
5/6/24 Club Running Weekly Email

1 message

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What's up fellow runners,

Congrats to everybody that ran at Kehoe Twilight or Fredrick Half this weekend, you all did great, what a way to end the season! While the competition season may be over, we still have four more days of practice left and you don't want to miss it!

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Ice Cream Trifecta Run

Get ready for the most fun and most gluttonous event of the season, the Ice Cream Trifecta Run! This run is not your typical route, while the run starts and ends at SPH, there is no definite route merely checkpoints along the way. Runners must purchase and consume small ice creams (or custards) from each of three locations: Maryland Dairy, Coldstone Creamery, and Rita's. On the

approximately four mile loop runners can expect amazing flavors and intriguing cramps. Come join us on Wednesday at normal practice time (5:00) to experience the race of a lifetime!

Ultimate Frisbee Game

The showdown of the year, the annual distance vs. sprinters ultimate frisbee game will be happening on Reading Day, this Friday, more details to come later this week. Will distance hold onto their title, will Cliff be able to rally the sprinters to an upset victory? Find out in Friday!

Kehoe Twilight

What a way to end the track season. From new club records in the shot put and 4x100 to an all Club 4x400 the night was a blast. Meet results are linked below.

Also, thank you to all of our volunteers on Friday. From Coach Siebert: "Please thank all of the Club Runners who came out to volunteer at our Kehoe Twilight Meet on Friday. We really appreciated the extra help at all of the event areas! Best of luck as everyone heads into final exams."

Results

Fredrick Half

It was an early morning, and it was rainy, but our athletes pushed through. PR's were abundant on the course today congratulations to everyone that raced! Full race results are linked below.

Results

New Member Information

Are you new to the club or considering starting to come to practice? Congrats, by joining this email list, you have taken the most important step to join the club. 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](#). 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! Also remember, our club is competitive but also fun, 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 have people to run with! There is a wide variety of skill and experience levels on the club and there's room for everyone!

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.

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](#).

Strava

Strava is a social app to share your runs and the leading class distraction for club runners. Join our club on the app to keep up with each other's training.

Strava

GroupMe

Like most clubs, we have a GroupMe. Join the group to exchange friendly banter and plan runs outside of practice.

GroupMe

Can't wait for the fun week ahead of us, this has been an amazing semester with lots of great individual and team achievements! Best of luck on finals, hope to see everyone at practice this week but if you can't make it have a great summer and looking forward to a great fall season!

Zach Kiedrowski
President
UMD Club Running

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