
4/29/24 Club Running Weekly Email

1 message

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Hey Everybody,

Get ready for this week its a big one! With both the Fredrick half and Kehoe Twilight Meet coming up we are going to end the season with a bang!

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Paul Kaiser Recap

It was a cold and gloomy day out at Shippensburg and the meet ran over an hour behind schedule, but our runners persevered to put up some fast times regardless. Results from the meet are at the link below.

Results

Kehoe Twilight

The Kehoe Twilight Meet will be on Friday, May 3rd. This is a competitive DI meet and as such some entries may not be accepted by the coaches organizing the meet. We should hear back at some point tomorrow about which entries were accepted. For those that get in this will be a very exciting way to end the season under the lights at our home track, and for everyone else it will be a great time cheering on our teammates!

For those not racing Kehoe Twilight, we need volunteers to help run the meet. The DI coaches have been generous in letting us participate in their meet for free, and in helping us organize our home meet, so it is important that we help volunteer at this meet in return. We will need volunteers from 1:00 PM to 9:00 PM. Volunteering here can count as a fundraising requirement so if you have yet to complete your requirement this is a fun way to watch some great competition. We are leaving the Volunteering form open a bit longer, please sign up if you can help out!

Kehoe Twilight Volunteering

Fredrick Half

The Fredrick half is a great road race to cap off a season of training for those focusing on longer distances. Sign ups are now closed but I hope everyone that signed up is excited to race. For those racing the carpool will be meeting early (4:30ish) on Sunday Morning. We will pick your bibs up for you, all you need to do is show up. With this being said, in order for us to get your bibs we need a copy of your driver's license so if you are racing this race please text me a picture of your driver's license (or equivalent photo ID) (443-761-7628).

Workouts

Its the last week of the competitive season for us so make sure you are doing

what you need to do to prepare for this weekend! As always the workout plans are linked below. The speaker will be coming to the track for probably the last time this season on Tuesday so get ready for a great workout day. If you are racing Fredrick Half I would suggest a different workout than what is on the plan, something like 2400 repeats at or slightly faster than half marathon goal pace is a great way to get your legs ready and mentally prepare for Sunday. For everyone racing at Kehoe, keep doing what you are doing its gotten you this far, Tuesday should be a good workout day but don't be afraid to taper a bit this week all the hard work is behind you.

For those of us not competing in meets for the rest of the season don't stop all of your training now. Next week is going to bring us the Ice Cream Trifecta run and the Distance vs. Sprinters ultimate frisbee game!

Distance Training Plan

Sprint Training Plan

Club Sports Field Day

On Sunday the 5th from 11:00-3:00, right after the half marathon, there will be a club sports field day at LaPlata Beach. All are invited but please let me know if you plan on attending because the club gets rewarded for bringing enough people. This is an easy goal to hit since nobody should want to miss this! Get your competitive juices flowing with a sand volleyball tournament, a kickball game, and a bouncy obstacle course where you can challenge other club members! This is along with all your favorite backyard games like Spikeball, corn hole, Kan Jam, and more! The day will end with some lunch and an award ceremony.

New Member Information

Are you new to the club or considering starting to come to practice? Congrats, by joining this email list, you have taken the most important step to join the club. 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](#). 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! Also remember, our club is competitive but 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.**

2. [TerpLink](#) - This only needs to be done once.

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](#).

Meet Schedule

Here is our spring meet schedule. If you haven't already, start thinking about which meets you would like to prioritize coming up so you can focus your training.

Meet	Date	Location	Meet Type
Happy Valley Invitational	February 10th	State College, PA	NIRCA Indoor Meet
Capital Relays	February 24th	American University, DC	NIRCA
Towson Spring Opener	March 16th	Towson, MD	DI
Cavalier Invitational	March 30th	Charlottesville, VA	NIRCA
NIRCA Track Nationals	April 6th & 7th	Richmond, VA	NIRCA
NIRCA Half Marathon Nationals	April 6th	Petersburg, VA	Road
Terrapin Invitational	April 20th	College Park, MD	NIRCA
Paul Kaiser	April 27th	Shippensburg, PA	DII
Kehoe Twilight Meet	May 3rd	College Park, MD	DI
Fredrick Half Marathon	May 5th	Fredrick, MD	Road

Strava

Strava is a social app to share your runs and the leading class distraction for club runners. Join our club on the app to keep up with each other's training.

Strava

GroupMe

Like most clubs, we have a GroupMe. Join the group to exchange friendly banter and plan runs outside of practice.

GroupMe

Good Luck!

Zach Kiedrowski

President

UMD Club Running



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