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## 4/15/24 Club Running Weekly Email

1 message

**Maryland Club Running** <umdclubrunning@mail.mailchimpapp.com>

Reply-To: umdclubrunning@gmail.com

Mon, Apr 15, 2024 at 6:59 AM



What's up guys,

Time to lock in for the 4th Annual Terrapin Invite! Going to be a great week of practice getting ready and then the highlight of our season where we get to defend our home track!

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### Terrapin Invite

The 4th Annual Terrapin Invitational will be at Kehoe Track this Saturday, April 20th! This meet will be free for all club members, regardless of whether or not you have paid a semester competition fee. The sign up for this meet is now closed but looking forward to seeing everybody that signed up to compete or

volunteer! For those that signed up a separate email detailing logistics for the meet will be coming out soon.

## BBQ

After the Terrapin Invite at around 5:00 PM we will be having a big team BBQ to celebrate. This will be held at Acredale Park just off of campus. We will have burgers, glizzys, and veggie burgers. We will ask for \$5 for food from anyone that attends but after the meet I'm sure that everyone will be able to get their money's worth. Come for good food and a fun time hanging out with the team and other teams that attend our meet. Please RSVP at the link below so we know how much food to get.

**Post Terrapin BBQ RSVP**

## Paul Kaiser Classic

Looking for more competition after the home meet? The Paul Kaiser Classic at Shippensburg University will be our second to last track meet of the season and the last one with open entry standards! This meet will be done as a day trip to Pennsylvania with an early departure (around 7:00) the morning of and a return time around/after dinner. This is a great chance to compete against some fresh competition so sign up on the form below if you plan on attending. The form will close on Sunday 4/21 at 11:59 PM.

**Meet Sign Up**

## Workouts

We are here, the most competitive part of our season. With meet the next three weeks and the Fredrick half coming up workouts are more important more now than ever. At this point in the season hopefully everyone feels that they are in shape, the goal now is to keep getting faster and maintain that shape that you are in through the last few meets. Distance will be doing interval pace 1K's on Tuesday and the sprinters have focused workouts geared towards hitting their peak speed for this weekend. As always, check the links below to see the

workout plans and reach out to an officer if you have any questions about the workouts.

## Distance Training Plan

## Sprint Training Plan

## 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](#).

## Meet Schedule

Here is our spring meet schedule. If you haven't already, start thinking about which meets you would like to prioritize coming up so you can focus your training.

Meet	Date	Location	Meet Type
Happy Valley Invitational	February 10th	State College, PA	NIRCA Indoor Meet
Capital Relays	February 24th	American University, DC	NIRCA
Towson Spring Opener	March 16th	Towson, MD	DI
Cavalier Invitational	March 30th	Charlottesville, VA	NIRCA
NIRCA Track Nationals	April 6th & 7th	Richmond, VA	NIRCA
NIRCA Half Marathon Nationals	April 6th	Petersburg, VA	Road
Terrapin Invitational	April 20th	College Park, MD	NIRCA
Paul Kaiser	April 27th	Shippensburg, PA	DII
Kehoe Twilight Meet	May 3rd	College Park, MD	DI
Fredrick Half Marathon	May 5th	Fredrick, MD	Road

## 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

Turtles aren't slow,  
Zach Kiedrowski  
*President*  
UMD Club Running

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