



NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962

## Mt Washington Road Race

If you didn't get accepted via the lottery, contact CSU's race coordinator **Joan Mankoff** ([joan.mankoff@rutledgeproperties.com](mailto:joan.mankoff@rutledgeproperties.com)). CSU will have a few extra bibs, but you have to let Joan know **within 24 hours** of when the lottery closes on **March 1<sup>st</sup>**.

## 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 XC Championship races. To take advantage of this and score for CSU, renew your USATF membership.

## Annual Soup Run & Running Section Meeting

Runners will be carpooled to the Boston Marathon start in Hopkinton and run along the course for any distance up to 18 miles with crew support (or more mileage, without support). Any runners are welcome – you don't have to be racing the marathon! Soup will be provided post-run, but please bring food/drink to share with the group.

CSU's Spring running section meeting will be held post-run to discuss planning for 2017.

**When:** Sunday, March 26

**Time:** 8:00 am (run), about 11:30 am (meeting)

**Where:** 153 Windsor Rd, Newton (Waban) – transit friendly: Riverside Green Line, Waban

**Drivers:** Volunteer crew/support drivers needed

**RSVP:** Patricia Robinson, [pat@csurun.org](mailto:pat@csurun.org)

AMHERST 10 MILE RESULTS					
Name	Gun Time	Chip Time	Pace	Age Place	Age Group
Patrick Bugbee	0:58:22.1	0:58:17.8	5:49	43	M01-39
Neil Martin	0:59:35.1	0:59:31.2	5:57	57	M01-39
Kevin Delaney	1:00:30.0	1:00:26.2	6:02	11	M40-49
Tom Dmukauskas	1:07:34.8	1:07:16.7	6:43	35	M40-49
William Pine	1:12:27.4	1:12:15.8	7:13	10	M60-69
Brian Igoe	1:13:52.2	1:13:47.6	7:22	11	M60-69
William Crown	1:17:14.4	1:16:58.9	7:41	15	M60-69
Stephen Peckiconis	1:21:54.3	1:21:32.6	8:09	66	M50-59
Sumner Brown	1:24:53.8	1:24:26.0	8:26	3	MSUPER VETS
Jim Terry	1:25:56.5	1:25:26.8	8:32	28	M60-69
Danah Tench	1:53:34.1	1:52:46.2	11:16	52	F50-59
Mimi Sun	1:53:47.0	1:53:10.5	11:19	53	F50-59
Henry Leong	2:04:49.6	2:04:12.9	12:25	104	M40-49



MARCH 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Indoor Track (BU @ 7pm) Paid Program	2.	3.	4. Fresh Pond Races  (Cambridge @ 10am)
5. Group Long Run  Joe Arthur (Watertown @ 9am)	6.	7.	8.	9. Indoor Track (BU @ 7pm) Paid Program	10.	11. Fresh Pond Races  (Cambridge @ 10am)
12. Group Long Run  Geoffrey Kent (Newton @ 9am)	13.	14.	15.	16. Indoor Track (BU @ 7pm) Paid Program	17.	18. Fresh Pond Races  (Cambridge @ 10am)
19. USATF-NE New Bedford Half Marathon	27.	21.	22.	23.	24.	25. Fresh Pond Races  (Cambridge @ 10am)
26. Annual Soup Run & CSU Spring Running Meeting  Pat Robinson & Henry Finch (Newton @ 8am)	27.	28.	29.	30.	31.	1. USATF-NE Boston Tune-Up 15K  Fresh Pond Races

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

## 2017 New England Runner Pub Series

Date	Time	Race	Location
Sunday, March 26	9:30 a.m.	An Ras Mor 5K	Cambridge, MA
Sunday, April 9	11:00 a.m.	Dolyles 5 Miler	Jamaica Plain, MA
Sunday, June 4	Unknown	Corrib Pub 5K	West Roxbury, MA
Sunday, August 13	11:00 a.m.	Memphis BBQ 5K	Somerville, MA
Saturday, September 9	10:00 a.m.	Irish Music Festival 5K	Pawtucket, RI
Sunday, October 15	11:30 a.m.	Paddy's 3 Miler	West Newton, 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](mailto:cat@csurun.org))

### Share Your Pictures

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

### New Members

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

### Like Us On Facebook

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

### 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.



**Cambridge Sports Union Newsletter Editors**

Kristi Dmukauskas & Catherine Cagle