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## Post Old Bay Sand Incident (9/29 Weekly Email)

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Maryland Club Running <umdclubrunning@gmail.com>  
To: Maryland Club Running <umdclubrunning@gmail.com>

Mon, Sep 29, 2025 at 10:00 AM



Greetings terps,

Hope you had a great weekend, I know I did because I got to attend the OLD BAY INVITATIONAL! We don't have as much going on this week but I encourage everyone to take a look at the meet recap and fill out the **feedback form**. I also hope to see many of you at **club lift and club study hours** this week!

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## Old Bay Invitational Meet Recap



On Saturday our team made the trip across the Bay Bridge for our first ever home cross country meet, the **Old Bay Invitational** at Terrapin Nature Park! The flat course had just enough sand to test everyone's spirits before they finished!

The meet started off with the Men's 8k. Our team was led by webmaster Jonah Plotkin who placed 12th overall with a time of 27:26! Coming in next at 16th was club unc Day Leone, who ran 27:37!

Right behind him was Chris Blaisdell, who placed 17th with a 27:41! The pack was rounded out by Anthony Boscolo and Dylan Schmidt, who placed 19th and 20th with times of 27:55 and 27:58 respectively!

Coming in at 27th, Greg Schellberg ran a 28:21 as our 6th man!

Sammy Joseph followed him in 28th with a 28:22!

**Thanks to all of these valiant performances the men's team placed 3rd overall!**

After that it was time for the Women's 6k! Lucia Larrea led the team by taking the individual win in 22:37, and taking home a much coveted first place award!

Coming in after her, Anna Weiksner placed 10th with a time of 25:01!

Shortly after, Meredith Rockhill placed 14th with a 25:33!

Next up was Ella Quigley who took a break from her lead timing responsibilities and placed 16th with a 25:43!

After her, Francesca Martin ran a 27:15 for 25th place!

Coming in 6th on the team, Maya Potter ran a 28:06 for 33rd place!

Next, Rylan Brennan, alumni of esteemed cross country powerhouse Voorhees HS, placed 37th with a 28:34!

**The women's team also placed 3rd overall thanks to all these strong races!**

After it was all said and done we ate some not so freezy pops before the short ride back to College Park. In general I think that it was a very successful meet and I'm glad so many people were able to race with us. Huge thanks to everyone who volunteered and made the meet possible, especially vice president Ben for doing such a great job as meet director!! **Since this is a brand new meet, we would like everyone to fill out the feedback form and share their thoughts!**

**Photos!**

**Results!**

Feedback form:

**Fill it out!**

## Club Study Hours

Our heavily requested club study hours are occurring again during this semester!! We host them weekly for you to do homework, study, or just hang out with your teammates in the library! Hope to see you there!

**When:** Every Wednesday 8pm-10pm

**Where:** Mckeldin Library Room 2113

## Club Lift

Club Lift is making its much anticipated return. If you're unaware club lift is our reserved weight room hours where we get the SPH weight room for just the use of club running! The session is very informal and you

can come do absolutely whatever you want and just come to get stronger or prevent injuries with your friends.

**When:** Every Tuesday 10pm-11:30pm

**Where:** SPH Weight Room (Near doors closest to Eppley) (4200 Valley Dr, College Park, MD 20742)

## Football Catering

This fall Club Running will once again be catering the Mezzanine Boxes for all UMD home football games! This is very exciting for us because it's a fun way for us to help fund all of the exciting things that we do during the year. **Not only is it fun, but we also humbly require that all competing members of the club complete two fundraisers for every semester that they compete, and for the fall our primary fundraiser is catering the football games.** It is very easy, all you need to do is write down orders and bring the fans in your section food from the kitchen (Absolutely no cooking required and you're free to feed yourself as well). **You get a great view of the game from the box seats and, after you fulfill the fundraising requirement of two games, you get to keep all of your tips!** Please sign up for any games that you would like to cater! If you have any questions about catering please reply to this email or reach out to Ryken Mak, the fundraising treasurer, at 510-826-9534!

## New Member Information

The start of the new school year is a great (at least top 5) time to join the club! If you are new to the club or considering starting to come to practice then congratulations, you have taken the most important step towards staying in the loop. We send out all official communications through our weekly emails. Joining a new club can sometimes be overwhelming so **we have compiled all of the necessary information about Club Running in this [information document](#).** This document has been updated for the new school year. New members, please take a look at it and do not hesitate to reach out with any questions! Current members please share this link with any friends that you are trying to introduce to the club! Always remember, while our club gets competitive, it is also fun (arguably more important), practices are never required! We know everyone has a lot going on but if you can make it out a couple times a week that is so

much better than not at all. (Our current president Evan Masiello regrets not going to practice his first semester even though he could only make it on Fridays) Also, if you show up to SPH or the track you will always have people to run with! There is a wide variety of skill and experience levels on the club and there's room for everyone!

Some important groundskeeping stuff, to be registered for the club you must sign up on these two university websites:

1. [IMLeagues](#) - This website is an ad-ridden nightmare that sadly all members must re-register on at the start of every school year. Make sure you complete the concussion quiz, and fill out the emergency information form.

2. [TerpLink](#) - This only needs to be done once when first joining the club, after that you're good!

The detailed instructions on how to sign up on these two websites can be found in our updated [information document](#).

Additional ways to stay connected with the club include [GroupMe](#), [Strava](#), and [Instagram](#). Also check out our website! [umdclubrunning.com](http://umdclubrunning.com)

## Meet Schedule

Here is our meet schedule!! As a reminder all of our meets are optional and we encourage people to pick and only attend which meets they're most interested in.

Meet	Level	Location	Date
Terrapin Time Trial	TT	Greenbelt, MD	Sat, Sep 6
Cavalier Invitational	Club	Earlysville, VA	Sat, Sep 13
Old Bay Invitational	Club	Stevensville, MD	Sat, Sep 27
VCU Run with the Rams	Club	Mechanicsville, VA	Sat, Oct 4
NIRCA Mid-Atlantic Regionals	Club	Earlysville, VA	Sat, Oct 25
NIRCA Cross Country Nationals	Club	Hershey, PA	Sat, Nov 8

# Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. Even if you don't want to compete, hopping in a workout is a great way to challenge yourself and become a better runner. As always we will have two recommended training plans: A distance plan and our sprinting training plan. These workouts are suggestions so feel free to modify your training as you see fit. **During the cross country season sprinters and field athletes obviously can unfortunately not compete in their usual events, but we still host practices every day and have a sprints training plan for the fall!**

If you have any questions about the workouts please reach out and we can put you in touch with the creator of the plan you're looking to follow. It is important to note that these plans are best paired with some good base mileage during the summer and early in the semester!

## ~20 mpw Distance Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30 <b>Threshold</b> 2xMile @T, 1/5 time rest 2x200 @R, 100walk/100jog	01	02 Strides	03 Paul Short Run	04 VCU (Backup Meet)	05

## ~35 mpw Distance Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30 <b>Threshold</b> 3xMile @T, 1/5 time rest 3x200 @R, 100walk/100jog	01	02 Strides	03 Paul Short Run	04 VCU (Backup Meet)	05 Recommended Long Run: ~ 7-9 miles (20-25% of weekly mileage)

## ~50 mpw Distance Plan:

AAZa	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30 <b>Threshold</b> 5xMile @T, 1/5 time rest 5x200 @R, 200 jog	01	02 Strides	03 Paul Short Run	04 VCU (Backup Meet)	05 Recommended Long Run: ~ 10-12 miles (20-25% of weekly mileage)

## Sprint Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/29 - 10/5	250-300-350-300-250 @ 75%, 4 min rest between Bleacher workout	4x200m or grass strides, hurdle mobility, core	8x200m @ 70%, 2.5 min rest	30-40-50 x2 with blocks, full recovery between	No group practice! 20-40 min jog or stretch and rest	Rest and recover :)

Distance Plan

Sprint Plan

Regards,

Evan Masiello

*President*

UMD Club Running