



WEEKLY:

Tuesday 6:15pm Outdoor Track Workouts - Contact Sue@csurun.org or Terry@csurun.org for information
 Thursday 6:30pm Fresh Pond Summer Series Start June 5th
 Saturday 10:00am Fresh Pond Races
 Sunday 9:00am Walden Pond Trail Runs - Contact Geoffrey@csurun.org for information

2008 USATF NEW ENGLAND GRAND PRIX RACE SERIES

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

Join the USATF for the 2008 Grand Prix Race Series at www.usatfne.org/member

2008 NEW ENGLAND RUNNER PUB SERIES SCHEDULE

July 2	6:30pm	Winners Circle Pat Polleta 5K	Salisbury MA
July 13	10:00am	Khoury's 4M	Somerville, MA
October 12	11:00am	The Bobby Bell 5M	Haverhill, MA
October 19	11:30am	Paddy's 3M	West Newton, MA

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

2008 WOMEN'S TRIPLE CROWN 5K SERIES SCHEDULE

June 18	6:30pm	Louise Rossetti 5K	Beverly, MA
July 11	6:30pm	Berna's Great Legs 5K	Lowell, MA

RACE IDEAS FOR JUNE/JULY 2008

July 4	9:00am	Minuteman Classic Road Race 5M	Concord, MA
July 4	7:30am	L.L. Bean 4th of July 10K	Freeport, ME
July 4	5:00pm	Norwood Firecracker 5K Road Race	Norwood, MA
July 4	8:45am	31st Annual Great Harvard July 4th 5M	Harvard, MA
July 4	9:00am	31st Big Fourth of July 5K Road Race	Springfield, MA

CSU ANNOUNCEMENTS

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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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.



CSU Annual Meeting

Wednesday, June 11th@7:00pm

Where: Pat Robinson & Henry Finch's Home
153 Windsor Road
Newton, MA

What: We will conduct some 'club biz' including welcoming new members. Dinner will be served, but BYOB. Please RSVP to Catherine Cagle, cat@csurun.org.

Seeking Volunteers Corporate Challenge

Thursday, June 26th

Time: Check in 5:30pm volunteering till 8:00

Where: Boston Common

Contact: Duke Hutchinson
dukehutch@yahoo.com or
Catherine Cagle cat@csurun.org

CSU earns \$30 per volunteer which goes towards race fees & CSU Events plus you will earn 2 CSU YinYang Bonus Points!

Got a Ride to Share? Or Need a Ride?

Remember if you are driving to a race or if you need a ride to a race --- please post a message to the CSU list serve. It is more fun to have company going to and from races and it is a great way to meet more CSU members!!!

Chill Out in July in the CSU Tour des Glaces Sunday, July 20th

CSU's annual ice cream bike tour through the Western suburbs with stops at 3 ice cream stands. The full loop is about 52 miles, BUT you don't have to do the whole route or sample all the flavors at all three ice cream stops. The ride departs at 10:30am sharp from Concord Center, from the water fountain on the Green.

Please contact Gail Breslow for more information at 617-926-5149 or gail@csurun.org

Volunteers Needed for Mount Washington Saturday, June 21st

If you are interested in volunteering to support CSUers in this amazing race, please contact Joe Leader at 781-861-9031 or jblead@yahoo.com
Remember you can earn YinYang Bonus Points!

Fresh Pond Races

Start Thursday, June 5th@6:30pm

Come to Fresh Pond on Thursday nights to run or volunteer! These races are 2.5 or 5M around the pond and provide 'popsicle timing' results. Very fun and very informal! Bring a 50 cent donation to cover the watermelon & water. Contact Gail Breslow at gail@csurun.org for more information.

Walden Pond Trail Runs Sundays @ 9:00am

Meet us at Walden Pond for a trail run & a swim on Sunday mornings for some fresh air, soft trails and good company! You can also hook up for a bike ride to the pond before the run, followed by a swim!

Where: Walden Pond Parking Lot by the Composting Toilets near the Visitor Center

Contact: Geoffrey Kent, Geoffrey@csurun.org

Join the CSU YinYang Race Series Fun!!!

Check out the series details by going to the CSU Web Link "YinYang Series" or go to <http://www.csurun.org/yinyangseries.htm>

2008 CSU YinYang Races

- 6/7 Harpoon 5M
- 6/29 The New Charles River Run 7.5M/5K
(note both distances will be scored!)
- 8/28 Fresh Pond 5M/2.5M
- 9/6 Ollie's 5M
- 10/4 Somerville Homeless Coalition 5K