



## Happy Regionals Week!! (10/20 Weekly Email)

1 message

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

Mon, Oct 20, 2025 at 8:00 AM



Good morning squad,

Get excited because it's REGIONALS WEEK!!! We have two very awesome pre-regionals events and a must watch IM soccer game today! **Also make sure you sign up for nationals if you're interested in racing!**

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## Nationals Meet Sign Up

Nationals is just around the corner! It's time to take on some of the best club competition across the nation and have a fun weekend trip with the club! We will be meeting at 5 pm (actually 5 pm) on Friday November 8th to leave for Hershey! We will stay in a hotel Friday night, run on Saturday, and then drive back Saturday afternoon (hopefully return by 8-9 pm).

**Sign ups close Wednesday 10/29 at 11:59pm.**

**WHAT** - NIRCA Nationals!

**WHERE** - Hershey, PA

**WHO** - You (and all your buddies on Club Running)

**WHEN** - Friday, Nov 7th - Saturday Nov 8th (trip length)

**WHY** - To take on some of the best club competition in the country, for fun, vacation across our northern border, spend time with your friends on the club

**Sign Up!**

## Pre-Regionals Pasta Dinner (Wednesday)

Do you want to carbo load in perfect time for Regionals! Then come to our pasta dinner this week to have fun with your teammates and eat a lot of pasta!

**What:** Pre Regionals Pasta Dinner!!

**When:** 7pm on Wednesday 10/22

**Where:** [8713 36th Ave, College Park](#)

**Who:** Everyone who does or doesn't want to eat pasta!

**If you're planning to attend please RSVP here so we know how much food to prepare:**

**Sign Up!**

## Pre-Regionals Hair Ribbon Making (Thursday)

Are you racing regionals and want to have some umd themed hair swag? Are you not racing regionals but want to participate in a fun craft? If you answered yes to either of those questions or any variation of them then the pre-regionals hair ribbon making social event is for you! Club Treasurer Ella Quigley will be leading everyone in making hair ribbons before regionals!

**What:** Have fun and make ribbons!

**When:** 7pm on Thursday 10/23

**Where:** South Campus Commons Building 1

**Who:** Absolutely everyone!!

**No RSVP required, just come to SCC 1 on Thursday!!**

## Women's IM Soccer Final Today!!

**I urge everyone to come cheer on the Women's IM Soccer team in the championship game today!**

The game is today (Monday 10/20) at 7pm on the Xfinity Turf Fields!

See you there IM Soccer lovers!

## Terrapin Invite Extra Shirt Order



Do you want to rep some great club apparel at a budget cost! We're selling our excess Terrapin Invitational shirts at a very reasonable price! **Fill out the form below to order one!**

Shirts will be brought to practice to pick up!! Please indicate a date when you would be able to pick your shirt up at practice and we will bring it to either the track or SPH that day!

**Cost:** \$5

**Sizes:** S, M, L, XL

**NOTICE:** Since we don't have exact size counts at the moment we will confirm each order by text or email, please provide your contact info and feel free to wait to pay until your order is confirmed!

Please venmo @umdclubrunning payment with "terrapin invite shirt" in the memo or bring cash when you pick up the shirt

**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!

**Sign Up!**

## 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
20	21 <b>Lumberjack</b> 3x400m @ 5k pace, start each on 3:00 cycle 8 min @ threshold / HM pace 3x400m @ 5k pace, 3:00 cycle 8 min @ threshold 3x400m @ 5k pace, 3:00 cycle	22	23	24 Strides	25 NIRCA Mid-Atlantic Regionals	26

### ~35 mpw Distance Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20	21 <b>Lumberjack</b> 4x400m @ 5k pace, start each on 2:45 cycle 10 min @ threshold / HM pace 4x400m @ 5k pace, 2:45 cycle 10 min @ threshold 4x400m @ 5k pace, 2:45 cycle	22	23	24 Strides	25 NIRCA Mid-Atlantic Regionals	26 Recommended Long Run: ~ 7-9 miles (20-25% of weekly mileage)

### ~50 mpw Distance Plan:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20	21 <b>Lumberjack</b> 4x400m @ 5k pace, start each on 2:30 cycle 10 min @ threshold / HM pace 4x400m @ 5k pace, 2:30 cycle 10 min @ threshold 4x400m @ 5k pace, 2:30 cycle	22	23	24 Strides	25 NIRCA Mid-Atlantic Regionals	26 Recommended Long Run: ~ 10-12 miles (20-25% of weekly mileage)

### Sprint Plan:

Can be viewed [here!](#)

**Distance Plan**

**Sprint Plan**

## 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

## 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!

**Info Doc!**

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)

Best,

Evan Masiello

*President*

UMD Club Running