



Thank You, Tufts 10K Volunteers

A big CSU thank you goes out to all the CSUers, family members and friends who turned out on Columbus Day to volunteer at the Tufts 10K.

In addition to having fun with other CSUers, your efforts helped finance Club activities for the year! Thank you!

Winter Indoor Track Starts December 4th

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

Seeking Sunday Group Run Hosts

CSU Sunday Group Runs are becoming almost as much of a tradition as Saturdays at Fresh Pond and the Annual Soup Run.

If you want more information or are interested in hosting a run starting January 2015, please email Catherine Cagle cat@csurun.org

Still Time for Some XC

11/9: USATF Championship Franklin Park, Boston

11/30: Warrior Run Larz Anderson Park, Brookline

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

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 hallmark of the Boston running community. Join CSU members and other runners come rain, shine, sleet, snow, hail, or sun!

Come Celebrate at the Annual CSU Recognition Party

When: Saturday, December 6th

Time: 6:30 – 10:00pm

Where: Pat Robinson & Henry Finch's Home
153 Windsor Road
Waban /Newton

What: Celebrate 2014!
Dinner provided
BYOB
'Homemade' Dessert Competition –
Prizes to Top Male, Female, and "Mixed"
Desserts

Who: All CSU members, family and special friends are invited!

RSVP to Gail Breslow, Gail@csurun.org



WEEKLY:

Tuesday: Track Workouts at 6:15pm at Harvard University Track - Watch for Weekly Info on csurun.org, listserve, & Facebook or contact Terry@csurun.org

Thursday: Starting December 4th -- CSU BU Indoor Speed Program

Saturday: Fresh Pond Races year-round, rain, snow, or shine (10:00 am start)

Sunday: CSU Group Runs - Starting in January – Watch for Weekly Info on csurun.org, listserve, & Facebook or contact Cat@csurun.org

2014 USATF Grand Prix Series

Sun., Nov. 2 8:50 am Manchester City Marathon Manchester, NH
 Go, CSU Ironrunners!

Be sure to “subscribe” with CSU and renew your USATF membership <at www.usatfne.org> to participate in the 2015 Grand Prix Series, score points for CSU, and have race entries paid by CSU. (Beginning November 1, USATF memberships cover 2015.)

RACE IDEAS for November/December 2014

Sun. November 2 Busa Bushwhack Trail Run, Framingham, MA
 Sun. November 9 Chilly Half Marathon, Newton, MA
 Sat., November 22 Charles River Turkey Trot, Boston, MA
 Sun. November 23 Essex Turkey Trot 8K Race, Essex, MA
 Thurs., November 27 Boston Volvo Thanksgiving Day 5K Run for MS
 Thurs., November 27 Concord Turkey Trot 5K, Concord MA
 Thurs., November 27 Gobble Gobble Gobble 4M Run, Somerville MA
 Sun., December 7 Marathon Sports Frosty 5K, Mansfield, MA
 Sun., December 14 Winter Classic 5K at the Asgard, Cambridge, 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/csul>

The calendar of
 Cambridge Sports Union
 c/o 19 Appleton Street
 Waltham, MA 02453
 Editors: Catherine Cagle & Gail Breslow

CSU Calendar

reading. Bookmark [CSUrun.org](http://csurun.org) today, and contact tom@csurun.org to post your own stories/news!