



WEEKLY:

Tuesday Outdoor Track - Watch for Start Date & Location Information on CSUrun.org
Thursday Fresh Pond Races - Starts June 4th @ 6:30pm with a 2.5M
Saturdays Fresh Pond Races - Year Round at 10:00am

2009 USATF NEW ENGLAND GRAND PRIX RACE SERIES

| | | | |
|--------------|---------|--------------------|------------------|
| May 16 | 9:00am | Bedford Rotary 12K | Bedford, NH |
| June 7 | 9:00am | Rhody 5K | Lincoln, RI |
| September 12 | 10:00am | Ollie's 5 Mile | South Boston, MA |
| September 20 | 9:30am | Lone Gull 10K | Gloucester, MA |
| October 18 | 8:30am | Baystate Marathon | Lowell, MA |

2009 NEW ENGLAND RUNNER PUB SERIES SCHEDULE

| | | | |
|--------------|---------|-----------------------------|-------------------|
| April 5 | 11:00am | Doyle's Emerald Necklace 5M | Jamaica Plain, MA |
| May 9 | 11:00am | Irish Village 5M | West Yarmouth, MA |
| June 18 | 6:45pm | 9th Squantum 5-Miler | Quincy, MA |
| September 13 | 10:00am | Mighty Meehan 5K | West Dennis, MA |
| October 18 | 11:30am | Paddy's Shillelagh 3M | Newton, MA |

This is a really fun race series with fun pre-post race activities, true community spirit & some really fast races!

RACE IDEAS FOR APRIL/MAY 2009

| | | | |
|----------|---------|---|---------------|
| April 20 | 10:00am | Patriots Day 5M | Lexington, MA |
| April 26 | 11:00am | James Joyce Ramble 10K | Dedham, MA |
| May 2 | 10:00am | Grafton Gazebo 5M | Grafton, MA |
| May 3 | 11:30am | The Great Bear Run 5K | Needham, MA |
| May 13 | 6:30pm | Evelyn's Run for the Roses Women 5K (1st in Triad Series) | Salisbury, MA |
| May 21 | 6:30pm | Team Hoyt 5K | Waltham, MA |
| May 24 | 8:00am | Run To Remember Half Marathon | Boston, MA |
| May 24 | 8:15am | Run To Remember 5 Miler | Boston, MA |

CSU ANNOUNCEMENTS

Special thanks to Pat Robinson & Henry Finch for hosting the Annual Soup Run!!!

New Members - Please contact Gail Breslow, Gail@csurun.org or Catherine Cagle, cat@csurun.org so we can make sure you get introduced.

CSU Calendar

The calendar of the
Cambridge Sports Union
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2009 CSU YinYang Race Series Schedule

Each individual race will be scored within gender. The top male/female CSU finishers receive 15 points. 2nd place is 14 points and so on down to 6 points for 10th place. All other participating CSU runners will receive 5 points. There are 8 races in the series, but only your top 5 point-winning performance count towards your season total. The fashion police will be out in force during the series, and you will be stripped of your points for any race in which you do not wear visible CSU gear (singlet, t-shirt, long sleeved t-shirt, wind breaker or hoodie).

Just to keep things exciting --- last year's top three men & women YinYang winners will have to work a little harder this year --- as we are going to subtract 5 points for the first place, 3 for the 2nd place and one for 3rd place.

2 bonus points each can be earned by volunteering at the Architecture for Humanity 5k, Mount Washington, the Corporate Challenge and the Tufts 10k for Women.

A final note on the race series --- we will send out reminders before each race and a post race report. Like last year we will have an assortment of prizes that will be awarded at the CSU Recognition Party at the end of the season. Send questions or comments on the series to Geoffrey Kent or Catherine Cagle.

Schedule

| | | |
|---------|---------|-------------------------------|
| 5-Apr | 11:00am | Doyle's Emerald Necklace 5M |
| 10-May | 10:00am | Architecture for Humanity 5k |
| 14-Jun | 9:30am | Battle of Bunker Hill 8k |
| TBA-Jul | 6:30pm | Fresh Pond 5M/2.5M |
| TBA-Aug | 6:30pm | Fresh Pond 5M/2.5M |
| 12-Sep | 10:00am | Ollie's 5M |
| 3-Oct | 9:00am | S'ville Homeless Coalition 5k |
| 25-Oct | 9:00am | Bill's Pizzeria 5k |

Volunteer Opportunities

| | | |
|--------|---------|------------------------------|
| 10-May | 10:00am | Architecture for Humanity 5k |
| 20-Jun | 10:00am | Mount Washington Road Race |
| 25-Jun | 7:15pm | Corporate Challenge |
| 12-Oct | 12:00pm | Tufts 10k for Women |

2009 Boston Marathon CSU Activities

CSU Carbo Load Party Saturday, April 18th @ 7:00pm

Host: Duke Hutchinson
11 Appleton Terrace, Watertown
dukehutch@yahoo.com, 617-924-2071

What: Come support CSU Boston Marathoners and enjoy a fun night with friends, family & runners (everyone is welcome)! Please bring a dish to share & BYOB. No RSVP necessary - just be there!

Race Course CSU Cheering Monday, April 20th

Remember, runners & supporters, wear your CSU gear on race day!!! That way runners can see lots of CSU support, and supporters can spot CSU runners!

The two traditional CSU Cheering Locations are :

1. CSU Banner Mile 14 at the Park - Wellesley
2. CSU Tent at Prince & Comm Ave. (30K) - Newton

Push Rim Wheelchair Start: 9:22 a.m.

Elite Women Start: 9:32 a.m.

Elite Men & Wave 1 Start: 10:00 a.m.

Wave 2 Start: 10:30 a.m.

Please contact Catherine Cagle, cat@csurun.org for more information.

CSU Volunteers Needed for Mt. Washington

Saturday, June 20th

If you are interested, please contact Joe Leader, jblead@yahoo.com or 781-861-9031.

Welcome New CSUers!

Be sure to introduce yourself & welcome our newest members: Kathleen Suchow, Jim & Jen Egan, Bill Cohen and John Peters.