
3/4/24 Club Running Weekly Email

1 message

Maryland Club Running <umdclubrunning@mail.mailchimpapp.com>
Reply-To: umdclubrunning@gmail.com

Mon, Mar 4, 2024 at 6:59 AM



Cowabunga,

Get ready to show how much you love the Club this week. With Giving Day, Maryland Beautification Day, and the Bake Sale all this week now is the perfect time to help us out. If you are a competing member you are **REQUIRED** to complete at least one fundraiser per season that you have competed so take advantage of these opportunities! Also, I hear that on March 26th a certain fine establishment in Greenbelt with Baconators and Frosty's will be donating a portion of its profits to the club. Be sure to tell all of your friends to attend and indulge in the food, and be sure to ask them the name of this restaurant.

Also here is the obligatory reminder to sign up on terplink and IM leagues if you haven't already, this information is in the New Member Information section of the email, audits will be starting soon so just do it it takes only a couple minutes.

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Practice

This is the last week for 4 PM practices, after this week we will switch back to the 5 pm practice time with daylight savings. In addition to our practice times we also have reservations for the weight room in SPH from 10-11:30 pm on Thursdays. Do you feel claustrophobic trying to lift at Eppley, come to club lifting hours for a chance to do more focused lifting exercises with other members of the club. Lifting is good for everyone (even distance runners) and now is the perfect point in the season to start working it into your training if you haven't already.

Sprinters, Jumpers, and Throwers meet at Kehoe Track
([7898 Championship Ln, College Park, MD 20742](#))

Distance Runners meet at the School of Public Health (SPH) overhang (4200 Valley Dr, College Park, MD 20742) at the east side of the building near parking lot PP1.

Towson Spring Opener Sign Up

We will be traveling to Towson University for an exciting opportunity to compete in a DI setting on Saturday 3/16. Get your spring break off to a great start with a track meet and compete at the Towson Spring Invite. You have one week to sign up as we will close sign ups at 11:59 PM on Sunday, March 10th.

Towson Sign Up

Giving Day

Giving Day is on Wednesday 3/6! Giving Day is a very important way for the club to raise money. If you can share the giving day link with family and friends

that would greatly help out the club! Stay tuned to the Club's socials throughout the day for information on power hours where the club gets bonuses for certain donations. Also, if you currently owe the club money or have competition fees to pay, giving day is a great time to do so. Since we get bonuses for all donations we greatly encourage making these payments through Giving Day, just contact Day or Lillian to mark down your payment. The link to the giving day page that you can share with others is on the button below.

Giving Day

Bake Sale

We will be holding a bake sale on March 8th as a fundraising opportunity. If you are a new competing member or did not meet your requirements in the fall then this bake sale is a great way to get in you fundraiser. For more information and to sign up to either work the table or bring something for the bake sale see the link below. The sign up will close on 3/6 so act fast.

Cookies!

Maryland Beautification Day

Do you want to help clean up our campus? Do you have a burning desire for community service? Do you want to make sure that our Club can continue to get the funding that we need? Come out to Maryland Beautification Day on Sunday, March 10 at 11:30 AM! We will be meeting at the Xfinity parking lot 9B and will be working with SOA and RHA to remove trash from campus. Please if you are able come out to this, it is very important for the club and can count as one fundraising requirement.

Intramural Soccer

It's that time of year again, IM 11v11 soccer is on the horizon. It is not too late to sign up! This season we will have a Men's, Women's, and Coed team. Everyone is welcome to sign up just go to [IMLeagues](#) and find the team you are

trying to sign up for by navigating to Intramural Sports, 11v11 soccer, and the division and time slot.

The Men's team will be playing in Men's B on Wednesday's at 6 pm. The Women's team will be playing Monday's at 9 pm in the Women's Division. The Coed team will be playing in the Mixed Gender A division on Sunday's at 8 pm. Please sign up asap if you are interested in playing so we can fill the rosters, no skill or experience is required! If you have questions regarding the Men's or Coed teams please contact me (Zach) and contact Brooke if you have questions about the Women's Team.

Spring Training Plans

Former Apparel Coordinator, Eamon Plante, and Sprint Chair, Dominick Cardone, have been working on training plans for the new semester. Thank you Eamon and Dominick for putting in the time and effort to create these plans. As always, there is no obligation to follow these plans. There will always be people to do easy runs with at practice if you choose to not do the workouts. As most of us are starting to get more into the groove of the season it is time to start pushing a little harder on the workouts. However, with increased effort the must also be focused recovery including easier days and stretching! Make sure to ask an officer about the training plans if you have any questions.

Here is the outlook for this week's distance training plan, keep in mind this is the high mileage version of the plan, click on the link below to see other weeks and differences in workouts for people running lower mileage.

04	Threshold ks + Repetition 2s 7x (1k @T, 1min rest) 5x (200 @R, 200 jog)	05	06	07	Threshold Tempo 3 miles @T, 4min rest 2 miles @T	08	09	10
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Here is this week's sprinting training plan, again you can click on the link below to see the full plan.

3/4 - 3/10 - Deload Week	3x200, 70%, 75%, 80% frisbee after	Yoga Restore @ Eppley Natatorium, 5 PM	Long: 5x300 @ 75%, 4 minutes Short: 4x120 start at 70%, faster every 20m, 5 minute rest	8x100 strider, last 20m 80%, 4 minute rest	Start Drills, Block Work: 2x20-30-40	Rest or long run	Rest
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Distance Training Plan

Sprint Training Plan

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

Unfortunately Retriever invitational has been canceled and may or may not be rescheduled. There is a possibility that we will substitute this meet though it is

also likely that we just take this opportunity to rest up before nationals on the weekend of the 30th. We will announce a final decision next week, sorry to those that were planning on attending. Also at this point the Stevenson meet is unlikely, updates coming soon about what we will be doing instead.

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
Retriever Invitational	March 30th	Catonsville, MD	NIRCA
NIRCA Track Nationals	April 6th & 7th	Richmond, VA	NIRCA
NIRCA Half Marathon Nationals	April 6th	Petersburg, VA	Road
Stevenson Invitational*	April 12th & 13th	Owings Mills	DIII
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

Peace,
Zach Kiedrowski
President
UMD Club Running

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Maryland Club Running · 1115 Eppley Recreation Center · Room 0121 Club Running · College Park, MD 20742-0001 · USA