



NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962

CSU Newsletter

September/ October 2016

CSU Running Section Fall Meeting

Date: Wednesday, September 14

Time: 6:30 p.m.

Location: Alewife Bertucci's
(5 Cambridgepark Dr., Cambridge)

What: We'll have pizza! All members are encouraged to attend to discuss results from the club survey, next steps and potential volunteers to begin implementing new workouts, events and ideas!

RSVP: Kristi (kristi@csurun.org)

Get New CSU Gear!

What: Seeing and wishing you had some of the new CSU gear (technical jacket, micro-fleece vest, ¾ zip long sleeve or shorts)? Don't despair! We have a few extra garments and will be placing another order this Fall.

Contact: Catherine
(cat@csurun.org)

Save the Date! Annual CSU Recognition Party

Date: Saturday, December 3

Time: 7:00 p.m. (TBD)

Location: Waban, MA (home of Pat Robinson & Henry Finch)

Winter Indoor Track

When: Thursdays (Dec-Mar)

What: Registration info will be announced soon for CSU coached indoor speed workouts at BU.

Contact: Amory (amory@in-the-arena.org)

30 Volunteers Needed For Tufts 10K!

Date: Monday, October 10

Time: 10:30 a.m.-2:00 p.m.

Location: Boston Common

What: CSU's organizational skills at bag check are legendary with the race organizers! This is a great way to meet & socialize with other club members. CSU also receives \$30 for each volunteer, which helps fund club activities such as the annual recognition party and race fees.

RSVP: Catherine (cat@csurun.org)



Welcome Back From Rio Ellie!

Congratulations once again to CSU's Eleonora Mendonca who carried the Olympic Torch in Rio in honor of her impact on the women's running scene in both Boston and Brazil, as well as participating in the very first women's Olympic marathon in 1984.



Race Results

Bobby Doyle's 5 Miler

Name	Division	Rank	Time
Patrick Bugbee	M33	76	29:52
Kevin Delaney	M48	14	31:38
Jackie Shakar	F57	4	35:48
Gordon MacFarland	M68	10	36:40
Kent Duckham	M56	32	37:35
Lisa Doucett	F61	3	39:53
Jim Terry	M65	19	45:31
Gail Breslow	F61	6	45:34
Diane McLaughlin	F68	8	49:42
John Sharp	M74	11	55:07
Mimi Sun	F54	32	58:35
Henry Leong	M48	50	1:03:13
Isaiah Shalom	M71	16	1:06:34

Friday Night Lights 10K

Name	Division	Time
Patrick Bugbee	M33	36:09.2
Kevin Delaney	M47	37:45.0
Terry McNatt	M51	38:53.3
Neal Martin	M39	39:16.4
Stephen Peckiconis	M57	49:45:5

New Hampshire 10 Miler

Name	Division	Rank	Time
Danny Muehlschlegel	M42	12	1:02:06
Kevin Delaney	M48	20	1:04:04
Terry McNatt	M51	7	1:04:57
Neal Martin	M39	35	1:04:59
Gordon MacFarland	M68	5	1:15:13
Jackie Shakar	F57	5	1:16:46
Bill Crown	M62	10	1:19:48
Stephen Peckiconis	M57	37	1:20:36
Lisa Doucett	F61	5	1:22:07
Mimi Sun	F54	66	1:58:51
Henry Leong	M48	129	2:00:49



Get Involved!

Want To Volunteer?

Have ideas for the Running Section, or want to get involved with one of the many volunteer roles? Contact **Catherine Cagle** (cat@csurun.org) or **Kristi Dmukauskas** (kristi@csurun.org).

Like Us On Facebook!

Follow our Facebook page "**CambridgeSportsUnionRunners**" for the latest club news, updates, pictures and announcements.



New Members

Please contact **Catherine** (cat@csurun.org) or **Kristi** (kristi@csurun.org) so we can welcome you to the club and introduce you to others!

Share Your Pictures

If you have any pictures of CSU members from recent events/races, please email them to **Kristi** (kristi@csurun.org) so they can be shared on the Facebook page.

Carpooling

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 Facebook page.

Weekly CSU Workouts

Day	Time	Event	Location
Tuesdays	6:30 p.m.	Outdoor track workouts are held from April-November. Watch the CSU email listserv and Facebook page for details.	Harvard Outdoor Track
Saturdays	10:00 a.m.	Fresh Pond Races are held year-round – rain, snow or shine. Run 1 loop (2.5 mi) or 2 loops (5 mi). No entry fee or registration required.	Fresh Pond, Cambridge (by the water treatment plant)



2016 USATF-NE Grand Prix Road & X-Country Series

Date	Time	Race	Location
September 11	9:00 a.m.	Nagog Seasons 20K	Acton, MA
September 18	TBD	Western Mass Distance Project XC	Northampton, MA
September 25	9:00 a.m.	Lone Gull 10K	Gloucester, MA
October 9	9:30 a.m.	Wayland XC Festival	Wayland, MA
October 23	10:00 a.m.	Boston Mayor's Cup XC	Boston, MA
November 6	8:00 a.m.	Manchester City Marathon	Manchester, NH
November 6	TBD	Open/Masters XC Championship	Boston, MA

Subscribe with CSU & renew your USATF membership to participate and score points for CSU. Go to www.usatfne.org for more info.

2016 New England Runner Pub Race Series

Date	Time	Race	Location
September 4	10:00 a.m.	Finish for a Guinness 5K	Warren, RI
October 16	11:30 a.m.	Paddy's Shillelagh Shuffle 3M	West Newton, MA

Subscribe to the magazine to get the coveted Pub Series jacket at the end of the season. Go to www.nerunner.com for more info.

Race Ideas for September/October 2016

Date	Time	Race	Location
September 5	8:00 a.m.	Around Cape Ann 25K	Gloucester, MA
September 15	6:30 p.m.	Reggae Ramble 5K	Cambridge, MA
September 18	9:30 a.m.	Fall Classic 5K	Cambridge, MA
October 1	9:00 a.m.	Somerville Homeless Coalition 5K	Somerville, MA
October 2	9:30 a.m.	Oktoberfest 5K	Cambridge, MA
October 23	9:00 a.m.	Super Hero 5K	Cambridge, MA

Cambridge Sports Union Newsletter Editors

Catherine Cagle & Kristi Dmukauskas