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## Weekly Email (9/16)

1 message

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

Mon, Sep 16, 2024 at 2:44 AM



Phew, what a course that was,

Have some qualms with whoever advertised the course this weekend as “moderately” hilly but everyone did a great job persevering. This is just the start, can’t wait for what is to come. Another week means another meet to get ready for and another sign up opening up and more so make sure to read through.

In this email is the Paul Short Run Sign up, be sure to complete this BY THURSDAY AT MIDNIGHT if you want to participate in this race.

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## Practice

We will continue having practice every day this week at 5:00 PM. Please make sure that you are signed up on IMLeagues if you are coming to practice, it only takes a couple minutes and is how we make sure everyone stays safe so please just do it! We will be doing a self audit on Wednesday where we will practice what it will be like when we get audited by the club sports office. Everyone must bring a photo ID to practice and be signed up on IMLeagues or you will not be able to run with us! Don't stress if you can't make it to practice on any given day, 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!

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).

If you are having trouble finding the overhang or the track then shoot us an email, Instagram dm, or GroupMe message.

## DC Invite Recap

Oh boy that was a rough one. There were points during that race where I felt like the corn was running faster than I was (Was it? It was definitely taunting me). After a bit of drama with questionable alarm clock functionality the team departed SPH on a beautiful September morning. When we got to the course the biggest challenge shifted from how to mentally prepare for the race to finding a bathroom. The competition sent us on a wild goose chase to a McDonald's

bathroom in an attempt to distract us from the race but we got ready and warmed up in plenty of time. The gun went off and up the hill our fearless lady terps went, disappearing into the corn in the blink of an eye. Fueled by strong debut performances from Beatrice, Maya, and Nikita, along with great races from veterans Lillian and Ella, our women's team put our scoring five in the top 22 finishers for a second place finish! After earning the first team cow of the day (which still seems odd to write out) our men's team was off. The lucky guys got to trace the steps of the women's race but after finishing the second loop they got the distinct privilege of doing another full lap around some corn. As the sun reached higher into the sky our guys came storming home, putting our scoring five all in the top 10 with Logan T going off in his club debut to help secure the victory for the team. We collected our cows and ate some cupcakes to put a wrap on the day, our team is gonna be scary at panorama next weekend. If you have [pictures](#) from this weekend add the to the linked folder! Also, check out the full [results](#).



## Paul Short Sign Up

Sign up [here](#) for the Paul Short Run! This sign up will close on Thursday at 11:59 PM so we can sign everybody up in time. Sorry again for the early form closure but we need to get everybody signed up ASAP to make sure that we don't run out of space for entries in our races! This meet is the one meet this season that will not be a NIRCA meet, rather we will be racing against other top clubs and open collegiate entrants. Don't be nervous about this race though, while there will be some exciting competition there will still be a wide range of skill levels and this is a great opportunity to preview the course that we will be racing on at regionals. Information about logistics for this meet is in the sign up form linked above. Notably, this will be the first overnight travel meet of the season as we will be leaving on the evening of Friday, October 4th, and

coming back after the races on Saturday the 5th. Fear not, we have reservations at a Ramada and will get to race against the poor souls that end up at the Super 8. This is an expensive meet for the club that we pay for, but please only sign up if you are going to attend. If you sign up for this race and decide not to attend for any reason other than illness or injury we will charge you the FULL COST of your meet entry and hotel room spot.



## Cavalier Invite Travel

The Signup has closed for Cavalier invite. If you signed up, keep an eye out for a separate travel email coming out in the next couple days. We will be getting off to an early start on Saturday so stay updated and make sure to set your alarms! If you have any last minute concerns please text me at 443-761-7628.

## Meet Schedule

Cavalier Invite is up next! After a week off we will 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 Quick note, days left blank on the workout plan generally mean easy runs. If you are a sprinter then check out the [sprinter training plan](#) brought to you by sprint chair Dom! Snippets of both workout plans for this week are below. Also, be sure to show up for club lifting hours from 4-6 PM at SPH on Sundays!

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.

16	17 Threshold 5xMile @T, 90s rest 5x200 @I, 200 jog	18	19	20 Strides	21 Cavalier Invitational	22
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9/16 -9/22	Long run with distance Meet @ SPH	Build up 150s, 70, 80, 90 % each 50m, x5, 3 minute rest	10x200 at 70%, 2.5 minute rest Empty tank last rep	Women's Soccer game 7 PM	Block Work: 50-40-30m x 3	2-4 mile run or rest	Rest / Stretch
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## Catering

We are still catering 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 in advance [here](#) for slots to help cater at a football game this season. Coming up this weekend we will be catering the villanova game. This game conflicts with the Cavalier invite so sprinters this is your time to shine! Get your fundraising requirement knocked out of the way for the year and you will help out the team so much!



## Fun Stuff

The OAC was unable to block off the pool for us this week but we will still be having an impromptu pool day after practice on Thursday the 19th so mark your calendars! Come cool off after the heat of practice for this fun social event!

Intramural Soccer season is here! We have 3 teams this season, Women's A, Men's A, and Coed B. Join for some fun soccer or just come out to watch and support. Contact Day Leone for info about the Men's A and Coed B team or Ella Quigley about the Women's A team. Games this week are Coed B on Monday at 11:00 PM, Women's A Wednesday at 8:00 PM, and Men's A on Wednesday at 10:00 PM.

## Competition Fees and Apparel

This season's apparel order form will be coming out THIS WEEK! so keep an eye out for that, we will be using G&G for everything but the singlets this year so hopefully it won't take as long as in past years. In the meantime, all members who pay the competition fee for this season (or prepay for just track season) can secure a limited edition to be designed club running t-shirt. That's right, pay your dues and get a t-shirt, it's that simple. As a reminder competition fees are \$30 a year or \$20 a semester, if you aren't competing then you don't have to pay anything. Meet fees can be paid to an officer in cash or preferably by venmoing the club @UMDClubRunning.

We will be having a contest for the t-shirt design, reply to this email with a png for the front and back or other files for a chance to have your design featured. There have already been a couple submissions so get them in this week for a chance to win!

## 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](#). 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! 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 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. To all returning members, you need to sign up again for this academic year! I know it's annoying but it's 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](http://umdclubrunning.com)

With the sweet taste of victory, MOOOOOO,

Zach Kiedrowski

*President*

UMD Club Running