



CSU Newsletter

December 2017

NEW ENGLAND'S PREMIER ATHLETIC CLUB SINCE 1962

Annual Recognition Party

Thank you to everyone who attended CSU's annual recognition party on Dec 2nd. It was a fun evening filled with great friends, good food, and a very competitive dessert competition! And a special thanks to Pat Robinson and Henry Finch for once again hosting everyone in their home.

Kicking Off Winter Indoor Track at BU

CSU's coached winter track program began on Nov 30th and runs through March. Participants please keep an eye on your email for weekly workouts. If you have any questions, please contact Amory (amory@in-the-arena.org).

Who Wants to Assault Mt. Hood?

The 13th annual Assault on Mount Hood 3.5 mile cross country race is Dec 9th in Melrose. You can register in advance online, or in-person on race day. CSU will once again be entering teams this year. Participate for a chance to win awesome nutcrackers just in time for the holidays!

Renew Your Memberships

CSU Membership: It's time to renew your membership for 2018 via RunSignUp.com.

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

Winter Sunday Group Runs

CSU's winter Sunday group long runs will begin in January and run through March. We will need volunteers to host runs. Please keep an eye on your email for additional info and host sign-ups from Kristi (kristi@csurun.org).



Congrats to CSU Runners Ranking in the Top 5!

Lisa Doucett: 2nd place in Women's 60-64 division in USATF-NE Grand Prix; 1st place in Women's 60+ division in the USATF National Mountain Championship; 5th place in Women's 60+ division in the USATF-NE Cross Country Grand Prix; 5th place in Women's 60+ division in the USATF-NE Mountain Series

Alex Jospe: 1st place Overall Female finisher in the Grand Tree Trail Race Series for best 6 races

Sue McNatt: 4th place in Women's 50-59 division in the USATF-NE Cross Country Grand Prix

Bill Pine: 1st place in Men's 65-69 division in the USATF-NE Grand Prix; 3rd place in Men's Veterans division in the New England Pub Series

Brian Igoe: 2nd place in Men's 60-64 division in the USATF-NE Grand Prix

Sumner Brown: 2nd place in Men's 70-74 division in the USATF-NE Grand Prix

Kevin Delaney: 3rd place in Men's 45-49 division in the USATF-NE Grand Prix; 1st place in Men's Masters division in the New England Pub Series

Terry McNatt: 3rd place in Men's Seniors division in the New England Pub Series

Patrick Bugbee: 4th place in Men's Open division (and Overall) in the New England Pub Series

2018 USATF-NE Grand Prix Series			
Date	Time	Race	Location
Sunday, March 18	11:00 a.m.	New Bedford Half Marathon	New Bedford, MA
Saturday, March 31	10:00 a.m.	Frank Nealon Boston Tune-Up 15K	Upton, MA
Sunday, June 17	9:00 a.m.	Immediate Care Ribfest 5 Miler	Merrimack, NH
Saturday, August 25	8:00 a.m.	CRAFT New Hampshire 10 Miler	Manchester, NH
Sunday, September 16	11:00 a.m.	Downtown 5K	Providence, RI
Sunday, September 30	9:00 a.m.	Lone Gull 10K	Gloucester, MA
Sunday, October 21	8:00 a.m.	Bay State Marathon	Lowell, MA



December 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				30. Indoor Track – Paid Program (BU, 7pm)	1.	2. CSU Party (Newton, 6:30pm) Fresh Pond Race (Cambridge, 10am)
3. TBD Long Run (Battle Road, 9am)	4.	5.	6.	7. Indoor Track – Paid Program (BU, 7pm)	8.	9. Assault on Mt. Hood XC Race (Melrose, 12pm) Fresh Pond Race (Cambridge, 10am)
10. TBD Long Run (Battle Road, 9am)	11.	12.	13.	14. Indoor Track – Paid Program (BU, 7pm)	15.	16. Fresh Pond Race (Cambridge, 10am)
17. TBD Long Run (Battle Road, 9am)	18.	19.	20.	21. Indoor Track – Paid Program (BU, 7pm)	22.	23. Fresh Pond Race (Cambridge, 10am)
24. TBD Long Run (Battle Road, 9am)	25. 	26.	27.	28. Indoor Track – Paid Program (BU, 7pm)	29.	30.
31. TBD Long Run (Battle Road, 9am)						



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