
Happy AUDIT DAY (3/24 Weekly Email)

1 message

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

Mon, Mar 24, 2025 at 8:00 AM



Welcome back from break squad,

I hope everyone enjoyed some time off and had a fun break. We're getting right back into the swing of things with an audit today, so exciting!! **We will be getting audited at practice today Monday, March 24th at SPH. Please make sure you are signed up on IMLeagues and bring your UID to practice!!! If you need help or are unsure about if you're signed up PLEASE email us!**

I apologize for how long this email is but we're officially in the thick of the semester which means we have a ton going on. Lots of fun events, some great volunteering opportunities, and our biggest meet of the season!

Table of Contents

- 1. Practice Audit Today Monday 3/24 (VERY IMPORTANT)**
2. Nirca Nationals (And Half) Meet Sign Up
3. Mario Kart Social Event
4. Healthy Kids Running Series Volunteering (4/13)! **(Fulfills Fundraising Requirement)**
5. Maryland Invitational Volunteering (3/29) **(Fulfills Fundraising Requirement)**
6. Stream Cleanup (3/30) **(Fulfills Fundraising Requirement)**

7. Club Sports Media Day
8. Terrapin Invite Design Challenge Winners!
9. Training Plans
10. Study Hours
11. Club Lift
12. Practice
13. Meet Schedule
14. New Member Information

Practice Audit Today Monday 3/24 (VERY IMPORTANT)

WE ARE BEING AUDITED AT PRACTICE TODAY!

Please make sure that you're signed on Imleagues and have completed the required forms and the concussion quiz.

If you have any questions, issues, or want to check if you're all signed up please reply to this email or text me (Evan) at 908-323-6434.

Also if you're coming to practice today **please make sure to bring your UID!**

Nirca Nationals (And Half) Meet Sign Up

TLDR

Who: You! (As long as you filled out the Nirca Eligibility form!)

What: NIRCA Track and Half Marathon Nationals 2025

Where: Richmond, VA

When: Saturday April 5 - Sunday April 6 (we will travel down on Friday April 4 afternoon and return Sunday April 6 evening)

How: Sign up by 11:59 on Monday March 24th

Even though it seems like the season is just getting started, it's time to sign up for Nationals! NIRCA Track Nationals occurs early in April to accommodate schools that have early spring schedules.

This year's meet will be held once again at Virginia Commonwealth University in Richmond VA (about a 2.5 hour drive from College park). The meet will be over two days, Saturday 4/5 and Sunday 4/6 so we will head

down Friday evening, stay in a hotel Friday and Saturday night and then get back to College Park Sunday afternoon/evening. Since the meet isn't too far away this year we will be carpooling down.

We will also be competing in the NIRCA Half Marathon! This event is partnered with a local half which is about a half hour drive from the track in Richmond, VA. This is a brand new half as NIRCA is switching from the previous Petersburg half last year! The race will start at 7 AM with awards at around 9:15 so it is possible to run in some later events on Saturday if you are crazy enough to do so :)

Because of the added cost lodging for this trip the meet fee will be \$30 per person (plus the Club Running Competition Fee if you have not paid that yet). Please contact an officer or send an email to the club if this cost is an issue; we don't want finances to be the reason anyone misses out on NIRCA Nats.

Sign Up!

Mario Kart Social Event



If there's one thing club runners love, it's being fast and competing in races. Why not do that while giving your legs a little rest!

On **Friday March 28th** we're having a **Mario Kart/Wii social event in the Jimenez Building Room 0220**. No rsvp required, just come to the room and get ready to hit some laps around coconut mall!

We have the room booked from 8pm-10pm so make sure to get there on time so we can enjoy a full two hours of fun before the building closes! If you don't have the campus map memorized you can find the jimenez building here: <https://www.google.com/maps/place/Jimenez+Hall,+College+Park,+MD+20742/>

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)

Sign Up!

Maryland Invitational Volunteering

The Maryland DI team is hosting the Maryland Invitational Track Meet on Saturday 3/29. They allow some fast club members to participate. In order to help them out since they are helping us, we usually send a few volunteers to help (moving hurdles, helping with field events, etc).

If you are able to volunteer, please sign up [here](#). Thank you! We haven't gotten direct details yet but in the past volunteer's have had complimentary lunch provided!

Sign Up!

Stream Cleanup (3/30)

Once again this semester we will be joining the Sustainable Ocean Alliance for a stream cleanup. **As a reminder all of our competing members are required to complete at least one fundraiser for each**

semester that they compete. Attending the stream cleanup will count towards this requirement!

We will also offer more fundraising opportunities later in the semester, but it's a good idea to get it out of the way now if you're able to!

This is a great way to give back to the community and do something positive with your friends on a sunday!
No sign up is required, just be at Iribe at 11am!

Location: Brendan Iribe Center

Time: Sunday March 30th at 11am

Recommended Attire: Long-sleeves and pants (to avoid scratches from thorns and bug bites), close-toed shoes

Equipment: SOA provides all equipment (e.g., bags, grabbers, gloves)! Just bring yourself

Club Sports Media Day (3/31)

We will once again be attending a time slot during club sports media day! This is an awesome opportunity for our club to get group shots or individual pics like these:



The media day is on **Monday March 31st**, and our time slot is **4:15pm to about 4:40pm**. It will take place in the **Eppley Recreation Center's Multipurpose Room**. Please be prompt if you want your picture taken, and bring any accessories you may want. We will have singlets there for you to borrow as well!

No sign up needed, just come to Eppley on March 31st at 4:15pm!

Terrapin Invite Design Challenge Winners!

Thank you so much to everyone who submitted a Terrapin Invitational T Shirt or Pint Glass Design! We had so many great options which was a big step up from the 1-2 submissions for last year's meet.

Congratulations to Taylor Shank on designing the winning Terrapin Invitational T Shirt and Nikita Arya on designing the winning Terrapin Invitational Pint Glass!

You can see the winning designs here:



As a reminder the T Shirts will be sold during the meet and the Pint Glasses will be awarded to all event winners! (Including all legs of relays)

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:

3/24 - 3/30	Speed drills, 4x120m curves @ 95%, 6 min rest between	Boling Workout: 400-300-200-200 @ 95%, full recovery after 400 & 300, 1 min rest after 200	Grass strides, hurdle mobility	Start drills, block starts (no more than 30 meters)	Pre-Meet (Handoffs, starts, strides, etc) OR 6x200 @ 80%, 4 min rest	Towson/UMD Invitational!	Rest and Recover
-------------	---	--	--------------------------------	---	---	--------------------------	------------------

Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	30
	Intro to Interval Pace 800 @T w/ 45 sec rest 6x (400 @I w/ 90 sec rest)				Towson	

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	24 Intro to Interval Pace 2x (1600 @T, 90sec rest) 5x (800 @I, 2:30 rest)	25	26	27	28 Towson	29 30

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	24 Intro to Interval Pace 2x (2k @T, 2min rest) 5x (800 @I, 2:30 rest)	25	26	27	28 Towson	29 30

Distance Plan

Sprint Plan

Club Study Hours

After a very fun time, study hours are here to stay!

We will be hosting study hours **every week in Mckeldin Library, Room 2105, 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

Happy auditing club,

Evan Masiello

President

UMD Club Running