



Hey, It's May!! CSU Dues for 2016...

If you are not sure if your CSU membership dues are current, please check in with Geoffrey Kent, geoffreykent@yahoo.com

Seeking 30 CSU Volunteers for the Corporate Challenge Thursday, June 9th

Friends & family members are welcome to volunteer. The more the merrier! CSU earns \$30 per volunteer, which goes towards CSU race fees & events.

Time: Check-in 6:00pm, volunteer 'til 8:15pm

Where: Boston Common

Contact: Gail Breslow, Gail@csurun.org

Congratulations, Boston Marathon Runners!!!

Congratulations to all Boston Marathon runners! And a special CSU thank you to Patrick Bugbee & Elizabeth Utz for hosting the CSU Carbo-Load Party!

CSU @ Red Sox June 15th

A CSU and Red Sox tradition! Back by popular demand, we are organizing a CSU outing to a Red Sox-Orioles game. Tickets are \$30 each. To order, contact Geoffrey Kent at geoffreykent@yahoo.com.

Fresh Pond Day Saturday, June 11th

CSU hosts a booth at Fresh Pond Day! The event consists of fun, food & festivities. We need volunteers from 11 am – 3 pm to share info about CSU, recruit new members, and promote the Sat. am Fresh Pond race series. Interested in volunteering – contact Gail Breslow, Gail@csurun.org

CSU Gear – New Items!

Order NOW and be the first on your block to sport a new CSU micro-fleece vest, ¼ zip long-sleeve shirt, warm-up jacket, or official CSU royal blue shorts!

See your email or contact Catherine Cagle at cat@csurun.org for more info!

Save the Date! Sunday, July 24th CSU Ice Cream Bicycle Tour

Time to start training, CSUers! Focus on the miles but don't neglect the ice cream cones.

CSU Annual Meeting and Elections

Date: Monday, June 20th, 7 pm

Where: Home of Pat Robinson & Henry Finch
153 Windsor Road, Waban

What: Potluck dinner and Annual Meeting Stay tuned to the list-serv and Facebook for info about Running Section and Club leadership roles and elections.

CSU's website with our blog, calendar, and forums should be part of your daily online reading. Bookmark CSUrun.org today, and contact tom@csurun.org to post your own stories/news!

**WEEKLY:**

Tuesday: Outdoor Track Workouts at Harvard U. have started!
 Watch CSU Listserve for Details

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

RACE IDEAS FOR May/June 2016:

May 7	9:00 am	Ipswich Ale "Storm the Castle" Half Marathon	Ipswich, MA
May 15	11:30 am	Evelyn's Run for the Roses 5K	Salsbury, MA
May 21	9:00 am	29 th Strawberry Shortcake 10K	Plympton, MA
May 29	7:00 am	Boston's Run to Remember	Boston, MA
June 12	9:00 am	Lime Rock Park Half Marathon	Lakeville, CT
June 19	9:00 am	Fairhaven Father's Day Road Race	Fairhaven, MA
June 26	10:00 am	Lobster Roll 5K Run	Scarborough, MA

2016 USATF Grand Prix Series:

August 14	9:00 am	Bobby Doyle 5 Miler	Narragansett, RI
August 27	9:00 am	New Hampshire 10 Miler	Auburn, NH
September 11	9:00 am	Seasons 20K	Acton, MA
September 25	9:00 am	Lone Gull 10 km	Gloucester, MA
November 6	8:00 am	Manchester City Marathon	Manchester, NH

Be sure to "subscribe" with CSU and renew your USATF membership so you can participate in the 2016 Grand Prix Series and score points with the CSU team. Go to usatfne.org for more info.

2016 New England Pub Race Series

May 1	9:30 am	Liam Maguire's Irish Pub Almost 5-Miler	Falmouth, MA
May 22	9:30 am	Evan's Run 5K	Norwell, MA
June 4	11:30 am	Foxborough Against Diabetes 5K	Foxborough, MA
October 10	11:30 am	Paddy's Shillelagh Shuffle 3M	W. Newton, MA

Be sure to have a subscription to the magazine to get the coveted NER Pub Series Jacket at the end of the season. Go to nerunner.com for more info.

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 listserv 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!*