
10/14 Weekly Email

1 message

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

Mon, Oct 14, 2024 at 1:31 PM



Hey everybody,

Just some quick reminders today. With regionals coming up this weekend we have sleep week part 1! Take care of yourself so you can race well at regionals, stretch and hydrate and all that jazz.

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Regionals Travel

If you are going to regionals then plan on meeting at SPH at 6:00 PM this Friday the 18th to travel to our hotel! More details about the trip will be shared later in the week in the travel email.

Meet Schedule

The regular season is over. Next up is a trip to Lehigh for Regionals. 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	7-Sep
DC Invite	Wheaton, MD	14-Sep
Cavalier Invite	Earlsville, VA	21-Sep
VCU Invite	Mechanicsville, VA	5-Oct
Nirca Mid-Atlantic Regional	Bethlehem, PA	19-Oct
NIRCA National	Hershey, PA	9-Nov

Practice

We will continue having practice every day this week at 5:00 PM. Also come join us in the SPH weight room from 4-6 PM on Sundays! 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! 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.

Sprinter Time Trial Results

The sprinters had a time trial last week to track progress with their fall training and there were some fast times, check out the results!

	10/8		
	Heat	Person	Time
100m		1 Ezekiel	11.43
		1 DLU	11.68
		1 Jaidev	13.11
200m		1 DLU	24.31
		1 Logan	24.61
		1 Ve	26.48
		1 Jaidev	26.5
		1 Joey	26.55
		2 Kimberly	30.83
		2 Katie	33.34
		2 Clark	41.04
400m		1 Logan	52.96
		1 Ve	56.15
		1 Nate	56.56
		1 Clark	1:28.29
800m		1 Ethan	2:15.73
4x100m		UMD A - DLU, Ve, Joey, 1 Logan	49.67
		UMD B - Dom, Kimberly, Katie, 1 Nate	56.76

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.

14	15	16	17	18	19	20
	Threshold + Speed Economy 6x1k @T, 45s rest 10x200 @R, 200 jog			Strides	NIRCA Mid-Atlantic Regionals	

10/14 - 10/20	5x fly in 80s. Start at 120m. 4 minute rest	Men's soccer game 7pm Long run with distance Meet @ SPH	350-250-150 x 2 (75%, 85%), 3 min rest first set, 4-5 min second set	Grass striders, hurdle mobility	Block Work: Start drills, 2x20-30-40	SPRINTERS VOLUNTEER FOR FOOTBALL GAME CATERING	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 with the club. Please sign up in advance [here](#) for slots to help cater at a football game this season.



Fun Stuff

The Women's IM Soccer Championship game is tonight at 10:00, head on over to the xfinity turf to cheer them on! The registration window has opened for IM flag football, find our men's and coed teams on IM leagues to sign up!

This Wednesday, October 16th at 7:00 PM our women's team will be making hair ribbons for regionals at Oakland Hall. Enjoy some team bonding and gear up with some team spirit for regionals!

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

Happy Running,

Zach Kiedrowski

President

UMD Club Running