

### CSU Cheering, Marathon Mon., April 20<sup>th</sup>

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. Mile 14 at the park (Wellesley)
2. 30K at Prince & Comm Ave (Newton)

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](mailto:tom@csurun.org) to post your own stories/news!



### WEEKLY:

Thursday: Indoor Track Workouts 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 listserve

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### RACE IDEAS FOR March/April 2015:

March 1	11:00 am	Stu's 30K Road Race	Clinton, MA
March 28	10:00 am	April Fool's 4 Miler	Salisbury, MA
March 29	10:30 am	Cambridge 5 Miler	Cambridge MA
April 4	10:00 am	Frank Nealon "Boston Tune-Up" 15K	Upton, MA
April 26	11:00 am	James Joyce Ramble	Dedham, MA

### 2015 USATF Grand Prix Series:

March 15	11:00 am	New Bedford Half Marathon	New Bedford, MA
May 24	8:03 am	Vermont City Marathon	Burlington, VT
June 11	6:30 pm	Hollis Fast 5km	Hollis, NH
August 9	9:00 am	Bobby Doyle 5 miler	Narragansett, RI
September 6	TBD	Seasons 20 km	Acton, MA
September 20	9:00 am	Lone Gull 10 km	Gloucester, MA

### 2015 New England Pub Race Series

March 22	9:30am	18th Annual An Ras Mor 5K	Cambridge, MA
April 12	11:00am	19th Annual Doyle's Emerald Necklace 5M	Jamaica Plain, MA
May 3	9:30am	1st Liam Maguire's Irish Pub Almost 5-Miler	Falmouth, MA
August 20	TBD	3rd Annual Napper Tandy's Flyer 4M	Norwood, MA
October 4	11:30am	7th Annual Bernie's Run 3M	Dedham, MA
October 18	TBD	14th Annual Paddy's Shillelagh Shuffle 3M	W. Newton, MA

### CSU ANNOUNCEMENTS

- *Big CSU thank you to Diane McLaughlin and all the volunteers who make the Saturday Fresh Pond Races such a success all year round! If you want to help out - contact Diane at [laugh@mit.edu](mailto:laugh@mit.edu) for more details.*
  - *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 listserve or website!*
  - *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!*
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