



It's Officially Home Meet Time!! (4/21 Weekly Email)

1 message

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

Mon, Apr 21, 2025 at 8:00 AM



HAPPY HOME MEET WEEK TERRAPINS,

I am so excited for this weekend and I hope you are too! Read on for some information about the meet and the cookout after!

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Terrapin Invitational Meet Info

Incase somehow you weren't aware, we are hosting our 5th annual home meet, the **Terrapin Invitational on Sunday April 27th!**

The field events start at 9:30am and the track events start at 10:00am! We will send out an official schedule once registration is completed, but we estimate that the meet will end around 5:30-6pm

The meet will of course take place at the Kehoe Track located here: [Kehoe Track and Field Complex 7898 Championship Ln, College Park, MD 20742](https://www.google.com/maps/place/Kehoe+Track+and+Field+Complex+7898+Championship+Ln,+College+Park,+MD+20742)

This meet is a lot of fun to watch even if you aren't competing! We would love to see everyone come support and of course we are excited to watch everyone who signed up race! **We will send out more meet information in a travel email style message, but it's important to note that since this is a home meet you are responsible for getting to the track with enough time to check in and warm up for your event. There is no official meeting time!** Of course if anyone would like to arrive early to help set up and come support your teammates before you race we heavily encourage it!

Just to remind you we have two Terrapin Invitational Themed Merch Items for the meet!

Terrapin Invitational T Shirts will be sold for \$16 each at the meet! See the design here:



Terrapin Invitational Pint Glasses will be awarded to all event winners! See the design here:



All of our meet information can be found on both [Our club website](#) and [Athletic.net](#)! This includes information like **the schedule of events, heat sheets (coming soon), and what other clubs are attending!**

If you have any questions about the meet please reach out by email or groupme message!

Post Terrapin Invitational Cookout

We're so excited for the Terrapin Invitational on Sunday April 27th! We are also very excited to invite you all to a cookout after to celebrate and relax after the meet!

We will serve burgers, hot dogs, and sides accompanied with some classic yard games like spikeball and jackpot. Feel free to invite your other teammates, family, and friends!

We will be at Acredale Community Park which is about a mile from campus and has parking.

Address: [4200 Metzerott Rd, College Park, MD 20740](#)

Time: The cookout start will be dependent on when the meet ends, but we currently estimate around 6:30pm

Cost: Please either Venmo \$5 to @UMDClubRunning or bring cash once at the event.

Please fill out this form so we can get a headcount, we hope to see you there!

Sign Up!

Blue Hen Invitational Meet Recap



After some slight delays to the start of the meet 31 club runners were ready to toe the line in Delaware

We experienced some slight goofy music during our races and countless “Chicken Jockey” callouts

Michael Cliver won the gold in the 100m with an 11.40!

Raquel Tolin also won the 100m with a 13.53, the start of many more trophies for the sprinters!

Continuing the trend **Logan Hurney** and **Ve Lee** took first and second in the 200m with 23.34 and 23.85 respectively!

Raquel Tolin continued her top 3 streak with a second place finish in the 200m in 28.30!

Logan Hurney once again brought home a w by winning the 400m with 52.48! Chicken jockey

Amanda Callaghan placed third in the 400m with 1:13.18!

In a very competitive 800m **Quinn Sullivan** placed 4th with a 1:58.79 (Better luck next time Brian Lau)

Amanda Callaghan once again took home a bronze trophy with a 2:42.13 in the 800m!

Ryan Tyberg took third in the 1600m shortly followed by **Jonah Plotkin** and **Scott Feaga**, all three runners ran an impressive 4:33 and some change!

Ronan Perrone made his long awaited debut to our racing team placing third in the 5k with a very impressive and only slightly unsatisfying 16:01.15!

Amanda Callaghan, Raquel Tolin, and Caiya Campbell placed second in the 3x100m relay with 55.28 and an impressive non-disqualification!

Our 4x400m team consisting of **Colin Smith, Joel Ukpelegbu, Ryan Tyberg, and IM Captain Logan Cyford** won the relay with a 3:38.61! So many victories that my fingers are getting tired from hitting the

exclamation point key!

Our same **beloved 3x100m team** from before also placed third in the 3x400m with 4:58.88 and another non-disqualification!

Joel Ukpelegbu also tied for first in the high jump with 5-04!!

Two of our three esteemed club relay runners **Amanda Callaghan and Caiya Campbell** tied for second in the high jump with 4-08s!

At some point in between all of this a few club runners found themselves at UDairy waiting in a long line for some ever so scrumptious ice cream

After the meet had officially ended, somehow John Schmidt made the transfer to club wrestling and took home some more gold for Maryland!

To cap off the day President Evan Masiello and Vice President Benjamin Waterman did the USCMind ice bucket challenge after a challenge from our good friends at GW

Finally everyone either returned home to college park for a night back in the dorms or cosied up in the hotel for a restful night of sleep.

Thanks for coming everyone and congratulations on so many great races!

Results!

Frederick Half Marathon Sign Up

TLDR

Who: You!

What: Frederick Half Marathon

Where: Frederick, MD

When: May 4 (Cinco De Cuatro)

How: Sign up by 11:59 on Tues 4/22

The last race of the season, and in my opinion, the best :) The Frederick Half Marathon runs on roads through the neighborhoods and downtown area of the beautiful town of Frederick MD. The race starts at

7AM. There will be 7 aid stations along the way, all with water and Gatorade and some with gels, snacks, etc. All finishers receive a medal and a hoodie.

This race is open to everyone who would like to run. The race starts at 7AM so we will have to leave very early Sunday morning (probably around 4:30 am). Please note it is on a Sunday, 5/4.

Because entry fees are expensive, the cost for competing in the race will be \$50. This is still a huge discount from the actual cost of registration. Please contact an officer or send an email to the club if this cost is an issue; we don't want finances to be the reason anyone misses out on racing.

Reminder: Club Running Competition fee is \$20 for a semester OR \$30 for the year, plus each individual race fee.

***This sign up will close on Tues 4/22 at 11:59pm* THIS IS A HARD DEADLINE!!! I apologize I cannot be flexible with this one due to the registration process.**

Sign Up!

Kehoe Twilight (DI) Meet Sign Up

TLDR

Who: You!

What: Maryland DI Team Kehoe Twilight Invitational Sign up

Where: Kehoe Track at UMD

When: Friday May 2nd, 2025

How: Sign up by 11:59 on Friday April 25

This meet is an opportunity for you to compete at a Big Ten DI track meet, right here at UMD. However, since it is a DI meet, ENTRIES ARE VERY LIMITED. I do not know how many entries will be accepted. The DI team will tell us a few days before the meet. You can look at Last Year's Kehoe Results to try and see if your entry is feasible. The coaches try to make the meet competitive, so if most of the 1500 runners are around 4:15, they're probably not accepting a 4:45 (for example). Please keep this in mind when considering running this meet.

NOTE: Please do not sign up for this meet if you don't 100% intend on running it. The DI team is letting us run in their meet. If we have to scratch a ton of people, they may be less likely to let us race their meets in future years.

This sign up will close on Friday April 25 at 11:59pm

Sign Up!

Healthy Kids Running Series Volunteering!



This year, Maryland Club Running is happy to announce that we are partnering with Healthy Kids Running Series in College Park in order to engage with the local community through an amazing youth running program!

Volunteering with Healthy Kids will fulfill your Spring 2025 Fundraising/Community Service requirement for club competition. (As a reminder one fundraising event is required for each semester you compete!) Also, it will be a lot of fun! You could lead stretches, help with timing, take photos, be a rabbit, or be a course marshal!

Race Dates: **Sundays 4/27, 5/4, 5/11, 5/18 at 3:30 pm.** Volunteer commitment will be from 2-5 pm. Each race will be at Lane Manor Park (0.5 miles from UMD campus right on the NW Branch trail). **Volunteer sign up is available [here!](#)**

If you know any kids ages 2-14 who might be interested in signing up to run, please direct them to [this link](#).

If you have any questions, please contact Ben (umdclubrunning@gmail.com)

Sign Up!

Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. And can be fun and rewarding even if you don't compete. Our two training plans, the Sprint Plan and Distance Plan, are linked below. Please reach out if you have any questions about the plans or specific workouts!

Here's a preview of what workouts you can expect this week (Distance runners do easy runs on every non-workout weekday)

Sprint Plan:

4/21 - 4/27	4 x 60m fly-ins, 6 min rest between	Long Sprints: 3x300m cut-downs (1st 100 @80%, 2nd @85%, 3rd @90%), 5 min rest between Short Sprints: 4x150m build-ups (Start at 80%, every 50m increase effort by 5%), 5 min rest between	Grass strides (if dry, 4x200 if not), hurdle mobility	Start drills, 6x30m block starts (or 4x30m for Blue Hen runners)	Pre-meet :)	Rest, stretch, recover, prepare for meet or 2-4 mile run	Terrapin Invite!
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Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21		22	23	24	25	26

Race Prep
2x (800 @T, 1min rest)
2x (400 @I, 90sec rest)
2x (200 @R w/ 200 jog)

Terrapin Invitational

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21		22	23	24	25	26

Race Prep
3x (800 @T, 1min rest)
3x (400 @I, 90sec rest)
6x (200 @R w/ 200 jog)

Terrapin Invitational

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21		22	23	24	25	26

Race Prep
4x (800 @T, 1min rest)
4x (400 @I, 90sec rest)
8x (200 @R w/ 200 jog)

Terrapin Invitational

Distance Plan

Sprint Plan

Club Study Hours

Study has changed rooms but it is still the same old fun!!

We will be hosting study hours **every week in Mckeldin Library, Room 2113, on Tuesdays from 8-10pm**

You are welcome to attend for as long as you want or are able to. This is a great opportunity to get to know your teammates and maybe get a little work done in the process. I am looking forward to a great time in the library and I hope to see you there!

Club Lift

Do you want to workout muscles other than your legs? Do you want to have a lot of fun doing it? Do you want to be in the school of public health on a Thursday night? Then Club Lift is for you! Our lift hours for the spring will be from **10:00-11:30 pm every Thursday in the SPH Weight Room**. Whether you're new to lifting or a seasoned veteran following an expertly crafted training plan, Club Lift is a great place to get your workout in. With the weight room reserved exclusively for our club you won't have to deal with any overcrowding and can peacefully bond with your teammates while getting big or just preventing injury. Hope to see you there!

Practice

The club will have practice at 5pm every Monday-Friday for the rest of the semester!

Distance runners will meet at the [School of Public Health Overhang](#), (38.99334, -76.94220) and sprinters will meet at [Kehoe Track](#) unless otherwise noted, (38.98765 -76.95096). If you're having any trouble finding the overhang or the track then slide us an email, Instagram dm, or GroupMe message

We only have one requirement for people attending practice, it's very easy but important! Please make sure that you are signed up on IMLeague so we can make sure everyone is safe and accounted for. If you have any issues or questions please let us know!

Meet Schedule

Our meet schedule is nearing its final form. We have gotten a date confirmed for our home meet Terrapin Invitational! Our meet will be on Sunday, April 27th. We will send out more information closer to the event but start getting excited!

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Bethesda, MD	Sun, Feb 23
Cavalier Invitational	Club	Charlottesville, VA	Sat, Mar 1
Towson Invitational	DI	Towson, MD	Sat, Mar 29
NIRCA Nationals & Half	Club	Richmond, VA	Sat-Sun, Apr 5-6
Blue Hen Invitational	Club	Newark, DE	Sat, Apr 19
Terrapin Invitational	Club	College Park, MD	Sun, Apr 27
Kehoe Twilight Invitational	DI	College Park, MD	Fri, May 2
Frederick Half Marathon	Road	Frederick, MD	Sun, May 4

New Member Information

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](#).**

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. 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

See you on Sunday at Kehoe,

Evan Masiello

President

UMD Club Running