



WEEKLY:

- Tuesday Comm. Ave Runs (Watch the listserve for start date in January)
- Thursday Boston University Athletic Enhancement Center Coached CSU Speed Program
- Weekends Group Long Runs - Posted on CSU Mailing List (Interested in hosting? Contact cat@csurun.org)

2008 USATF NEW ENGLAND GRAND PRIX RACE SERIES

February 22	DH Jones 10 Mile	Amherst, MA
March 15	New Bedford Half Marathon	New Bedford, MA
May 16	Bedford Rotay 12K	Bedford, NH
June 7	Rhody 5K	Lincoln, RI
September 12	Ollie's 5 Mile	South Boston, MA
September 20	Lone Gull 10K	Gloucester, MA
October 18	Baystate Marathon	Lowell, MA

2009 NEW ENGLAND RUNNER PUB SERIES SCHEDULE

Coming soon --- Watch the listserve for the featured races for 2009!
This is a really fun race series with fun pre-post race activities, true community spirit & some really fast races!

RACE IDEAS FOR DECEMBER 2008/JANUARY 2009

December 6	10:00am	Mayor Higgins Hot Chocolate Run	Northampton, MA
December 13	12:00pm	Assault on Mount Hood III	Melrose, MA
January 1	11:00am	Freezer Five Road Race	Sterling, MA
January 1	10:00am	Wicked Frosty Four	Salem, MA
January 27	10:00am	Boston Prep 16 Miler	Derry, NH

CSU ANNOUNCEMENTS

Thanks to all the volunteers at the Tufts 10K Road Race!

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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19 APPLETON STREET
WALTHAM, MA 02453
EDITORS: CATHERINE CAGLE & GAIL BRESLOW

To subscribe to CSU Mailing List go: <http://www.csurun.org/about.htm>

Scroll down to the section on the CSU Mailing List and follow the instructions.



New Year's Resolution #1: Run Like an Elite Runner in 2009

CSU will pay your 2009 USATF Grand Prix race registrations no matter how fast you run, just like an Elite Runner. Three easy things you need to do:

1. Have your 2009 CSU dues paid.
2. Have your 2009 USATF membership paid and on file with Pat Robinson, pat@csurun.org
3. Run the race wearing your CSU gear!

Happy almost 2009!!! Time to Renew Your CSU Membership

Still a bargain at only \$20 a year. Any questions about your membership, please contact Larry Berman, smlberman@verizon.net

Need a Ride or Have a Ride to Share?

Remember if you are driving to a race or need a ride to a race - please contact the CSU list serve.

All too often we hear someone did not run a race because they did not have a ride.

By posting that you have a ride or need a ride to a race we can cut down on traffic, reduce fossil fuel emissions & have more fun as a club at the race!

New Year's Resolution #2: Join USATF-NE in 2009

Here are three good reasons why you should have a current 2009 USATF number:

1. If you are a CSU and USATF member, CSU will pay your race registration fee for any race in the 2009 USATF New England Grand Prix Series.
2. By running in the USATF races with an USATF number, you can help CSU by participating in our CSU team competition. Remember seeing those emails seeking a women 40+ or 50+ to complete a team, well, you could be that missing team member (assuming you qualify on the other dimensions!). However, without the USATF membership your effort cannot be counted for CSU.
3. Membership is only \$30 for 2009 and includes a subscription to Fast Forward and other USATF benefits, such as discounts for Track & Field events.

Here is the web link where you can sign up or renew: <https://www.usatf.org/membership/application/index.asp>

Congratulations, 2008 CSU Iron Runners!!!!

Hank Gediman

Raymond Labonte

Mimi Sun

These runners ran all the races in the 2008 USATF New England Grand Prix Race Series.

Completing the full series earns a runner a USATF jacket, not to mention a sense of pride and accomplishment! Talk about inspiration for the 2009 season!!!