
Home XC Meet and More!! (9/15 Weekly Email)

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

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Greetings Terps,

This week is gonna be a big one! We have two meet sign ups out, most importantly **the sign up for our home meet is now open!** Make sure to give it a look and I hope that all of you come and join us in racing at Terrapin Nature Park! We also have the VCU XC meet coming up so make sure to read the email for all the info!

Table of Contents

1. Old Bay Invitational (Home Meet!!!) Sign Up
2. VCU "Run With The Rams" Meet Sign Up
3. Cavalier Invitational Meet Recap
4. Field Games Social Event
5. New Member Information
6. Football Catering
7. Meet Schedule
8. Training Plans

Old Bay Invitational (Home Meet!!!) Sign Up

I hope everyone is excited for UMD Club Running's first ever home XC meet!!! This has been in the works for a long time so it is really exciting to finally bring it to life. We have a super flat course right on the Old (Chesapeake) Bay. It is mostly gravel/dirt with a very short section on sand. Get ready to run a mid-season PR!

What: Old Bay Invitational!

When: Saturday, September 27th, 2025

Where: Terrapin Nature Park, Stevensville MD

Sign-ups close: Tuesday 9/23 at 11:59 PM

Cost:

This meet will be \$5 for all UMD students! We hope this low cost and local meet will be a good opportunity for anyone who wants to see what a club meet is like without a super long drive.

Volunteers:

We can't run this meet without volunteers! All UMD runners are asked to volunteer. Volunteering will not conflict with your race (men can be course marshals during the women's race and vice versa). Keep an eye out for the volunteer signup and assignments. Thank you for your help!

Sign Up!

VCU “Run With The Rams” Meet Sign Up

The Run with the Rams XC Festival, hosted by VCU, is a fast course near Richmond. It consists of a flat 2k loop (3 laps for the 6k and 4 laps for the 8k). There are a number of teams attending from VA and

surrounding areas.

What: Run with the Rams XC Festival

When: Saturday, October 4th, 2025

Where: Pole Green Park, Mechanicsville, VA

Sign-ups close: Tuesday 9/23 at 11:59 PM

Cost: This meet will be \$5 for all club members, plus the semesterly base competition fee. Please reference the cost structure [here](#).

Sign Up!

Cavalier Invitational Meet Recap



On Saturday UMD Club Running returned to the infamous Panorama Farms for the 2025 Cavalier Invitational.

The meet started off with John Schmidt and Nicholas Thompson representing UMD in the open 5k. John placed 9th with a time of 17:32 and Nick placed 36th with a time of 22:33!

After that we suited up for the Men's 8k. Our team was led by club webmaster Jonah Plotkin who placed 17th overall with a 27:57. Coming in next at 18th was Theo Lynch who ran a 28:13.

With one Virginia Tech runner between them the pack was rounded out by Chase Fournier and Tony Boscolo who placed 20th and 21st and ran times of 28:16 and 28:19 respectively.

Coming in at 27th Abhyuday Srivatsa ran a 28:34 as our 5th man.

Ronan Perrone was able to recover from a slightly late arrival to the meet and place 28th with a 28:41.

Rounding out our top 7 Sammy Joseph ran a 28:48 to place 30th.

We would also like to give a very special shoutout to Charlie Latons who had a 3 minute pr with a time of 33:33!

Thanks to all of these great performances the men's team placed 3rd overall!

After that it was time for the women's 6k! Returning club runner Lucia Larrea led the team by placing 2nd overall with a 23:33!

Coming in after her, Beatrice Wermuth placed 15th with a time of 25:41!

Shortly after, Anna Weiksner placed 17th with a 25:47!

Even in the midst of an ongoing iron crisis Hannah Haber placed 20th with a 26:26!

After her IM Soccer captain Ella Quigley ran a 28:18 for 36th place!

Coming in at 6th on the team, IM Soccer keeper Mandy Callaghan ran a 30:07 for 48th place!

Next Maggie Krieg placed 57th with a 31:16!

The women's team also placed third overall due to these very impressive races!

After it was all said and done we ate some freezy pops and stopped at Sheetz before the long trek back to College Park. Thank you to everyone that came to the meet and great work to everyone! We had great season openers all across the board!

Photos!

Results!

Field Games Social Event

What: Come have a lot of fun playing volleyball, spikeball, and etc!

When: Wednesday September 17th at 8pm (With Thursday as a rain date)

Where: La Plata Beach

Come have some fun with your teammates with our first social event of the semester!!!

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

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!

Meet Schedule

Here is our meet schedule!! As a reminder all of our meets are optional and we encourage people to pick and only attend which meets they're most interested in.

Meet	Level	Location	Date
Terrapin Time Trial	TT	Greenbelt, MD	Sat, Sep 6
Cavalier Invitational	Club	Earlysville, VA	Sat, Sep 13
Old Bay Invitational	Club	Stevensville, MD	Sat, Sep 27
VCU Run with the Rams	Club	Mechanicsville, VA	Sat, Oct 4
NIRCA Mid-Atlantic Regionals	Club	Earlysville, VA	Sat, Oct 25
NIRCA Cross Country Nationals	Club	Hershey, PA	Sat, Nov 8

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!

[Distance Plan](#)

[Sprint Plan](#)

Bye,

Evan Masiello

President

UMD Club Running