
Happy first week of practice!! (9/1 Weekly Email)

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

Mon, Sep 1, 2025 at 7:00 PM



Greetings terrapins,

I hope you're excited because **PRACTICE BEGINS TOMORROW!** We know that especially for new members the first week of class can be a lot of new stuff, so if you can't make it to practice until later in the semester do not worry! All of our practices are optional, and we usually don't have practice the first week of school but due to a changing meet schedule we decided it was needed this semester.

We have a lot of fun stuff starting very early in the semester and the best way to hear about it is in the group me or on the email list! In addition to those sign ups please remember that **everyone is required to sign up on IMLeagues for the 2025-2026 school year (including returning members)!** If you haven't done this yet you can sign up using the link in our **new info doc here:** [FA25 Maryland Club Running Information](#)

Aside from that important update we have a lot of exciting stuff coming up, read about it below!

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Practice

Practice will start for the fall on the first day of classes, **September 2nd, at 5:00 PM**. Practices are optional for all our members so come as often or little as you are able/desire, we'd love to see you there!

Same as last year **we will meet at 5pm every Monday-Friday** (Until daylight savings ends and practice switches to 4pm). 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! Note: If you're under 18 when you join the club there's an extra step to sign up, it's easy but might be slightly confusing. Come talk to an officer at practice and we can help you get signed up!

Time Trial & Pancake Breakfast

On Saturday September 6th we will be kicking off our fall season with the time trial! This is a very fun, free, and lowkey way to get your feet wet racing with the club. We will be running a scenic 5k course at Buddy Attick Lake Park, a short drive away from practice. We'll be arranging carpools so if you're transportationless no problem! We strongly encourage all new members to come and try it out since it's a

very low stress event and a great way to get to know all the other new members! You can sign up now using the button below!

After the time trial we will be having the beloved Pancake Breakfast! It will be at a very nice and new house just a stone's throw from campus at [8404 48th Ave, College Park](#). Cars will drop off any time trial runners that don't want to attend the pancake breakfast and then bring the rest straight to 8404! **Come eat some pancakes, drink some orange juice, and hang out with your teammates (Maybe a round of spikeball too?). Additionally anyone who can't or doesn't want to attend the time trial is more than welcome to come to the Pancake Breakfast!**

Sign Up!

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

Cavalier Invitational Meet Sign Up

It's time to race! Our first meet of the season is upon us. This year the Cavalier Invite, hosted by the University of Virginia Running Club, is back at Panorama Farms XC Course.

What: Cavalier Invitational

When: Saturday, September 13th, 2025

Where: Panorama Farms, Earlysville, VA

Sign-ups close: Monday 9/8 at 11:59 PM

Transportation:

We will meet at SPH at 6 am the morning of the meet to carpool to the meet. It is a 2.5 hour drive each way. Our approximate return to campus will be at 3:00 pm. Closer to the meet (the Thursday before) we will send out an email with carpools and specific meet information.

Events:

8:30 am Open 5k

10 am Womens 6k

11am Mens 8k

(Open 5k runners will be meeting & leaving at 5 am!)

Cost:

[Please view our club's cost structure here](#). This meet will cost \$5 per runner in addition to the one time semester competition fee of \$20 or yearly fee of \$30. Meet fees can be paid by Venmo to @umdclubrunning or in person to Treasurer Ella Quigley or any club officer. We also expect you to participate in one fundraiser per semester. If the cost of competing is an issue for you, please reach out via email. We do not want the cost to stop anyone from competing. If you need an alternative method of paying, please email us at umdclubrunning@gmail.com.

Uniforms:

If you would like to borrow a uniform for the meet, Apparel Coordinator Anthony "Tony" Boscolo will have the box of extra singlets at the meet. You will have to sign a singlet out when you take it and in when you return it so that we can keep track. Uniforms are not required. We will have an order form to buy team apparel and uniforms later in the season. If you do not wear a uniform, we ask that you please wear some form of UMD/Maryland apparel so that our team photographer can easily identify you and take pictures. :)

This sign up form will close Monday, 9/8/25. Sign up using the button below!

Sign Up!

IM Soccer Teams

We are very excited that the intramural soccer season is starting soon! We have 4 teams that anyone on the club is welcome to join! We have two men's teams, one coed team, and one women's team. You can sign up for all the teams on imleagues.com under intramural 7v7 soccer.

Here are the different teams:

"Club Running" in the **Mixed Gender B** league plays on Sundays at 8pm

"Club Running" in the **Women's league** plays on Mondays at 9pm

"Club Running" in the **Men's B league** plays on Mondays at 8pm

"Club Jogging" in the **Men's B league** plays on Thursdays at 11pm

*** Anyone is welcome to join either of the men's teams (but you can only join one), we're thinking that the club jogging team will be the more competitive one and Club Running will be more just for fun***

Sign Up!

Tentative Meet Schedule

Although it's still early in the season, and this is subject to change, we have an early version of the meet schedule so you know what to expect.

The most exciting thing on this list is definitely the inaugural Old Bay Invitational! Thank you to our vice president Ben Waterman for being the first club officer to pull together a home cross country meet!

The race will be on September 27th, 2025 at the Terrapin Nature Park (191 Log Canoe Cir, Stevensville, MD) You can find all of the info here: https://clubrunning.org/races/race_info.php?race=1350 (NOTE: for new member or anyone who isn't aware the cost listed is for visiting teams, your entry fee will be extremely reduced, exact amount tbd)

| 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 |
| Paul Short Run | DI | Bethlehem, PA | Fri, Oct 3 |
| (Back up) VCU Run with the Rams | Club | Mechanicsville, VA | Sat, Oct 4 |
| NIRCA Mid-Atlantic Regionals | Club | Earlysville, VA | Sat, Oct 18 |
| NIRCA Cross Country Nationals | Club | Hershey, PA | Sat, Nov 8 |

** Depending on the entry availability for Paul Short we may attend the VCU invitational instead

Football Catering (September 5th!)

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, but we **especially need people to cater the first football game of the season on Friday!!!** 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!

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](#)

See you tomorrow,

Evan Masiello

President

UMD Club Running