



WEEKLY:

Tuesday Outdoor Track - Watch for Weekly Workout Information on CSUrun.org
 Thursday Fresh Pond Races - Start June 4th @ 6:30pm with a 2.5M
 Saturdays Fresh Pond Races - Year Round at 10:00am

2009 USATF NEW ENGLAND GRAND PRIX RACE SERIES

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

June 18	6:45pm	9th Squantum 5-Miler	Quincy, MA
September 13	10:00am	Mighty Meehan 5K	West Dennis, MA
October 18	11:30am	Paddy's Shillelagh 3M	Newton, MA

2009 CSU YIN YANG SERIES

June 14	9:30am	Battle of Bunker Hill 8K	Charlestown, MA
July 23	6:30pm	Cambridge Fresh Pond 5M	Cambridge, MA
August 13	6:30pm	Cambridge Fresh Pond 2.5M	Cambridge, MA
September 12	10:00am	Ollie's 5 Mile	South Boston, MA
October 3	9:00am	Somerville Homeless Coalition 5K	Cambridge, MA
October 25	9:00am	Bill's Pizzeria 5K	Newton, MA

WOMEN'S 5K TRIAD SERIES

June 17	6:30pm	Louise Rossetti 5K	Beverly, MA
July 9	6:30pm	Berna's Great Legs 5K	Lowell, MA

CSU ANNOUNCEMENTS

Special thanks to Duke Hutchinson for hosting the Annual Marathon Carbo-Load Party & for organizing the CSU Marathon buses!!!

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.

New Members - Please contact Gail Breslow, Gail@csurun.org or Catherine Cagle, cat@csurun.org so we can make sure you get introduced & get your new member CSU T-shirt!!!

CSU Calendar

The calendar of the
Cambridge Sports Union
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To subscribe to CSU Mailing List go:
<http://mailman.mit.edu/mailman/listinfo/csul>



CSU, Inc. Annual Meeting All members invited!

When: 7 pm, Monday, June 22

Where: At the Home of Pat Robinson
& Henry Finch
153 Windsor Rd, Newton, 617-527-3322

What: CSU Annual Meeting and dinner

RSVP gbreslow@mos.org or 617-926-5149

Agenda:

- * Welcome
- * State of the Cambridge Sports Union
- * Brief updates from each section
(actually, everything will be brief, promise!)
- * Election of officers
- * Treasurers' Report
- * CSU Insurance
- * On-line membership & payment processing
- * Silent Auction for discontinued CSU Gear
- * Other CSU business

Welcome, New CSUers!

Be sure to introduce yourself & welcome our newest members: Tyler Andrews, Chris Natale, Jason Fopiano, & Henry Leong.

CSU Volunteers Needed for Mt. Washington

Saturday, June 20th

If you are interested, please contact Joe Leader,
jblead@yahoo.com or 781-861-9031.

Seeking 30 CSU Volunteers for the Corporate Challenge Thursday, June 25th

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

Where: Boston Common

Contact: Catherine Cagle cat@csurun.org

Friends & family members are welcome to volunteer!
**CSU earns \$30 per volunteer which goes towards
race fees & CSU Events, plus you will earn
2 CSU YinYang Bonus Points!**

Fresh Pond Races Start Thursday, June 4th

Come to Fresh Pond on Thursday nights to run and or volunteer at 6:30pm! 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. Please contact Gail Breslow at gail@csurun.org

Walden Pond Trail Runs Sundays @ 8:30am

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

Where: Walden Pond Parking Lot by the rest-rooms near the Visitor Center

Contact: Geoffrey Kent, Geoffrey@csurun.org

<http://csurun.org/>

Check out the 'new look' & 'new functions' & 'new content' on the site!!! We will be continuing with updates this summer, please be patient during the transition!

CSU Tour Des Glaces Sunday, July 26th

Departs promptly at 10:30 am. Meet at Concord (MA) Center, on the green, by the water fountain.

A leisurely bike ride to THREE houses of Delectable Dairy Delights: Bates at Kimball's (Carlisle), Erickson's (Maynard), & Kimball's (Westford).

Almost everyone can do all or some of the bike ride, the ice cream eating is by far the most strenuous activity of the trip. (START TRAINING NOW!!) The entire loop is about 52 miles, but you don't have to do the whole route. Bring your friends, your families, and especially your bicycles <and helmets>!

Contact Gail at 617-926-5149 or gbreslow@mos.org for more information, or to RSVP. Hope to see you there!

Note: Rain date will be sometime later in the summer. Call 857-204-4153 for a go/no-go decision if it's rainy on the 26th.