



WEEKLY:

- Tuesday Comm. Ave Runs - Watch for Start Date on CSUrun.org
- Thursday Boston University Athletic Enhancement Center Coached CSU Speed Program
- Sundays Long Runs Hosted by CSUers @ 9am -- Watch Weekly Details on the CSU ListServe

2009 USATF NEW ENGLAND GRAND PRIX RACE SERIES

February 22	11:00am	DH Jones 10 Mile	Amherst, MA
March 15	11:00am	New Bedford Half Marathon	New Bedford, MA
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

March 22	11:00am	An Ras Mor 5K	Cambridge, MA
April 5	11:00am	Doyle's Emerald Necklace 5M	Jamaica Plain, MA
May 9	11:00am	Irish Village 5M	West Yarmouth, MA
October 18	11:30am	Paddy's Shillelagh 3M	Newton, MA

Please note more races will be announced soon - Watch for the Complete List on CSUrun.org web site.
This is a really fun race series with fun pre-post race activities, true community spirit & some really fast races!

RACE IDEAS FOR FEBRUARY/MARCH 2009

February 1	10:00am	Marathon Sports Super Sunday 5K/10K	Boston, MA
February 14	10:00am	Bradford Valentine Road Race 5M	Haverhill, MA
February 14	11:00am	Martha's Vineyard 20 Miler	Vineyard Haven, MA
February 22	10:00am	Hyannis Marathon & Half Marathon	Hyannis, MA
March 1	11:00am	Stu's 30K Road Race	Clinton, MA
March 8	1:00pm	Hynes 5 Mile Road Race	Lowell, MA
March 21	1:00pm	Holyoke St. Patrick's Day Race	Holyoke, 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.



Want to get Ready for Spring Running?

Check out the Sunday Long Runs & the Tuesday CommAve Evening Runs! Both are a great way to add a regular run into your routine and not run alone. Watch CSUrun.org for run announcements and the run's contact person.

Annual CSU Soup Run Sunday, March 8th

Time: 8:00am SHARP!!!

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

RSVP: 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.

2009 CSU YinYang Race Series Schedule

All CSU members are eligible and invited to participate in this fun, club race series with MBTA accessible races & end of the season prizes!!! Rules and more details coming soon on the CSUrun.org web site.

2009 CSU YinYang Races

- 4/5 Doyles 5 Miler
- 5/10 Architecture for Humanity Boston 5K
- 6/14 Battle of Bunker Hill 8K
- 7/TBA Fresh Pond 5M/2.5M
- 8/TBA Fresh Pond 5M/2.5M
- 9/12 Ollie's 5 Miler
- 10/TBA Somerville Homeless Coalition 5K
- 10/26 Bill's Pizzeria 5K

Send questions or comments on the series to Geoffrey Kent at Geoffrey@csurun.org or Catherine Cagle at Cat@csurun.org

Now Organizing USATF Race Car Pools

Are you running either of these races the USATF Jones 10 Miler or the New Bedford Half Marathon ? Our goal is to find out who is running and then match CSUers with cars to CSUers seeking a ride.

Please contact Catherine Cagle, cat @csurun.org if you are seeking a ride or can share a ride. Car pooling is a great way to meet new people & help the environment!

Just another reminder that if you have not already signed up for your USATF 2009 Membership, please do. With that membership, your race fee can be paid when you register with the team & you can score points for CSU.

CSU Boston Marathon Carbo Load Potluck 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)!

Seeking Boston Marathon Runners & Supporters Monday, April 20th

Runners & Runner Support: If you are interested in supporting CSU runners or are signed up to run the marathon, contact Catherine Cagle, cat@csurun.org

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