



## Seeking CSU Volunteers for the 39th Tufts 10K Monday, October 12th

Volunteer with CSU at the Tufts 10K, where our organizational skills at the baggage area are legendary with the Tufts 10K 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 fund activities such as the annual recognition party and race fees.

Contact Gail at [gail@csurun.org](mailto:gail@csurun.org) to sign up or for more info.

## Get 'Dirty' this Fall with the USATF X-Country Grand Prix!

September 13: GBTC XC Invitational Elm Bank Park, Wellesley, MA

October 11: Wayland XC Festival Wayland, MA

October 25: Mayor's Cup Franklin Park, Boston

November 8: USATF-NE XC Champs XC Invitational, Franklin Park, Boston

For more information on these races, check out [www.usatfne.org/cross](http://www.usatfne.org/cross)

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

Too early to be thinking about winter?? Think again! Sign up soon 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](mailto:cat@csurun.org) if you are interested in signing up.

## Save the Date!

Annual CSU Recognition Party:  
Saturday, December 5<sup>th</sup>  
Home of Pat Robinson & Henry Finch  
Waban, MA

## 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](mailto:laugh@mit.edu)

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

## Congratulations, CSU USATF Grand Prix Teams:

**70s men, 2<sup>nd</sup> place**  
**50s women, 3<sup>rd</sup> place**  
**after 5 of 7 events!**

## Be Cool & Fast with New CSU Gear

Watch for CSU's new running Ts, singlets, and technical hats on your teammates!  
If you missed out, don't despair! We'll be placing another order this fall, so stay tuned.  
Interested in CSU technical hats? (\$20 while they last!) Questions about ordering CSU gear?  
Contact Catherine Cagle, [cat@csurun.org](mailto:cat@csurun.org)

**WEEKLY:**

**Tuesday:** Track Workouts at 6:30 pm at Harvard University Track - Watch for Weekly Info on csurun.org, listserv, & Facebook or contact [Terry@csurun.org](mailto:Terry@csurun.org)

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

**2015 USATF Grand Prix Series**

Sun., Sept. 6	9:00 am	Seasons 20K	Acton, MA
Sun., Sept. 20	9:00 am	Lone Gull 10K	Gloucester, MA

*Be sure to "subscribe" with CSU and renew your USATF membership <at [www.usatfne.org](http://www.usatfne.org)> to participate in the 2015 Grand Prix Series, score points for CSU, and have race entries paid by CSU.*

**2015 New England Runner Pub Series Schedule**

Sun., Oct. 4	7th Annual Bernie's Run 3M	Dedham, MA
Sun., Oct. 18	Paddy's Shillelagh Shuffle 3M	West Newton, MA

**RACE IDEAS for September/October 2015**

Mon., September 7	Around Cape Ann 25K Road Race, Gloucester MA
Sat., September 12	Run to the Rock 5K, 10K, Half-Marathon, Plymouth MA
Sat. September 12	Dracut Old Home Day 5K, Dracut, MA
Sun., September 13	10 <sup>th</sup> Annual Louisa May Alcott 5K/10K, Concord, MA
Sat., September 26	Carver Cranberry 5K, Carver, MA
Sun., September 27	Nahant 13.1M and 5K, Nahant, MA
Sun., September 27	Littleton 5K, Littleton, MA
Sun., October 4	Harwich Cranberry Harvest Half-Marathon & 7.3 Mile, Harwich, MA
Sun., October 4	Smuttynose Rockfest Half Marathon, Hampton Beach, NH
Sat., October 18	Narragansett Half-Marathon, Narragansett, RI
Sat., October 31	Kingdom Challenge Half-Marathon & 5K, NE Kingdom, VT

**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](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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**CSU Running Section Newsletter**  
Gail Breslow and Catherine Cagle, Editors

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