



WEEKLY:

Tuesday 6:15pm Outdoor Track Workouts - Contact Sue@csurun.org or Terry@csurun.org for information
 Saturday 10:00am Fresh Pond Races
 Sunday 9:00am Walden Pond Trail Runs Extended though October , note later start time
 Contact Geoffrey@csurun.org for information & watch for run updates on the listserve

2008 USATF NEW ENGLAND GRAND PRIX RACE SERIES

October 19 8:30am Baystate Marathon Lowell, MA
 Think about coming out to Lowell to cheer on your CSUers running this marathon!!!! They will run two loops so you get a double shot of support to dish out.

2008 NEW ENGLAND RUNNER PUB SERIES SCHEDULE

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!

RACE IDEAS FOR OCTOBER/NOVEMBER 2008

October 11	10:45am	Warner Fall Foliage Festival 5M	Warner, NH
October 12	12:00pm	Harpoon Octoberfest 5K	Windsor, VT
November 2	12:15pm	Genesis Battlegreen 10K	Lexington, MA
November 16	10:00am	Norwell Turkey Trot 5K	Norwell, MA
November 23	11:00am	Norwood Turkey Trot	Norwood, MA
November 27	9:00am	Gobble Gobble Gobble 4M	Somerville, MA
November 27	9:00am	Boston Volvo 5K	Boston, MA
November 27	8:30am	Feaster Five Thanksgiving Race 5M	Andover, MA
November 27	8:20am	WCRC Cross Country Turkey Trot	Newburyport, MA

CSU ANNOUNCEMENTS

Special Thanks to Geoffrey Kent for hosting the CSU 'End of the Summer' BBQ, it looks like we have a new CSU tradition!

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.



Seeking Tufts 10K Volunteers Monday, October 13th

Come out and volunteer with other CSUers for the Tuft's 10K race. All you need to do is contact Duke Hutchinson, dukehutch@yahoo.com ASAP.

(CSU gets \$ for each volunteer & you earn 2 YinYang Bonus Points)

Mud, Grass, Beautiful Fall Foliage & More Mud

Summer may have ended but that means the Cross Country season has started!!! Here is an overview of local races worth checking out.

5-Oct-08 Sunday 10:00 AM Topsfield XC 8K, GRAND PRIX

5-Oct-08 Sunday 9:00 AM Houghton Pond Trail Race, 6 miles (Blue Hills)

12-Oct-08 Sunday 10:00 AM Wayland XC Challenge, GRAND PRIX

19-Oct-08 Sunday 12:30 PM Groton 3.4 M Trail Race, GRAND PRIX

19-Oct-08 Sunday 9:00 AM Ravenswood Trail Race, 4.1 miles Gloucester, MA

26-Oct Sunday 11:00 AM Mayors Cup 8K Franklin Park

1-Nov Saturday 9:30 AM Wachusett Deer Run 5 M

9-Nov Sunday 10:00 AM USATF-New England Championship Franklin Park

Save the Date!!!! Saturday, December 6th

The CSU's 2008 Season Celebration will be the eve of Saturday, December 6th at Henry Finch & Pat Robinson's Home. More details to come!!!

CSU Indoor Coached Speed Program

Starts Thursday, December 4th

Boston University Athletic Enhancement Center's 14-Week Indoor Coached Speed Program for CSU starts on December 4th! Please have your checks & waiver form to Catherine Cagle by October 15th.

Need a Ride or Have a Ride to Share?

Remember if you are driving to a CSU event/race or need a ride to a CSU event/race - please share that information on the CSU list serve.

All too often we hear someone did not run a race because they could not get there by.

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!

Be Warm in CSU Gear this Fall but Look Cool!!!

Check out some of these cool weather running gear from the CSU collection:

- Singlets \$30
- Baseball Hat \$15
- Long-sleeve t-shirt \$15

For more information on gear, contact Duke Hutchinson, dukehutch@yahoo.com