



WEEKLY:

Tuesday 6:15pm Outdoor Track Workouts - Contact Sue@csurun.org or Terry@csurun.org for information
 Thursday 6:30pm Fresh Pond Summer Series (Last race August 28th---next YinYang Race!!!!)
 Saturday 10:00am Fresh Pond Races
 Sunday 8:30am Walden Pond Trail Runs - Contact Geoffrey@csurun.org for information

2008 USATF NEW ENGLAND GRAND PRIX RACE SERIES

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

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 AUGUST/SEPTEMBER 2008

August 9	4:00pm	Brewster Brew Run 5.2M	Brewster, MA
August 24	2:00pm	Marcia Lemkin 5K Run	Lowell, MA
September 1	9:00am	Around Cape Ann 25K Road Race	Gloucester, MA
September 7	9:00am	Race for the Cure 5K	Boston, MA
September 7	9:00am	Montrail Run Like a Girl 8K Trail Run	Carlisle, MA
September 21	9:00am	Lone Gull 10K	Gloucester, MA

CSU ANNOUNCEMENTS

Great job at the Tour des Glaces -- lots of miles were covered and a lot of ice cream consumed!!!

Check out the new calendar on the CSU web site and watch for other new features.

New Members - Please contact Gail Breslow, Gail@csurun.org or Catherine Cagle, cat@csurun.org so we can

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.



Only Three More Races to Challenge the Leaders of CSU YinYang Race Series!!!

Who has the race lead as of August 1st, you ask? Geoffrey Kent & Catherine Cagle... Hey, don't they organize this race series????

Don't let them get away with the 2008 YinYang crowns & race prizes.

- 8/28 Fresh Pond 2.5M
- 9/6 Ollie's 5M
- 10/4 Somerville Homeless Coalition 5K

For races details go to the CSU Web Link "YinYang Series" and be at Fresh Pond on August 28th for the next race!

Fresh Pond Races Every Thursday Through August 28th @ 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 & Swims Sundays @ 8:30am

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

Sign Up Now Lake Winnepesaukee Relay Team!

When: September 20th 8:00am

Where: Weirs Beach, N.H.

How: Recommendations on lodging/car pool to come after we have a headcount .

Contact: Lorin Obler, lobler@msn.com

*** Please contact Lorin no later than Wednesday, August 13th if you are interested!!!

Stay Cool in CSU Gear

Not only will you stay cool but you will also look cool in your CSU team gear!!!

- Singlets \$30
- Baseball Hat \$15

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

Save the Date Tufts 10K Volunteers Monday, October 13th Boston Common

Come out and volunteer with other CSUers for the Tufts 10K Road Race for Women. All you need to do is contact Duke Hutchinson, dukehutch@yahoo.com ASAP.
(CSU gets \$ for each volunteer & you earn 2 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!!!