
11/11 Weekly Email

1 message

Maryland Club Running <umdclubrunning@gmail.com>

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Congrats everyone on an amazing National's Weekend! I can't believe that the cross country season is already over. It was a lot of fun, looking forward to the last few weeks of practice and activities!

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Nationals



Last Friday, 55 speedy Terps made the trek up to Hershey, Pennsylvania for the NIRCA Cross Country National Championship. After some typical 695 beltway traffic, it was smooth sailing up 83 to get to the La Quinta Harrisburg (unless you're Dylan Major's car who went to the Holiday Inn down the street). With no hotel check in drama, we all had a restful night's sleep.

After a pretty mediocre complimentary breakfast, our fleet of personal vehicles arrived at the Parkview Cross Country Course for a day full of racing. Get ready for some slower than usual times because this course was hilly, dusty, and definitely not like the pancake flat course of Shelbyville.

Open 6k:

Scouting out and warming up the course for us were the Open 6k runners! Our first NIRCA Nationals finisher of the day was Hugo Mainguy in 22:59 for 24th overall. He was followed by senior Andrew Cullen in his last ever NIRCA cross country race, PRing in 24:42. Next up was our club's first ever NIRCA 14k challenger, beloved Webmaster Evan Masiello who ran 26:30. Following Evan was our club's first ever NIRCA 12k challenger, Financial Treasurer Lillian Hsu in 28:41. Maggie Krieg made her return to racing after months of injury, running 29:21. Last but not least, Donny Nguyen ran his first ever 6k in 31:57.

Junior/Senior/Grad Women's 6k:

Our Junior/Senior/Grad race had a small but still scoring squad toe the line about an hour later. Leading our upperclassmen race was Anna Weiksner in 28:29 for 26th overall. She was followed by Jordan Bunting in 31:43, Fatima Younis in 32:22, and Nancy Bowne in 33:56. Eliana Beals-Simon returned to the grass after

her marathon to run 34:59. Overall they placed 6th out of the unofficially scored upperclassmen women's teams (thank you Chris Withee for calculating those).

Junior/Senior/Grad Men's 8k – (The Club Running Officers and John Davitz):

Our upperclassmen race (aka the Club Running Officer Board and John Davitz) formed a small but scoring team for the next race of the day. They were led by none other than Vice President Jacob Bush in 18th overall. He was followed by President Zach Kiedrowski in his final NIRCA race ever and Apparel Coordinator Stacey Fitzsimmons. Everyone's favorite Webmaster Evan Masiello completed his final 8 kilometers of his 14k challenge for a total of 63:28 (a new UMD Club Record). John Davitz rounded out the scoring 5 as the lone non officer of the team to place 19th as a team (at least we beat American University).

Championship Women's 6k:

Our women's championship team came into the race ranked 18th by the NIRCA Coaches poll. However, our women's team crushed all expectations by this arbitrary ranking post. Sophomore Ella Quigley led the team in 25:22 for 42nd place. After years of outstanding service to our club IM Soccer teams, Taylor Shank concluded her brief but very impressive NIRCA cross country career in 26:03 for 71st place. She was closely followed by Beatrice Wermuth in 26:10 for 76th, then Hannah Haber in 26:45 for 96th. In her final NIRCA cross country race and final 6 kilometers of the day, Lillian ran 27:14 for 119th place. Rounding out our scoring 7 were Meredith Rockhill in 134th and Maya Potter in 137th. Overall, our women's team placed 11th in the nation, improving from a 12th place finish in 2023. They also beat many teams projected to beat them, including Penn State, Brown, Michigan State, and Illinois.

Championship Men's 8k:

Our men's championship team came into Nationals ranked 19th by the NIRCA Coaches poll. Once again our men's teams proved a very arbitrary ranking article wrong. Tony Boscolo led the men's team in 27:06 for 42nd place overall in a very competitive field. Sadou Sow and Dylan Schmidt followed closely behind in 27:26 and 27:35. Abhy Srivatsa and Fundraising Treasurer Day Leone were our next Terps across the line in 28:15 and 28:25. Dylan "unc" Major and Theo Lynch rounded out our scoring 7 to help our men's team place

10th in the nation once again. They also beat many teams projected to place ahead of them including Cornell, UC Davis, Notre Dame, and most importantly NC State.

Freshman/Sophomore Women's 6k:

This year we doubled the size of our women's frosh race team. Nikita Arya led the frosh team in 28:14 for 26th place overall. Mika Hsu and Mandy Callaghan dodged being rammed by a deer in the final 3 kilometers to place 53rd and 85th overall. Shreya Hebbar followed closely behind Mandy in 88th place (hopefully also dodging the rampaging deer in the process).

Freshman/Sophomore Men's 6k:

Contrary to the small but mighty women's frosh team, our men's frosh team was comically large enough to send 3 full scoring teams in this race. Our team was led by freshman Fox Larson who outkicked Logan Cyford in the final stretch for 29:09 and 29:12. Scott Feaga and Noah Petroski followed closely behind in 29:29 and 29:32. Closely packed behind were Christopher Withee, Ryken Mak, and Ryan Tyberg in 29:49, 29:54, and 29:55. Our frosh team placed 5th overall in the underclassmen team rankings, ahead of teams like NC State, UVA, and Illinois.

Congrats on a great season to all who competed with us! The Hershey course was definitely not a PR course and everyone should be proud of all that we have accomplished this semester. Thanks for reading my last ever meet recap for the club, see you all for track season!

- Check out [here](#) for full race results
- Check out [here](#) for pictures
- Check out [here](#) for team results in the class races

Practice

Practice will start at 4:00 for the remainder of the semester! Also, come join us in the SPH weight room from 4:00-6:00 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!

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).

Workouts

If you are a distance runner then congrats, no more workouts on the plan for the rest of the season. Enjoy your week off after nationals or some easy runs at practice this week. If you are a sprinter then check out the [sprinter training plan](#)! Also, be sure to show up for club lifting hours from 4-6 PM at SPH on Sundays!

11/11- 11/17	50-100-150-200-250-300-350 @ 75%, walk distance just ran for rest	Blocks, 3x20-30-40	Long run with distance Meet @ SPH	Long: 450-350-250-150 @ 75%, 3 minute rest Short: 100-150-150-100 @ 80%, 300m @ 90%, 4 minute rest	6x200, 2:30 rest, 70%	2-4 mile run or rest	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. If you competed this season and have not yet catered please sign up [here](#) to help cater We are still in need of a bunch of volunteers at the Iowa game next weekend!



2025 Officer Positions

Have you enjoyed being on the club and want to give back? Do you have new ideas for the club and want to take a leadership role? Consider running for an officer position for next calendar year! All officers are expected to attend regular officer meetings (typically every other week) and provide input on new ideas for the club and important decisions. Officers should also make an effort to regularly attend practice and meets. Below is a list of officer positions along with the current officer serving in that position and a brief description of the role. This is not an exhaustive list of responsibilities, be sure to ask current officers about the position when making decisions about running for these positions. Also, **if you are planning on running for an officer position next year, strongly consider attending the club sports leadership meeting at 5 PM on Thursday the 14th in the Eppley Multipurpose room regarding club officer roles.** If you decide to run for office you will need to submit a blurb about yourself, why you are running, and your goals for serving in the position next week in a form that will be released in the next weekly email. Voting for officer positions will take open the following week on terplink and close in the days following Thanksgiving break. The officers for next year will be announced at formal. Also, if you have a cpr certification or want to help out the club with less of a time commitment, consider becoming a safety officer. Follow up with next year's officers if this interests you.

- President, Zach Kiedrowski:

- Serve as the primary leader of the Club and contact person to the club sports office
- Delegate responsibilities to other officers and assist other officers with their tasks
- Ensure that all deadlines are met
- Be ready to promptly handle conflict between club members or external issues that the club faces
- Put together weekly emails to communicate important news to club members

- Financial Treasurer, Lillian Hsu:

- Handle purchase requests for club equipment and activities
- Primary person responsible for handling financial transactions and deposits
- Handle yearly budget requests to secure funding from SGA club sports allocation
- Keep track of member payments and collect on debt

- Plan responsible ways to spend club funds throughout the season/year
- Vice President, Jacob Bush:
 - Handle meet travel logistics including:
 - Cars
 - Hotels
 - Registration
 - Travel meetings
 - Assist president with general club duties
- Sprint Chair, Dom Cardone:
 - Create training plan
 - Coach/lead other athletes during practice
 - Work to specifically communicate needs for sprinters to other officers
 - Assist in making event registration decisions when necessary
- Fundraising Treasurer, Day Leone:
 - GET THE CATERING CONTRACT AGAIN!
 - Keep track of competing member fundraising requirements
 - Attend and lead fundraising events
 - Plan additional fundraising opportunities throughout the year
- Social Chair, Jonah Plotkin:
 - Plan and organize club social events
 - Keep social media profiles up to date
 - Communicate with other clubs and prospective members
 - Captain or delegate intramural sports teams
 - Plan additional club activities like alumni events, community service, and events with other clubs
- Webmaster, Evan Masiello:
 - Maintain website with up to date information about the club

- Important dates
- Email sign up/database
- Club records
- Route database
- Apparel Coordinator, Stacey Fitzsimmons:
 - Submit biannual apparel orders
 - Work with representatives from apparel partners
 - Manage borrowed singlets for meets
 - Distribute apparel to club members
 - Manage club T-shirts

Formal

Mark your calendars, formal will be on Friday December 7th from 7:00 - 9:00 in STAMP again this year. Get ready for some burrito bowls and paper plate awards! More information coming soon!

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. Yes we are late in our season but it's never too late to get started! 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!

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

You guys are the best,

Zach Kiedrowski

President

UMD Club Running

P.S. Thank anonymous treasurer for the meet recap again!