



CSU Newsletter

April 2017

NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962



Boston Marathon Carbo Load Party

Come support our runners and enjoy a fun night with friends, family. Please bring a potluck dish to share & BYOB.

When: Saturday, April 15 @ 6pm

Where: Patrick & Elizabeth Bugbee (9 Poplar Road, Unit 1, Cambridge, MA)

RSVP: by **April 13th** to Patrick.bugbee@gmail.com

CSU Cheering on Marathon Monday

Runners & supporters: remember to wear your CSU gear on race day! CSUers are typically at mile 14 at the park (Wellesley) and 30K at Prince & Comm Ave (Newton).

Want to Host a Workout?

CSU is trialing two new workouts: Weekly Thursday night hill/tempo runs and monthly Sunday morning long runs. We're looking for volunteers to host these runs, so please contact **Kristi** (Kristi@csurun.org) if you're interested.

Paid Your 2017 CSU Dues?

Renewing your membership online is easy and secure. Just visit RunSignUp.com and follow the instructions shared on the listserv.

Get Your CSU Gear!

Want to purchase a CSU vest or jacket? Please contact **Catherine** (cat@csurun.org) as we're hoping to make an order this Spring. We also have a few extra hats and gloves in stock now.

NEW BEDFORD HALF MARATHON				
Name	Chip Time	Pace	Div. Place	Age Group
Patrick Bugbee	1:17:30	5:55	29	M30-39
Neil Martin	1:18:18	5:59	36	M30-39
Danny Muehlschlegel	1:19:14	6:03	14	M40-49
Kevin Delaney	1:20:24	6:09	18	M40-49
Terry McNatt	1:23:42	6:24	14	M50-59
Tom Dmukauskas	1:30:00	6:53	54	M40-49
Brian Igoe	1:36:56	7:24	8	M60-69
William Pine	1:37:00	7:25	9	M60-69
William Crown	1:40:49	7:42	13	M60-69
Hale Pinar Zengingon	1:43:57	7:56	11	F50-59
Susanne Muehlschlegel	1:44:16	7:58	21	F40-49
Stephen Peckiconis	1:48:13	8:16	95	M50-59
Lisa Doucett	1:49:15	8:21	5	F60-69
Sumner Brown	1:57:32	8:59	3	M70-99
Jim Terry	2:01:17	9:16	53	M60-69
Danah Tench	2:36:12	11:56	134	F50-59
Mimi Sun	2:35:48	11:54	135	F50-59
Henry Leong	2:48:20	12:51	310	M40-49
John Sharp	3:02:14	13:55	23	M70-99

AN RAS MOR 5K				
Name	Chip Time	Pace	Div. Place	Age Group
Patrick Bugbee	16:31	5:19	6	M30-39
Kevin Delaney	17:23	5:36	1	M40-49
Terry McNatt	18:18	5:54	5	M50-59
Jon Waldron	20:16	6:32	10	M50-59
Elizabeth Bugbee	21:12	6:50	8	F30-39
Stephen Binder	21:44	7:00	16	M50-59
Stephen Peckiconis	24:04:00	7:45	31	M50-59

APRIL 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Fresh Pond Race (Cambridge, 10am)
2. Group Run (Neil & Jenn, Newton @ 9am)	3.	4.	5. Outdoor Track (Harvard, 6:30pm)	6.	7.	8. Fresh Pond Race (Cambridge, 10am)
9. Pub Series: Doyle's 5 Miler	10.	11. Outdoor Track (Harvard, 6:30pm)	12.	13. Hill Workout (Kristi & Tom, Somerville, 6:30pm)	14.	15. Fresh Pond Race (Cambridge, 10am) Marathon Carbo Load Party (Cambridge, 6pm)
16.	17. Boston Marathon	18. Outdoor Track (Harvard, 6:30pm)	19.	20. Hill Workout (Jonathan & Barb, Somerville, 6:30pm)	21.	22. Fresh Pond Race (Cambridge, 10am)
23.	24.	25. Outdoor Track (Harvard, 6:30pm)	26.	27. Hill Workout (Danny & Susanne, Newton, 6:30pm)	28.	29. Fresh Pond Race (Cambridge, 10am)
30.	1.	2. Outdoor Track (Harvard, 6:30pm)	3.	4. Hill Workout (Pinar, Brighton, 6:30pm)	5.	6.

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 (Cancelled)	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.	Doyle's 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)

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!

New Members

Please contact **Catherine** (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