



## Happy Club Running Voting Day! (11/17 Weekly Email)

1 message

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

Mon, Nov 17, 2025 at 8:00 AM



Good morning squad,

I hope everyone is having a good second half of the semester and is excited for thanksgiving! Very importantly we have just released the voting for officers for next year! Please make sure to fill it out by 11/25 at 11:59pm!! The new officers will be announced at formal so make sure to RSVP for formal as well!

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## 2026 Officer Elections!

Thank you so much to everyone that is running for a position! This is almost definitely the most candidates that any of our elections has had so far, and everyone is very qualified and deserving of the positions! Voting is now open to all active club members on terplink, please read everyone's platforms carefully as these votes are a very important decision! Thank you so much to everyone running or voting in the election and I'm excited that the club will be in such good hands next year! **The voting will close 11/25 at 11:59pm and all the new officers will be announced at formal on 12/2!**

You can vote here:

**Fill it out!**

## Formal RSVP Form!

Your good old favorite Club Running Formal is back this year! Join us to celebrate a year of running at **Terrapins Turf (4410 Knox Rd, College Park, MD 20740) on Tuesday, December 2nd from 6-8pm!** We are renting out the entire venue, so you do not have to be 21+ to attend. We appreciate you all being open minded with the new venue! The officer board believes that it will allow us to keep the formal costs reasonable while improving the food and overall atmosphere of the event!

**RSVP for formal by filling out the form below!**

**Fill it out!**

## Paper Plate Nomination Form!

Greetings Club Runners! We're deciding to slightly change the paper plate process this year. The officers believe that in the past the amount of paper plates given out has distracted from the other celebration that formal is supposed to be about, and that many of the awards have been much less personal and meaningful than we would like.

We've decided to update this process to better match the current size and state of the club, and we need your help!

During formal we plan to give out paper plate awards to every senior to recognize their final year on the club, and additionally give out a set of about 20 superlative-style paper plates to other members of the club.

We have some ideas for awards that we've cooked up and in this form you can nominate who you think should receive them! Please include first and last name!

Also if you have a good idea for a paper plate award that isn't in this form please suggest it in the field at the end of the form!!!

**Provide your input below!!!**

**Fill it out!**

## Terrapin Invite Extra Shirt Order



Do you want to rep some great club apparel at a budget cost! We're selling our excess Terrapin Invitational shirts at a very reasonable price! **Fill out the form below to order one!**

Shirts will be brought to practice to pick up!! Please indicate a date when you would be able to pick your shirt up at practice and we will bring it to either the track or SPH that day!

**Cost:** \$5

**Sizes:** S, M, L, XL

**NOTICE:** Since we don't have exact size counts at the moment we will confirm each order by text or email, please provide your contact info and feel free to wait to pay until your order is confirmed!

Please venmo @umdclubrunning payment with "terrapin invite shirt" in the memo or bring cash when you pick up the shirt

**Fill it out!**

## Club Study Hours

Our heavily requested club study hours are occurring again during this semester!! We host them weekly for you to do homework, study, or just hang out with your teammates in the library! Hope to see you there!

**When:** Every Wednesday 7:30pm-9:30pm

**Where:** Mckeldin Library Room 2113

## Club Lift

Club Lift is making its much anticipated return. If you're unaware club lift is our reserved weight room hours where we get the SPH weight room for just the use of club running! The session is very informal and you can come do absolutely whatever you want and just come to get stronger or prevent injuries with your friends.

**When:** Every Tuesday 10pm-11:30pm

**Where:** SPH Weight Room (Near doors closest to Eppley) (4200 Valley Dr, College Park, MD 20742)

## Football Catering

This fall Club Running will once again be catering the Mezzanine Boxes for all UMD home football games! This is very exciting for us because it's a fun way for us to help fund all of the exciting things that we do during the year. **Not only is it fun, but we also humbly require that all competing members of the club complete two fundraisers for every semester that they compete, and for the fall our primary fundraiser is catering the football games.** It is very easy, all you need to do is write down orders and bring the fans in your section food from the kitchen (Absolutely no cooking required and you're free to feed yourself as well). **You get a great view of the game from the box seats and, after you fulfill the fundraising requirement of two games, you get to keep all of your tips!** Please sign up for any games that you would like to cater! If you have any questions about catering please reply to this email or reach out to Ryken Mak, the fundraising treasurer, at 510-826-9534!

**Sign Up!**

## Training Plans

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. As always we will have two recommended training plans: A distance plan and our sprinting training plan. These workouts are suggestions so feel free to modify your training as you see fit. **During the cross country season sprinters and field athletes obviously can unfortunately not compete in their usual events, but we still host practices every day and have a sprints training plan for the fall!** If you have any questions about the workouts please reach out and we can put you in touch with the creator of the plan you're looking to follow. It is important to note that these plans are best paired with some good base mileage during the summer and early in the semester!

Now that we have finished nats the distance plans have now ended, but still come to practice for easy runs!

Sprint Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		400-300-300-200-200-200 ~400s and 300s @ 70% w/ 4 min rest between ~200s @ 80% w/ 5 min rest between (5 mins after last 300)	4x200m strides, hurdle mobility			No group practice! 20-40 min jog or stretch and rest	Rest and recover :)
11/17 - 11/23	100s on the minute: 2x10 100s, 4 min rest between sets						

Sprint Plan

New Member Information

The start of the new school year is a great (at least top 5) time to join the club! 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 new school year. 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 (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. (Our current president Evan Masiello regrets not going to practice his first semester even though he could only make it on Fridays) 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)

Best,

Evan Masiello

*President*

UMD Club Running