



CSU Newsletter

February 2017

NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962

Mt Washington Road Race

Lottery registration is open through March 1st. If you don't get accepted via the lottery or just want more info, please contact CSU's race coordinator **Joan Mankoff** (joan.mankoff@rutledgeproperties.com). CSU will have a few extra bibs available, but you have to let Joan know within 24 hours of when the lottery closes.

Save the Date!

Mark your calendars for CSU's annual Spring running section meeting to discuss important planning for 2017ar. The meeting will be held directly after the Soup Run hosted at Pat & Henry's home.

When: Sunday, March 26 (around 11:30 a.m.??)
Where: 153 Windsor Rd, Newton (Waban)

Go Gordon!

Congratulations to Gordon MacFarland for placing 1st in his age group (Men's 65-69) in the 2016 USATF-NE Grand Prix Road Race Series.



CSU Gear Update

If you were interested in a CSU vest or jacket but did not get on the December order list, we are hoping to try another order in March. We also have a couple extra hats & gloves in stock now. Contact **Catherine** (cat@csurun.org) if you're interested.

Renew Your Memberships

CSU Membership: It's time to renew for 2017 on RunSignUp.com if you haven't already! Please follow the instructions shared on the listserv.

USATF Membership: CSU will subsidize USATF-NE Grand Prix and X-Country Championship races. To take advantage of this opportunity and score for CSU, you'll need to renew your USATF membership.

FEBRUARY 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2. Indoor Track (BU @ 7pm) Paid Program	3.	4. Fresh Pond Races (Cambridge @ 10am)
5. Group Long Run Catherine Farrell (Arlington @ 9am)	6.	7.	8.	9. Indoor Track (BU @ 7pm) Paid Program	10.	11. Fresh Pond Races (Cambridge @ 10am)
12. Group Long Run Amory & David (Cambridge @ 9am)	13.	14.	15. Indoor Track (BU @ 7pm) Paid Program	16.	17.	18. Fresh Pond Races (Cambridge @ 10am)
19. Group Long Run Neil & Jenn Martin (Newton @ 9am)	27.	21.	22.	23. Indoor Track (BU @ 7pm) Paid Program	24.	25. Fresh Pond Races (Cambridge @ 10am)
26. USATF-NE Amherst 10 Miler	27.	28.				

2017 USATF-NE Grand Prix Series			
Date	Time	Race	Location
Sunday, February 26	11:00 a.m.	Amherst 10 Miler	Amherst, MA
Sunday, March 19	11:00 a.m.	New Bedford Half Marathon	New Bedford, MA
Saturday, April 1	10:00 a.m.	Frank Nealon Boston Tune-Up 15K	Upton, MA
Sunday, June 18	9:00 a.m.	St. Joseph Healthcare Ribfest 5 Miler	Merrimack, NH
Sunday, September 17	11:00 a.m.	Downtown 5K	Providence, RI
Sunday, September 24	9:00 a.m.	Lone Gull 10K	Gloucester, MA
Sunday, October 22	8:00 a.m.	Bay State Marathon	Lowell, MA

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

If you are driving to a CSU event/race, or need a ride, please share that information on the CSU listserv or Facebook page.

Share Your Pictures

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

Like Us On Facebook

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



Cambridge Sports Union Newsletter Editors

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