
NATIONALS WEEK (3/31 Weekly Email)

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



HAPPY NATIONALS WEEK!!

We're finally here! Hope you're getting soooooo hyped for nationals this weekend. Just so you know since we're travelling for Nats **we will have no practice on Friday!!**

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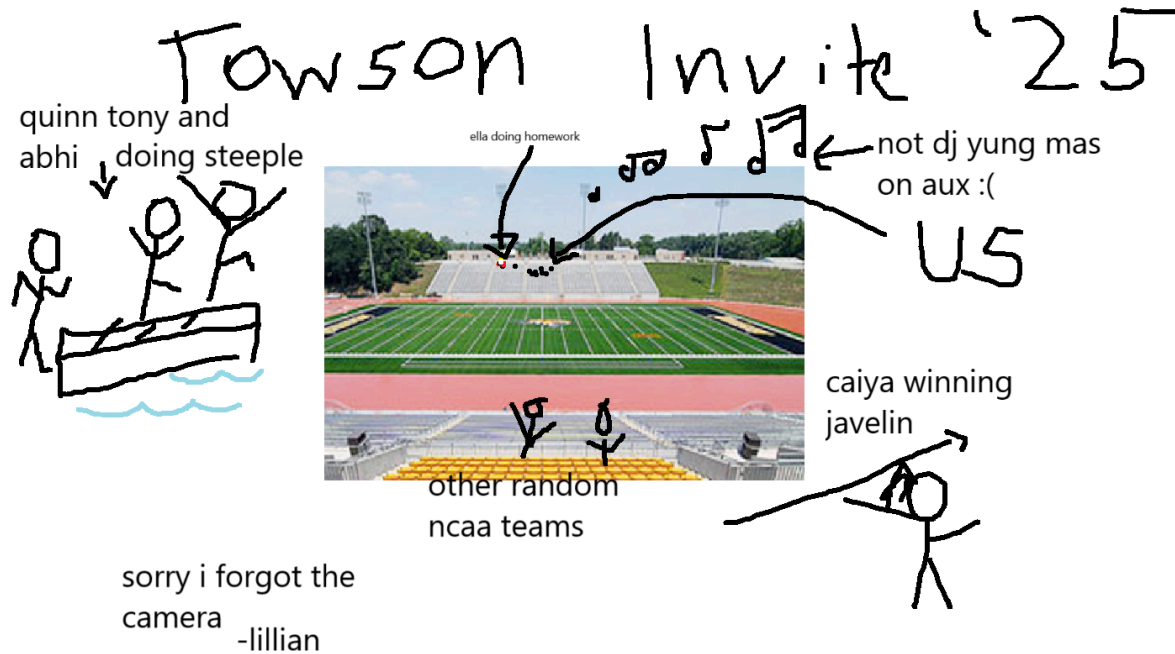
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Nationals Spirit Week!!

To get everyone hyped up for Nats we're doing spirit week at practice this week!

- Today (Monday, March 31st): Crazy Sock Day!!
- Tuesday, April 1st: Anything but a running outfit!
- Wednesday, April 2nd: Twin Day!
- Thursday, April 3rd: High School Singlet Day!!
- Friday, April 4th (No Practice because we're leaving for nats!): UMD Merch!

Towson/Maryland Invitational Meet Recap



On Saturday, March 29th, ten of our very own Club Runners made the short journey to the Kehoe Track for the Maryland Invitational in College Park, Maryland. In order to qualify for this meet, these athletes had to be verified by the coaches before being placed in a DI competition. The men's 1500m was blazing, led by club "alum" **Max Worley** at 3:57.50. **Theodore Lynch** came in 8th with a speedy PR of 4:08.83.

Sebastian. Record Alert! Later, in the 110m hurdles, **Jamil Yacoubou Adam** had an impressive first place finish at 14.73, beating the old club record from 2023 by an impressive 1.42 seconds. On the field, **Emma Person** had an impressive 5th place finish with a 4.64m mark in the long jump. Another **Record Alert!** **Ben Osuala** jumped an impressive 13.17m in the Triple Jump for a 2nd place finish. Last but not least, throwers did well in the shot put led by **Maxwell Pizzolato** with a 14.01m throw for a 5th place finish.

At the very same time, our club athletes were forging another DI competition, in nearby Towson, Maryland. To start off on Friday, an assembly of athletes (Anna Weiksner, Caiya Campbell, Mandy Callaghan, and Joel Ukpelegbu) traveled up to Towson for 1500 and High Jump. **Joel Ukpelegbu** finished in 7th with 1 mark of 5'5". To start off Saturday's competition, the Men's 4x1 composed of **Logan Hurney, Ve Lee, Nathan Chen, and Daniel Lu** scored a 5th place finish with a time of 48.83. Our beloved Financial Treasurer **Ella Quigley** ran a 12:34, placing 4th in her steeple debut. On the men's side, **Tony Boscolo** (4th-10:42), **Abhi Srivatsa** (6th-11:09), and **Quinn Sullivan** (7th-11:26) "jumped" over the competition in the 3k steeplechase. In the men's 400m, **Logan Hurney**, finished in 7th with an impressive 50.15. **Folu Longe** ran sub-2 in the 800m, finishing 8th with a 1:59.73. We also experienced a rare **Brian Lau** PR with a 2:01.18. Club runners represented in the 5k with **Beatrice Wermuth** coming in 6th with a 19:38, beating her turkey trot time, and **Day Leone** coming in 4th with a 16:21. The women's 4x4 came in 8th with a 4:33.86 consisting of **Caiya Campbell, Rachel Hylan, Raquel Tolin, and Mandy Callaghan**. The men's 4x4 had two club teams, sprint and distance. The sprinter team finished in 7th at 3:38.88 with **Logan Hurney, Owen Davitz, Ve Lee,**

and **Joey Zolkiewicz** and the distance team finished in 8th at 4:13 with **Brian Lau, Logan Cyford, Nathan Chen, and Day Leone**. On the field, we have a **Record Alert!** Upon checking the Club Records, I noticed that the club had no recorded javelin record. So, congratulations to **Caiya Campbell** for setting the new Women's Javelin record of 20.86m! This mark is also farther than the current club mens Jav record. Way to go Caiya! Congratulations to all of our athletes who competed this weekend, and get excited for **NIRCA Nationals** coming up next weekend!

Results!

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!

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:

3/31 - 4/6	Speed Drills, 120m Sprint-float-sprint (30-50-40) x4, 5-6 min rest between	3x300 @ 90%, 6 min rest	Grass strides, hurdle mobility	Start drills, block starts (no more than 30 meters)	Pre-Meet	NIRCA Nats & Half!! :)
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Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31 Callousing Effort 800 @T, 45 sec rest 300 @R, 300 jog	1	2	3	4	5 6 NIRCA Track Nationals (Richmond, VA) NIRCA Half Saturday

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31 Callousing Effort 800 @T, 45sec rest 400 @R, 400 jog	1	2	3	4	5 6 NIRCA Track Nationals (Richmond, VA) NIRCA Half Saturday

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31 Callousing Effort 800 @T, 45sec rest 400 @R, 400 jog 1600 @I, 5min rest 4x (200 @R, 200 jog) 600 @R, full recovery 800 @T	1	2	3	4	5 6 NIRCA Track Nationals (Richmond, VA) NIRCA Half Saturday

[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

Have a very hype week,

Evan Masiello

President

UMD Club Running