



# CSU Newsletter

October 2017

NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962

## 15 More Volunteers Needed for Tufts 10K Race – Oct 9

CSU is seeking 15 more volunteers to help out at the drop bag area in the Boston Common on **Monday, October 9<sup>th</sup> from 10am-2pm**. CSU receives \$20 for each volunteer, which helps fund club activities, events and race fees. Friends, family and co-workers are welcome! Please contact Catherine ([cat@csurun.org](mailto:cat@csurun.org)).

## Save the Date! CSU Annual Recognition Party – Dec 2

Mark your calendars for CSU's annual member recognition party on **Saturday, December 2<sup>nd</sup> at 6:30pm** in Waban (home of Pat Robinson and Henry Finch).



## Winter Indoor Track

Registration information will be announced in mid-October for CSU's coached speed workouts at BU's indoor track. The program typically runs from late November through March with workouts held on Thursday evenings. Participants must be CSU members for 2018. Please keep an eye out for more info from Amory ([amory@in-the-arena.org](mailto:amory@in-the-arena.org)).

## CSU Gear Update

Our third gear order for orange long sleeved shirts (\$30), vests (\$40) and jackets (\$40) arrived. The club did order a few extras as there will be a price increase for our next gear order. So if you did not pre-order and are interested in any of these items, please contact Catherine ([cat@csurun.org](mailto:cat@csurun.org)).

In addition, the online storefront for CSU singlets will open soon, so keep an eye on the listserv for more info. Remember the singlets run small, so review the size chart carefully or check with other CSUers for guidance.

## New Women's Open Team Members

Apologies for the newsletter hiatus over the Summer. Tom and Kristi were busy training CSU's peewee team.

# Race Results

CVS Health Downtown 5K	
Name	Time
Patrick Bugbee	16:25.7
Kevin Delaney	17:52.7
Terry McNatt	18:08.0
Tom Dmukauskas	18:32.1
Matt Czaplinski	19:59.7
Jon Waldron	20:16.4
William Pine	20:30.0
Brian Igoe	20:43.4
Stephen Binder	21:46.6
Bill Crown	22:03.6
Stephen Peckiconis	22:14.8
Sumner Brown	23:43.1
Lisa Doucett	23:43.9
Daniel Sullivan	24:17.1
Mimi Sun	31:23.3
Henry Leong	36:23.7



Lone Gull 10K	
Name	Time
Patrick Bugbee	34:21.8
Kevin Delaney	36:32.5
Tom Dmukauskas	38:20.5
Terry McNatt	38:45.4
Matt Czaplinski	39:29.4
Jon Waldron	42:28.7
William Pine	43:18.1
Brian Igoe	43:44.5
Gordon MacFarland	44:24.9
Stephen Binder	45:12.0
Bill Crown	45:30.1
Stephen Peckiconis	47:40.2
David Hack	48:10.5
Sumner Brown	49:41.5
Gail Breslow	53:41.8
Fred Ross III	57:05.2
Diane McLaughlin	57:54.6
Danah Tench	1:18:57.6
Henry Leong	1:21:27.5

October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3. <b>Outdoor Track</b> (Harvard, 6:30pm)	4.	5. <b>Hill Workout</b> (Cambridge, 6pm)	6.	7. <b>Fresh Pond Race</b> (Cambridge, 10am)
8. <b>Group Long Run</b> (Battle Road, 9am)  <b>Wayland XC Festival</b>	9. <b>Tufts 10K Volunteering</b> (Boston, 10am)	10. <b>Outdoor Track</b> (Harvard, 6:30pm)	11.	12. <b>Hill Workout</b> (Cambridge, 6pm)	13.	14. <b>Fresh Pond Race</b> (Cambridge, 10am)
15. <b>Pub Series: Paddy's 3M</b> (West Newton, 11:30am)  <b>USATF Masters 5K XC Championships</b> (Franklin Park)	16.	17. <b>Outdoor Track</b> (Harvard, 6:30pm)	18.	19. <b>Hill Workout</b> (Cambridge, 6pm)	20.	21. <b>Fresh Pond Race</b> (Cambridge, 10am)
22. <b>Grand Prix: Bay State Marathon</b> (Lowell, 8am)  <b>Mayor's Cup XC</b> (Franklin Park)	23.	24. <b>Outdoor Track</b> (Harvard, 6:30pm)	25.	26. <b>Hill Workout</b> (Cambridge, 6pm)	27.	28. <b>Fresh Pond Race</b> (Cambridge, 10am)
29. <b>Group Long Run</b> (Battle Road, 9am)	30.	31. <b>Outdoor Track</b> (Harvard, 6:30pm) 				

## 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**