



CSU Newsletter

November/
December 2016

NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962

Annual CSU Recognition Party

What: All CSU members, family and special friends are invited to celebrate 2016! Dinner is provided but BYOB. There will also be a potluck dessert competition!

Date: Saturday, December 3rd

Time: 6:30-10:00 p.m.

Location: 153 Windsor Rd, Waban
(Pat Robinson & Henry Finch home)

RSVP: Catherine (cat@csurun.org)

Winter Indoor Track

When: Thursdays from 7-8pm; first workout is Dec 1st

What: Registration is now open for CSU's 13-week coached indoor speed program at BU. Fee is \$120.

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

Group Run Hosts

What: CSU's winter Sunday group runs will commence in January – a great way to stay fit and happy throughout the cold winter months. If you are interested in hosting a run, please contact Kristi (kristi@csurun.org).

CSU Fresh Pond Races

What: Race at Fresh Pond in Cambridge EVERY Saturday morning at 10 a.m., or sign up to volunteer with Diane (laugh@mit.edu).



CSU Fall Meeting & Olympic Torch

Thank you to everyone who attended CSU's Fall meeting in September. It was a productive social event discussing upcoming activities and results from the club survey. And a special thank you to Eleonora Mendonca for sharing the Olympic Torch and her fascinating stories with us.



Tufts 10K Volunteers!

Once again CSU's skills at bag check area were a huge success with race organizers. Thank you to all who volunteered your morning to support the runners.



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 (cat@csurun.org).

New Members

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

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.

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.

Like Us On Facebook!

Follow our Facebook page "[CambridgeSportsUnionRunners](https://www.facebook.com/CambridgeSportsUnionRunners)" for the latest club news, updates, pictures and announcements.

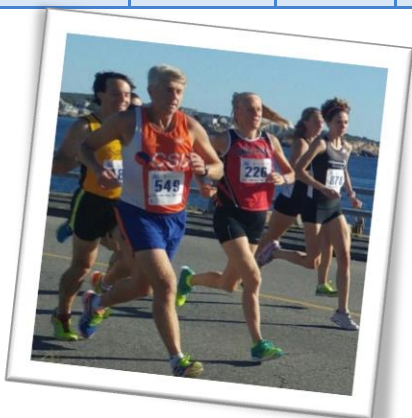
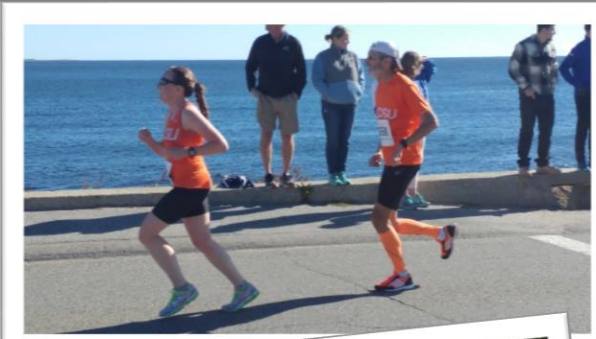


Weekly CSU Workouts

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
Thursdays	7:00 p.m.	Indoor coached track workouts are held from December-March. Register for the program by Nov 15 th to reserve a slot.	BU Indoor 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)

Race Results

LONE GULL 10K				SEASONS 20K			
Name	Division	Rank	Time	Name	Division	Rank	Time
Patrick Bugbee	M33	49	34:09	Neil Martin	M39	41	1:20:09
Kevin Delaney	M48	7	35:48	Gordon MacFarland	M68	1	1:33:41
Terry McNatt	M51	11	37:17	Stephen Peckiconis	M57	10	1:40:08
Tom Dmukauskas	M40	19	39:49	Lisa Doucett	F61	4	1:47:18
Gordon MacFarland	M68	1	42:18	Julie Weisman	F59	5	1:55:00
Stephen Peckiconis	M57	10	44:45	Henry Leong	M48	18	2:30:12
Kristi Dmukauskas	F30	52	44:50	Mimi Sun	F54	9	2:32:32
Stephen Binder	M53	23	46:01	Isaiah Shalom	M71	8	2:46:02
Lisa Doucett	F61	3	49:08				
Sumner Brown	M72	3	50:36				
Jim Terry	M65	3	51:34				
John Sharp	M74	13	1:03:39				
Henry Leong	M48	22	1:04:29				
Mimi Sun	F54	12	1:10:15				



Race Ideas for November/December 2016

Date	Time	Race	Location
November 6	8:00 a.m.	Manchester City Marathon	Manchester, NH
November 6	10:00 a.m.	Open/Masters XC Championship	Boston, MA
November 13	7:30 a.m.	Chilly Half Marathon	Newton, MA
November 24	8:00 a.m.	Turkey Classic Road Race	Framingham, MA
November 24	9:00 a.m.	Gobble Gobble Gobble	Somerville, MA
December 4	TBD	Happy Holidays MerryThon & 2.62-Mile Race	Gloucester, MA
December 10	8:30 a.m.	The Ugly Sweater Run	Boston, MA
December 18	11:00 a.m.	Marathon Sports "Bill Rodgers Jingle Bell Run"	Somerville, MA

Cambridge Sports Union Newsletter Editors

Kristi Dmukauskas & Catherine Cagle