
Time of Giving and Racing! (3/3 Weekly Email)

1 message

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

Mon, Mar 3, 2025 at 8:00 AM



Good morning athletes,

The club had a very good week last week featuring a fire social event and a big win at the Cavalier Invitational. This week we have even more so read on! Some important time changes to note: This week club study hours is switching to 8-10pm and **this is the last week of 4pm practice!! Starting on March 10th practice will be at 5pm.**

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Giving Day (3/5)

I'm sure you've heard about it from many other UMD organizations, but if you need another reminder, **Giving Day is this Wednesday March 5th (Starting at midnight)!!** We greatly appreciate any and all donations that are made to the club, your support means a lot to us and helps us keep trips and events cheap or free for our athletes. If you've been considering giving back this is the perfect time!

Please share this information with your family and friends if you think they might be interested in contributing!

Here are the power hours during which donations will be matched!!:

- Donations from **STUDENTS** will be **MATCHED** by the Clarvit family **ONLY in the following hours:**
12am, 9am, 3pm, and 8pm
- Donations from **RECENT GRADS (class of 2020-2024)** will be **MATCHED ONLY** at **12am and 12pm**

If your family wants to make a donation, think about sending it through a student or recent grad!! All donations will be greatly appreciated!

**Give to
the Fund!**

Cavalier Invitational Meet Recap

We arrived to the meet and were greeted with some slight wind

Our devoted athletes warmed up with some spike ball and football on the infield (Notable team member Day Leone fondly remembers this as the highlight of the meet)

Logan Hurney brought us a nice first place trophy for the 400 with 52.02

Folu Longe beat out Logan Cyford for an impressive 800 win with 2:02

Tony Boscolo had some fun trying to avoid the wind and winning the 3k with 9:48

Logan H once again brought home the gold with 23.32 in the 200

Our mixed 4x4s were EATING out there during the race, our BLANK

Our throwers had a very impressive showing, Max Pizzolate won the shot put with 13.60m

Our glorious king Henry Sheppard won the discus with 34.34m

UMD swept the triple jump taking first and second place. Benjamin Osuala won with 12.96m and Caleb Dimberu got second with 10.73m (The other teams were too scared to enter anyone)

Caleb Dimberu took a nice win in long jump with 5.11m

Emma Person also got some gold in the long jump with a 4.73m

As you can tell we had an insane day!! Lots of first places especially in the field events!

They unfortunately did not officially post the team results, but I think our men's team clearly took the gold!

It was an extremely successful meet, even though the wind was a bit annoying at times

The day after the meet some of our runners even braved the somewhat brutal DC long run after a long day of racing

Click below to see the results and meet pictures!!

Photos!

Results!

Practice (Time Changing Soon!!)

It's almost daylight savings time which means **this is the last week of 4pm practice!!**

Starting on Monday 3/10 practice will be at 5pm every Monday-Friday

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!

Test Practice Audit

We're well into the spring season so **all of our members should be signed up on IMLeagues.**

In order to make sure that we're all signed up and we won't have any problems when we get audited by the club sports office, **we will be having a test practice audit tomorrow, Tuesday 3/4 at practice!**

Please make sure that you are signed up on IMLeagues before you come to practice and please bring your student ID to practice (You're supposed to be doing this every day!). It is very easy but very important for our club! Please consult the [new member document](#) or email us if you need help!

Club Study Hours

I am also very happy to announce that study hours are back for the second week, and going strong for the rest of the semester! **Due to the upcoming practice time change we moved the start of study hours back to 8pm.**

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!

Coed IM BBall HUGE GAME

If you've been following the club running coed IM basketball team's season you know that we're about to start a legendary playoff run. **This week we're playing none other than Floor Four Mafia (Featuring Club Runners Day Leone, Taylor Shank, and Joey Zolkiewicz)**

The insane matchup is on Wednesday 3/5 at 8pm in the Armory!!

Come support your club runners and watch us dribble circles around some of your friends.

Nirca Eligibility Forms

In order to race at Nirca Track Nationals, we must submit eligibility forms signed by all our athletes. This form must be filled out on paper by March 10th. We will have copies of the form at practice, at SPH and at the track. You will not be allowed to sign up for Nationals (NIRCA's rules, not ours) if this form has not been completed. Each person will need to fill out the form to be eligible to compete at NIRCA Track Nationals.

Note: this form is NOT BINDING. If there is ANY chance you might want to run at Nationals, please fill out the form at practice. This form is not a sign up, it is just to determine eligibility. If you can't go to practice any time in the next 2 weeks please text Ben (301-503-8014) or email the club and we can figure out a time to meet for you to fill out the form.

Eligibility Rules Information from NIRCA:

Individuals must be full-time* undergraduate or graduate students enrolled at the University/College they wish to compete for and cannot be on a varsity team roster during their semester/ quarter of NIRCA competition. (Full time status at UMD is 12 credits). Students must also be in good academic standing with a cumulative GPA above 2.0. Unattached athletes are not eligible for competition. *Exceptions for full-time status will be made for final semester/graduating students who were full time in their previous semester.

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

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:

3/3 - 3/9	Long Sprints: (2x300 @ 70%, 100m jog in-between) x3, 4 min rest between sets Short Sprints: 4x250 @ 75%, 4 min rest between	Speed Drills, 120m Sprint-float-sprint (30-50-40) x5, 5 min rest between	4x200m strides, hurdle mobility	250-250-200-200-150-150 @70%, 1 min rest per 100m just ran (2.5 mins after 250, etc)	Broken 400s: (300m @85%-1 min rest-100m at 90%) x4, 6 min rest between	2-4 mile run or rest	Rest and Recover
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Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3 Threshold 8s 4x (800 @T w/ 45 sec rest)	4	5	6 Speed Economy + Threshold 6x (200 @R w/ 200 jog) 2x (1k @T w/ 1 min rest)	7	8 9

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	3	4	5	6	7	8	9
	Intro to Repetition Pace 3-4x (200@R, 200 jog, 200@R, 400 jog, 400@R, 200 jog)			Threshold ks 6x (1k @T, 1min rest)			

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	3	4	5	6	7	8	9
	Intro to Repetition Pace 5x (200@R, 200 jog, 200@R, 400 jog, 400@R, 200 jog)			Threshold ks 8x (1k @T, 1min rest)			

Distance Plan

Sprint Plan

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!

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

Best wishes,

Evan Masiello

President

UMD Club Running