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## Happy Last Full Week of Classes!! (5/5 Weekly Email)

1 message

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

Mon, May 5, 2025 at 8:00 AM



Good morning terps,

While we're wrapping up a lot of the more serious aspects of the club for the semester we still have a lot of fun stuff going on! Read on and make sure to attend some events!

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## End of Year Disco And Senior Recognition Friday 7:30pm!



**What:** Celebrate the seniors in a spring mini-version of formal! Hangout outside, listen to music, play some games and watch a few paper plates!

**When:** Friday May 9th 7:30pm-10:00pm

**Where:** Nyburunu Amphitheater (Outside Stamp) - [4018 Campus Dr, College Park, MD 20742](http://4018 Campus Dr, College Park, MD 20742)

**Who:** All club members and anyone you want to bring! But especially all **seniors** will be recognized!

Have you ever wondered why we don't have a spring formal? Do you have no moves on Friday May 9th? Do you want to sit under the stars and listen to some great music? Then the End of Year Disco is for you!

**We will have a DJ playing music at the Nyburunu Amphitheater (Very cool grass outdoor theatre on campus) from 7:30pm-10pm on friday!** We will bring lawn game equipment like spikeball and footballs so that everyone can have some fun hanging out in a last big event before the semester ends!

**And very importantly we will be awarding paper plates to all Seniors and recognizing them each with walkout songs!**

Please RSVP so that we can get an idea of who's coming, but **most importantly seniors/graduating individuals please RSVP so that we make sure to give you a plate and walkout song!**

**RSVP**

## **Ice Cream Trifecta Run Thursday at Practice!**

We have the most important race of the season this thursday!!! The Ice Cream Trifecta run is a challenge of speed, endurance, grit, strength, intellect, humor, dedication, wit, balance, agility, and more.

**The race starts at SPH, and competitors run to Maryland Dairy in STAMP, then Coldstone on South Campus, then Rita's on route 1, and then back to SPH for the finish. At each stop, competitors must get and finish a small ice cream (Or custard). More specific rules will be explained later.**

This will be a very fun social event this Thursday, May 8th at practice time! (Thanks Sohan for the great description)

## **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 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!**

## Pool Social Event Sunday 4pm!

Are you sick and tired of the heat? The club will be making another team trip to the OAC (Outdoor Aquatic Center) at Eppley to cool off! **Pull up to the pool to the left of Eppley on Sunday at 4pm to take a dip in the water and maybe a few jumps off the diving board with your fellow club runners!**

## Spikeball Tournament Saturday 1pm!

Have you gotten the spikeball itch from the warm weather? Do you think you're the goat after the Terrapin invitational cookout? Test your abilities in the first annual Ryken Mak Spikeball tournament!

**We will be having a doubles Spikeball tournament on the La Plata beach volleyball courts starting at 1pm on Saturday May 10th!**

Please RSVP here with you and your partner's names! We will send out brackets before the tournament on Saturday so be sure to start scoping out some potential matchups!

**Sign Up!**

## Buy Leftover Terrapin Invitational Shirts!

Did you miss a chance to buy our beautiful Terrapin Invitational Shirts at our home meet? Lucky for you we have some left for sale! **Just like at the meet our shirts are only \$16!** You can see the design here:



You can reply to this email or text me (Club President Evan Masiello) at 908-323-6434 to arrange buying a shirt! You can pay for it by venmoing the club or paying cash! Thanks for your support!

## Freddy Half Meet Recap

On Sunday May 4th 25 brave club runners arrived at SPH between 4:35 and 5:01am (Thanks Emilio) to make the trek to Frederick for the big race

Some club runners got good sleep, but most were restlessly tossing and turning in anticipation, some were so excited for the race they couldn't handle sleeping at all

After making some porta-pot stops, doing a warm up for those who participate, and giving many things for our Captain of the Cheer Squad Ella Quigley to hold, the runners toed the line. (Shoutout Ella's assistant Hannah Haber)

Club running legend **Beatrice Wermuth** placed FIRST in her age group and 5th overall for women!!!! She ran a very impressive 1:28:37!

Another club running and IM sports legend **Ryan Tyber** placed FIRST in his age group and 4th overall for men!!! He ran an astounding 1:16:27!

Shortly after club webmaster **Jonah Plotkin** followed by placing FIRST in his age group and 5th overall for men!!! He ran a blazing 1:16:54!

Beat out slightly by Jonah, beloved vice president **Ben Waterman** placed SECOND in the same age group and 7th overall for men with 1:16:56!!

After Ben, distance demon **Chris Withee** placed SECOND in Tyberg's age group and 11th overall for men with 1:19:51!

Back from retirement club favorite runner **Sadou Sow** placed THIRD in the Plotkin age group and 12th overall (After biking 50 miles last weekend, not to the race) with a time of 1:20:18!

Immediately after, the Boston Marathon's very own **Ben Johnson** placed FOURTH in that age group and 13th overall for men with 1:20:27!

**Caleb Holland** ran fast but we are not recognizing his achievement due to his extremely alarming injuries present for over a week before the race, we hope Caleb a safe recovery and wish him luck in running safer in the future

Carrying the Unc crowd **Emilio Dominguez Rodriguez** placed THIRD in his age group and 24th for men with a 1:24:14!

Complementing Emilio's Uncness with some youthful energy Freshman **Sammy Joseph** placed THIRD in his age group and 27th for men with a 1:25:01!

Although we can't list everyone's achievements it was such an amazing race for everyone!!! Thank you all for coming and making it a record high attendance from the club! We had many great PR bell ringers and we hope you enjoyed it!

**Photos!**

**Results!**

## Kehoe Twilight Meet Recap

What's up meet recap readers. President Evan requested that I write this meet recap (my last one ever actually because I'm graduating). Enjoy:

### Events where we throw heavy objects very far!

Starting us off in the afternoon was beloved throws senior **Henry Sheppard** in the discus, throwing **35.59 meters** (that's about as long as 19.63 Brian Lau's laid end to end in the discus field!)

In the women's javelin, **Caiya Campbell** threw for **20.74 meters** (that's about as long as 12.56 Jacob Bush' laid end to end)

In the men's shot put, **Maxwell Pizzolato** placed 2nd overall, throwing the heavy spherical object **13.42 meters** (that's further than Joseph Jackson triple jumped at Terrapin Invite 2024!)

### Events where we try to run as fast as we can!

Starting us off on the track was the men's 4x100 meter, placing 2nd in **42.75 seconds**. They also set a **NEW UMD CLUB RECORD** in the process!

In possibly the most hyped up event of the day, we had 4 club runners in the men's 800.

**Folu Longe** ran an evenly split **1:57.45**

**Quinn Sullivan** runs a small PR of **1:58.69**

**Logan Cyford** finally dips under 2:00 in **1:59.74** after 2 years of being injured and sick all the time!

After being cut off by Jacob Bush's friend Ben Aris at the start, **Brian "Mr. 2:01" Lau** stayed true to his name and PR'd to run **2:01.04**, running possibly the most 2:01 800s of anyone in UMD Club History.

In the women's 400, sophomores **Amanda Callaghan and Rachel Hylan** ran **1:02.02 and 1:05.65**

In the men's 400, **Colin "definitely a grad student" Smith**, ran **54.51** to beat out the guy from Hagerstown Community College. After being snubbed from the fast heat, freshman **Logan Hurney** ran a blazing **49.75** to dominate his heat for 9th place overall.

In the men's 400 meter hurdles, **Ve Lee** ran a PR in **59.41** for 3rd place.

In a loaded Women's 1500 field, **Griffin Kaulbach** ran **4:53.55**. After being retroactively rejected from this meet 2 years ago, **Anna Weiksner** runs a strong race to PR in **5:02.13**.

In the men's 1500, **Tony Boscolo** goes sub 4 for the first time in **3:59.54** to place 5th overall. **Theo Lynch** runs a PR in **4:05.39** (ask Theo what this would convert to in optimal conditions).

Just as they did at the 2024 Kehoe Twilight Invite, our women's 4x400 team was forced to run all alone on the track, in **4:27.66** for 1st place.

Unlike 2024, the men's 4x400 team had the pleasure of racing the Maryland D1 team this evening, running a **3:32.14** for 2nd.

**Photos!**

**Results!**

## Club Study Hours

This is the last week of study hours, make sure to come pay a visit!!!!

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 (Last Day May 13th!!)

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

**The last day of practice for the semester is Tuesday May 13th!!!!**

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!

## 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](#)

Have an amazing week,

Evan Masiello

*President*

UMD Club Running