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## Congratulations Nationals Competitors! (4/7 Weekly Email)

1 message

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

Mon, Apr 7, 2025 at 10:30 AM



Hope everyone is enjoying the post nats energy,

Sleep a lot and recover well, but not too much because we have our final races right around the corner.

Coming up **VERY SOON (4/19)** is Blue Hen Invitational! This meet is so soon that **the sign up closes on wednesday!!!!** After that we have the beloved, famous, and insanely well planned Terrapin Invitational (On 4/27). Finally don't forget about the annual Hot Sauce Eating Competition! Hope your stomachs are recovered from last year because we're doing it all again on thursday!

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## Blue Hen Invite Meet Sign Up (Closes Wednesday 4/9!!)

TLDR

**Who:** You!

**What:** BLUE HEN Invitational

**Where:** Stuart and Suzanne Grant Stadium at the University of Delaware

**When:** Saturday April 19, 2025

**How:** Sign up by 11:59 on Weds 4/9

On April 19th the club will be taking a trip up to Newark (Delaware, not New Jersey, thankfully) to compete in the Blue Hen Invitational. This is our first time attending this meet (at least in a while) so we are excited to race some awesome club teams in a new location!

The meet will start at 4pm and will end when it is over, probably late. So, we will be reserving hotel rooms for Saturday night (after the meet) to avoid driving home super late. In this form you can choose if you want to make it a day trip or overnight.

There are no limits on entries at this meet :))))

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The meet fee is \$5 (in addition to semester competition fee).

Reminder: Club Running Competition fee is \$20 for a semester OR \$30 for the year, plus each individual meet fee.

**\*This sign up will close on Wednesday 4/9 at 11:59 pm\***

**Sign Up!**

## Terrapin Invitational Meet Sign Up

TLDR

**Who:** You!

**What:** Terrapin Invitational

**Where:** Kehoe Track at UMD

**When:** SUNDAY April 27, 2025

**How:** Sign up by 11:59 on Thursday 4/17

IT'S TIIIIIMMMEEEEEE!!!

**The 5th annual Terrapin Invitational is coming to College Park on Sunday 4/27! This is UMD Club Running's annual Home Meet.** We will not be organizing transportation since the meet is at UMD.

**Meet sign ups will be FREE for any UMD student! Tell your friends :) (as long as they sign up on IMLeagues and fill out this form)** This is a great opportunity for anyone who wants to try out Club!

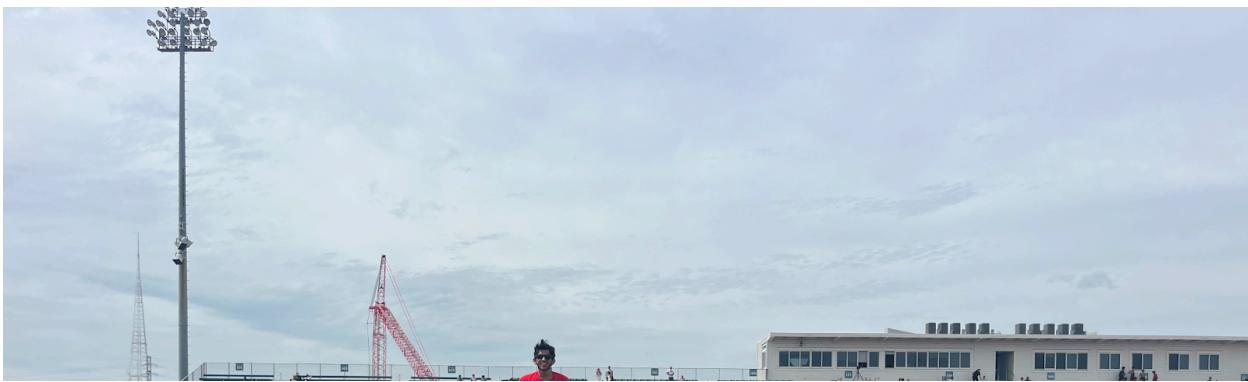
THE CATCH- all UMD runners are required to sign up to volunteer during the meet. You can do so here:

[Terrapin Invitational Volunteer Sign Up \(4/27\)](#).

**\*This sign up will close on Thursday 4/17 at 11:59pm\***

**Sign Up!**

## Nirca Nationals Meet Recap



Oh boy was Nirca Nats awesome!

50 Club Runners made their way to Richmond, Virginia to engage in some classic Nirca Competition and plenty of fun along the way.

We started off with some heavy traffic that some smart drivers avoided by taking a better route, and others avoided by digging in their pockets and hitting the express lanes.

We arrived at the hotel and all was fine and dandy.

Many runners ate dinner at a variety of local restaurants (Including target)

A very courteous group of 12 club runners were feasting at olive garden up until a mere 30 minutes after closing (And 1:30 after bedtime)

They were very lucky to have a great waitress and break the record for most breadsticks consumed by a group. The 11 members who ordered food had great meals, especially Abhi who ate about 4 Minestrone soups.

The athletes then all returned to the hotel after tipping the excellent waitress very fairly (lk this sounds sarcastic but they actually did)

Everyone was finally asleep and cozy dreaming of the races to come (And a few people who were just there for the kangaroo)

Early in the morning the Half-Marathoners arose.

This squad had a delectable hotel breakfast and made the drive to Dorey Park for the Jokesters Half Marathon (Also known as “Goofy Ahh Half Marathon”)

After a few scheduling conflicts with restroom trips all 9 half marathon runners were off.

Our leading woman **Beatrice Wermuth** set a great precedent for the meet **PLACING 4th OVERALL AND CEMENTING HERSELF AS ALL-AMERICAN with a time of 1:29:09!**

Following her lead our second woman **Lillian Hsu** achieved her goal of beating club president Evan Masiello with a time of 1:37:18 (And went on to also race the 5k, 1500m, and 3k steeplechase).

We had a record breakingly large roster on the men’s side of the event. **Ben Waterman** led the pack with an impressive 1:18:47, distance legend **Chris Withee** followed with 1:21:45, beloved supervisor **Ryken Mak** came in at 1:23:16, club social chair **Jeremy Epstein** ran a 1:28:10, **Andrew Cullen** had an unprecedented negative split to finish in 1:33:10, allegedly rolled club president **Evan Masiello** clocked a 1:39:14, and

finally beloved 8411 resident and DoorDash customer of the week **Ryan Bjornson** rounded us off with a 1:41:33 (While wearing two watches).

Back at the track races were already starting under the careful watch of interim club president (And official financial treasurer) Ella Quigley.

We had many impressive times out on the track.

**Ethan Yen** placed first in his 100m heat with 11.95!

**Logan Hurney** won his heat of the 200m with a 23.21!

The ultimate webmaster **Jonah Plotkin** won his heat of the 1500m by an impressive margin with a 4:21.56.

Freshman and overall chill guy **Nathan Hondros** also won his heat with a 4:46.18.

**Ethan Yen** once again led off his heat with a 55.08 in the 400m.

And not to be forgotten **ABSOLUTE LEGEND Logan Hurney PLACED 4th OVERALL IN THE 400m!** This cemented him as an all-american with a time of 49.78!

**Ella Quigley** had a heat victory in the 5k (or should we say 4600m) with a time of 20:19.

Club President Evan Masiello later got to feel very important when he was included in a president's meeting where club leadership voted on how this event should be scored after a lap counting mishap.

I'm sure the details will be well discussed at practice, but you could argue that Ella did earn a very mickey mouse all-american in the 5k. Either way, great race and congrats Ella!

Our **4x100m team consisting of Daniel Lu, Ve Lee, Aryaman Punshi, and Joey Zolkiewicz** earned the club a valuable 2 points by taking 10th in the 100m relay with a time of 44.30.

That's all the highlights on the track for Saturday, but it's not even close to over for scoring.

**Maxwell Pizzolato WAS CROWNED SHOT PUT NATIONAL CHAMPION WITH A THROW OF 14.76m!!!**

He earned the club 10 points and took home that ever sweet gold medal!!!!

After a long day of lots of fun on and off the track, our athletes made a pitstop for dinner.

About 48 of us returned to Carini Italian Restaurant, the beloved site of 2024 post nats dinner.

The food was good and the service was efficient, allowing us to return to the hotel in time to get up early for some 5k action.

**Jonah Plotkin** had another impressive heat victory in the 5k with 16:39! Just like his 5k last year Nirca played his beloved Free Bird during the race.

**Sammy Joseph, Noah Petroski, and Jacob Bush** all placed top 6 in that heat as well showing the other teams the dominance of the terrapin.

**Theo Lynch** claimed that with the proper conversions he ran a 1:38.56 800m!

After racing an insane amount of miles the day prior, club goat **Lillian Hsu** placed 3rd in her heat for the 3k steeplechase.

After all three of our 4x400m teams raced the whole club made the trek to the infield for a team picture.

What was originally intended to be a single team picture ended with photographs of every possible permutation of club runners, sure to make for many great finsta posts to come.

Finally our club cleaned up the stands, passed around goldfish and other snacks, and finally started the drive to college park.

#### **Team Results:**

The half marathon results have not yet been combined to the overall team scoring, but I used my best statistical skills to figure out how many points Beatrice won us in the half. **Our men's team placed 10th with 17 points, and our women's team placed 19th with 4 points! Congratulations to everyone who competed and thank you for being part of such a great trip!**

Half Marathon results: [here](#)

**Photos!**

**Results!**

## **Hot Sauce Eating Competition!**

Get your taste buds ready because the 2025 Hot Sauce Eating Competition is happening this week!

**At 8pm on Thursday April 10th brave souls will meet at the Washington Quad to see if they can brave the spice.**

Come watch your friends struggle or see if you yourself can be crowned the champion of this year's challenge. We have a pack of 6-8 hot sauces purchased at a specialized hot sauce store in Burlington, Vermont that is ready to take down the strongest club runners. We will also have refreshments such as bread and ice cream to help the losers cool their tongues.

No RSVP is required and it's a lot of fun to watch or compete in so come to Washington Quad at 8pm on Thursday!!!

## **Healthy Kids Running Series Volunteering!**

This year, Maryland Club Running is happy to announce that we are partnering with Healthy Kids Running Series in College Park in order to engage with the local community through an amazing youth running program!

**Volunteering with Healthy Kids will fulfill your Spring 2025 Fundraising/Community Service requirement for club competition. (As a reminder one fundraising event is required for each semester you compete!) Also, it will be a lot of fun! You could lead stretches, help with timing, take photos, be a rabbit, or be a course marshal!**

Race Dates: **Sundays 4/13, 4/27, 5/4, 5/11, 5/18 at 3:30 pm.** Volunteer commitment will be from 2-5 pm. Each race will be at Lane Manor Park (0.5 miles from UMD campus right on the NW Branch trail).

Volunteer sign up is available [here!](#)

If you know any kids ages 2-14 who might be interested in signing up to run, please direct them to [this link](#).

If you have any questions, please contact Ben ([umdclubrunning@gmail.com](mailto:umdclubrunning@gmail.com))

**Sign Up!**

## Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. And can be fun and rewarding even if you don't compete. Our two training plans, the Sprint Plan and Distance Plan, are linked below. Please reach out if you have any questions about the plans or specific workouts!

**Here's a preview of what workouts you can expect this week (Distance runners do easy runs on every non-workout weekday)**

### Sprint Plan:

4/7 - 4/13	8x200 @ 70%, 2.5 min rest between <b>NIRCA Nats Runners:</b> Strides, stretches	<b>Long Sprints:</b> 4x350m @ 75%, 4 min rest <b>Short Sprints:</b> 200-250-300-250-200 @ 85%, 6 min rest	4x200m strides, hurdle mobility	Start drills, 5x60m, full recovery between	5x300 @ 80%, 5 min rest between	2-4 mile run or rest	Rest Day :)
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### Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	7  <b>Interval 8s</b> 4x (800 @I, 3min rest)	8	9	10  <b>Callousing Effort</b> 800 @T, 45 sec rest 300 @R, 300 jog 1k @I, 4:00 rest 400 @R	11	12	13

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	7  <b>Interval ks</b> 5x (1k @I, 3min rest)	8	9	10  <b>Callousing Effort</b> 800 @T, 45sec rest 400 @R, 400 jog 1600 @I, 5min rest 2x (200 @R, 200 jog) 600 @R, full recovery 800 @T	11	12	13

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	7  <b>Interval ks</b> 7x (1k @I, 3min rest)	8	9	10  <b>Callousing Effort</b> 2x (800 @T, 45sec rest) 400 @R, 400 jog 1600 @I, 5min rest 4x (200 @R, 200 jog) 600 @R, full recovery 800 @T	11	12	13

**Distance Plan**

**Sprint Plan**

## Club Study Hours (Now In Room 2113!)

Study has changed rooms but it is still the same old fun!!

We will be hosting study hours **every week in Mckeldin Library, Room 2113, on Tuesdays from 8-10pm**

You are welcome to attend for as long as you want or are able to. This is a great opportunity to get to know your teammates and maybe get a little work done in the process. I am looking forward to a great time in the library and I hope to see you there!

## Club Lift

Do you want to workout muscles other than your legs? Do you want to have a lot of fun doing it? Do you want to be in the school of public health on a Thursday night? Then Club Lift is for you! Our lift hours for the spring will be from **10:00-11:30 pm every Thursday in the SPH Weight Room**. Whether you're new to lifting or a seasoned veteran following an expertly crafted training plan, Club Lift is a great place to get your workout in. With the weight room reserved exclusively for our club you won't have to deal with any overcrowding and can peacefully bond with your teammates while getting big or just preventing injury. Hope to see you there!

## Practice

**The club will have practice at 5pm every Monday-Friday for the rest of the semester!**

Distance runners will meet at the [School of Public Health Overhang](#), (38.99334, -76.94220) and sprinters will meet at [Kehoe Track](#) unless otherwise noted, (38.98765 -76.95096). If you're having any trouble finding the overhang or the track then slide us an email, Instagram dm, or GroupMe message

We only have one requirement for people attending practice, it's very easy but important! Please make sure that you are signed up on IMLeague so we can make sure everyone is safe and accounted for. If you have any issues or questions please let us know!

## Meet Schedule

Our meet schedule is nearing its final form. We have gotten a date confirmed for our home meet Terrapin Invitational! Our meet will be on Sunday, April 27th. We will send out more information closer to the event but start getting excited!

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Bethesda, MD	Sun, Feb 23
Cavalier Invitational	Club	Charlottesville, VA	Sat, Mar 1
Towson Invitational	DI	Towson, MD	Sat, Mar 29
NIRCA Nationals & Half	Club	Richmond, VA	Sat-Sun, Apr 5-6
Blue Hen Invitational	Club	Newark, DE	Sat, Apr 19
Terrapin Invitational	Club	College Park, MD	Sun, Apr 27
Kehoe Twilight Invitational	DI	College Park, MD	Fri, May 2
Frederick Half Marathon	Road	Frederick, MD	Sun, May 4

## 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](#).**

Always remember, while our club gets competitive, it is also fun (arguably more important), 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 always have people to run with! There is a wide variety of skill and experience levels on the club and there's room for everyone!

**Info Doc!**

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 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)

Have a great monday,

Evan Masiello

*President*

UMD Club Running