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## Club Running Weekly Email (8/27)

1 message

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

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And so it begins...

Welcome runners to the 2024-2025 academic year. More importantly, let's get hype for the 2024 cross country and fall training season!!! If you are getting this email right now then congrats, you have completed the most important step in staying informed about our club! Whether you are a returning member or just thinking about showing up to your first practice, give this email a read to stay up to date on the happenings of UMD Club Running.

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## New Member Information

Oh look, a rare club email where the obligatory new member information is at the top and not the bottom. To anybody that showed up to RecWelcome on Sunday thanks for stopping by! As promised, here is all the info you need to get started with 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 fall season. 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! (Seriously it takes like five seconds to forward an email, just do it. They don't know what they're missing and you have the power to inform them, and we all know thanks to spiderman that great power comes with great responsibility.) Always remember, while our club gets competitive, it is also fun, 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 have people to run with! There is a wide variety of skill and experience levels in 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. To all returning members, you need to sign up again for this academic year! I**

know it's annoying but its not more annoying than being the reason that we don't pass our practice or travel audits so please just do it!

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](#)

## Practice

Our first day of practice will be on **Tuesday, September 3<sup>rd</sup> at 5:00 PM!** Apologies in advance to all of those who cannot make it to practice at that time on some days out of the week. Luckily for you, we don't keep track of practice attendance and will be happy to see you whenever you can make it. You can also reach out to others in the groupme to organize runs outside of practice, on the weekends, or even this week before practice starts! Once we get to the end of daylight saving time practice time will switch up a bit but we'll cross that bridge when we get there.

Our distance runners meet at the [SPH overhang](#), (38.9933497668884, -76.94220687903169).

Our sprinters and track specific athletes meet at [Kehoe Track](#) unless otherwise noted, (38.987651806735016, -76.95096388701513).

## Meet Schedule

We will start the season as always with our Terrain Time Trial followed up shortly with the DC Invite to get the season off to a quick start with some intrateam and local competition. We will then head down to beautiful Panorama farms to race at the Cavalier Invite. After a week off we head up to Lehigh for the Paul Short Run which serves as a great warmup for Regionals on the same course two weeks later. After Regionals we have two weeks off to really focus on workouts and lock in for Nationals this year where we will be headed to the sweetest place on earth, Hershey, PA!

Meet	Location	Date
Terrapin Time Trial	Greenbelt, MD	9/7
DC Invite	Wheaton, MD	9/14
Cavalier Invite	Earlsville, VA	9/21
Paul Short Run	Bethlehem, PA	10/5
NIRCA Mid-Atlantic Regional	Bethlehem, PA	10/19
NIRCA National	Hershey, PA	11/9

## Workouts

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. We have a new [distance training plan](#) for the fall season (shout out Eamon for another stellar workout plan) so take a look to see what lies ahead. The training plan for sprinters will be released next week before the first day of practice. If you are going to be going to workouts with the sprinters to condition for track during the fall expect a solid mix of speed and technique work as well as a bit of strength and higher distance base training to get you off on a strong foot coming into next season. We will have the SPH weight room again this season, more information regarding that also to come in a later email.

If you feel out of shape right now and the workouts seem intimidating don't worry you are not alone! You can always modify a workout or choose to skip one, but we will try to help you gradually work your way up to harder workouts throughout the course of the season. Trying to complete a workout that is beyond your current ability level is a great way to hurt yourself, so just be patient and keep your mileage going and the results will speak for themselves.

## Catering

We will be doing catering again as our primary way of fundraising this fall. As many of you know, in addition to competition fees we ask that all competing members do at least one fundraiser per semester competing. Please sign up [here](#) for slots to help cater at a football game this season, especially if you can help out this Saturday the 31<sup>st</sup>. The game starts at noon so those volunteering will need to be available from 10:00-4:00 but you will have a great view of the game and should be able to score some free food. Thanks in advance!

## Watch Out

It was a dark and gloomy night. Inside the deepest dungeon of the School of Public Health there lie two Club Running officers, contemplating life and practicing their spells. Lillian "The Spellbinding Squigglewitch" Hsu and Stacey "Fizzlebang" Fitzsimmons had become outraged. Lillian was missing meet dues, and Stacey was missing singlets. Without being able to balance the club's books or successfully keep track of inventory, their ruthless overlord, Sam "VP Pounder" Fields, was surely going to have them stripped of their powers and leave them to melt next to the underground steam heating pipes. They needed a scapegoat, and fast, lest they take the blame for the incompetence of those whom they graciously give their time and energy to. "Be gone ye, across the pond, to a land where English isn't fond" they chanted. And just like that they could feel a sigh of relief, there was balance in the universe, but for how long? Club pariah Brian "The Bandit" Lau had been cast away in exile to a prison in Madrid as he had unpaid dues and was in possession of club property that did not belong to him. He has not been heard from since, and may never be heard from again. VP Pounder grows anxious with every day and who knows when his ire will get to a breaking point again. Let this be a lesson to you all, catch up on your dues and return borrowed uniforms, or you could be next.

Seriously though, if you get an email about unpaid dues please give it a look. If we have an error in our records then let us know but if you owe the club money please try to pay it when you can. Also, we are still missing a few singlets from last season so please return them if you have them.

Looking forward to seeing some new faces and a bunch of old friends at practice next week. Good luck as classes are getting started, you already made it through one day of syllabi so the rest of the semester should be a breeze! Take care of yourselves the next few days and make sure you are stretching and staying hydrated with the hot weather coming up. Also, do as I say not as I do and make sure you are getting enough sleep, take this week as a chance to rest up before work starts piling up. Whether you are a legend at your highschool and ready to jump into college running or just trying to change things up from doing the stairmaster at the gym all the time, we can't wait to meet you!

Yours truly for one more absolute banger of a semester,  
Zach Kiedrowski  
*President*  
UMD Club Running