
11/18 Weekly Email

1 message

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

Mon, Nov 18, 2024 at 1:14 AM



Hey everybody,

The season is winding down, hopefully everybody has been able to recover after nationals. We are still practicing at 4:00, see everyone out there!

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Practice

Practice will start at 4:00 for the remainder of the semester! Also, 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 some easy runs at practice this week. If you are a sprinter then check out the [sprinter training plan](#)!

11/18 - 11/24	Block Work, start drills, 2x40-50-60	5x300 @ 75%, 4 minute rest	Long: 800-600-400-600-800 @ 75% 3 minute recovery Short: 400-300-200-300-400 @ 80%, 4 minute recovery	Long run with distance Meet @ SPH	Sprint-Float-Sprint 5x120m, 4-5 minute rest	Rest / Stretch
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Catering

As you all know, in addition to competition fees we ask that all competing members do at least one fundraiser per semester competing with the club. Thanks to everyone that helped out at the Rutgers game! If you competed this season and have not yet catered, please sign up [here](#) to help cater the last home game of the season against Iowa!



2025 Officer Positions

The application to run for 2025 officer positions is now open! Fill out the form attached [here](#) by Friday the 22nd if you want to run. All club members are welcome to run for an officer position and everyone signed up on TerpLink will be able to vote! We ask that you do not take this decision lightly, taking on an officer position for the Club is a big commitment. As always, if you have any questions don't hesitate to ask!



Mark Your Calendars

Formal will be on **Saturday 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!

Also, we will be holding our annual gingerbread house building competition on **Monday December 9th** so start brainstorming ideas!

Apparel

Stacey is continuing to distribute apparel, pay attention to the group me for announcements about times to pick it up, DM Stacey, or reply to this email. We are hoping that we will be able to distribute the T Shirts for Competing members at formal.

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

Happy Running,

Zach Kiedrowski

President

UMD Club Running