



**WEEKLY:**

Varies Track interval workouts – Reggie Lewis Track (email CSU-List Serve for workout options)  
Weekends Group Long Runs - Posted on CSU Mailing List (Interested in hosting? Contact [cat@csurun.org](mailto:cat@csurun.org))

**2008 USATF NEW ENGLAND GRAND PRIX RACE SERIES**

March 16	11:00am	New Bedford Half-Marathon	New Bedford MA
May 11	9:30am	Medical Center 6K	Nashua, NH
June 1	9:30am	Rhody 5K	Lincoln, RI
July 29	6:35pm	Newburyport 10M	Newburyport, MA
August 9	9:00am	Bridge of Flowers 10K	Shelburne Falls, MA
September 6	10:00am	Ollie's 5M	South Boston, MA
October 19	8:30am	Baystate Marathon	Lowell, MA

**\*\*\*Renew your USATF membership for the 2008 Grand Prix Race Series at [www.usatfne.org/member](http://www.usatfne.org/member)\*\*\***

**2008 NEW ENGLAND RUNNER PUB SERIES SCHEDULE**

April 12	TBA	Doyles 5M	Jamaica Plain, MA
May 10	TBA	Irish Village 5M	West Yarmouth, MA
July 13	TBA	Khoury's 4M	Somerville, MA
October 12	TBA	The Bobby Bell 5 Miler	Haverhill, MA
October 19	TBA	Paddy's 3M	West Newton, MA

This is a really fun race series with terrific pre-post race activities, true community spirit and some really fast races! There will be one more race added so stay tuned!

**RACE IDEAS FOR FEBRUARY & MARCH 2008**

February 9	10:00am	Bradford Valentine Road Race 5M	Haverhill, MA
February 16	11:00am	Martha's Vineyard 20 Miler	Vineyard Haven, MA
February 24	10:00am	Hyannis Marathon & Half Marathob	Hyannis, MA
March 2	11:00am	Stu's 30K Road Race	Clinton, MA
March 9	1:00pm	Hynes 5 Mile Road Race	Lowell, MA
March 30	10:00am	An Ra's Mo'r-The Great Race 5K	Somerville, MA

**CSU ANNOUNCEMENTS**

*New Members - Please contact Gail Breslow, [Gail@csurun.org](mailto:Gail@csurun.org) or Catherine Cagle, [cat@csurun.org](mailto:cat@csurun.org) so we can make sure you get introduced and find some like-minded people to train with.*

Please send additions for next bi-monthly Calendar to Catherine Cagle , 781-647-0144, [cat@csurun.org](mailto:cat@csurun.org)

**CSU Calendar**

The calendar of the  
Cambridge Sports Union  
©2008, Cambridge Sports Union

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.



## 2008 Season Kick-Off Team Meeting Thursday, February 7th

Join us Thursday, February 7th @ 6:30pm at the Alewife Bertucci's for a team meeting to get the new season off on the right foot! Bring your ideas & goals to share.

Please RSVP to Gail Breslow, [gail@csurun.org](mailto:gail@csurun.org), so we can reserve enough tables.

## Organizing Car Pools for the New Bedford 1/2

Are you running the New Bedford 1/2 Marathon on March 16th? Please contact Catherine Cagle, [cat@csurun.org](mailto:cat@csurun.org) if you are seeking a ride or can share a ride. Meet new people & help the environment!

## Coming Soon: 2008 CSU YinYang Races Series Schedule

Last year's inaugural CSU YinYang Race Series was a great success! Watch the CSU-List Serve.

## CSU Soup Run Sunday, March 30th

**Time:** 8:00am SHARP!!!

**Hosts:** Pat Robinson & Henry Finch  
153 Windsor Road  
Waban section of Newton

**RSVP:** [pat@csurun.org](mailto:pat@csurun.org) or 617-527-3322

**What:** Drivers/Support crew needed.

Runners are carpooled to the marathon start in Hopkinton for any distance up to 18 miles. Please bring a food item to share after the run. Warm casseroles /soups and /or baked goods are encouraged! Be sure to bring warm, dry clothing to change after the run.

## CSU @ the Boston Food Bank

Please join fellow CSUers, families, and friends for a worthy cause, a long-time CSU tradition, and a fun-filled morning.

**What:** Greater Boston Food Bank

**Where:** 99 Atkinson Street, Boston

617-427-5200, or [www.gbfb.org](http://www.gbfb.org) for directions

**When:** Saturday, March 1, 8:45 am - 12:00pm

**What Else:** Optional lunch at Mike's City Diner afterward. Please RSVP to Gail Breslow, [gbreslow@csurun.org](mailto:gbreslow@csurun.org).

## Seeking Boston Marathon Runners & Supporters Monday, April 21st

**CSU Bus:** Ride in style to the marathon start on the famous CSU bus. Hurry, seats are nearly gone! Please contact Duke Hutchinson, [dukehutch@yahoo.com](mailto:dukehutch@yahoo.com)

**Race Numbers:** There are still a few Marathon applications available for CSU members who would like to run. Qualifying times waived.

Please contact Duke Hutchinson, [dukehutch@yahoo.com](mailto:dukehutch@yahoo.com).

**Runners & Runner Support:** If you are interested in supporting CSU runners or are running the marathon, contact Catherine Cagle, [cat@csurun.org](mailto:cat@csurun.org)

## CSU Carbo Load Potluck Saturday, April 19th @ 7:00pm

**Host:** Duke Hutchinson  
11 Appleton Terrace  
Watertown

**RSVP:** [dukehutch@yahoo.com](mailto:dukehutch@yahoo.com) or 617-924-2071

**What:** Come support our runners and enjoy a fun night with friends, family & runners (everyone is welcome)! Please bring a dish to share & BYOB.