
9/23 Weekly Email

1 message

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

Mon, Sep 23, 2024 at 1:48 AM



Important stuff, please read.

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Cavalier Invite Recap

- We left SPH soon after 6:15, a success in my books
- Panorama farms had some beautiful panoramas
- It got toasty outside
- The women's team ran 6 kilometers, decked out with some awesome glitter
- The men's team ran 8 kilometers, some also decked out with glitter
- Our legs hurt
- The women's team got 4th and the men's team got 3rd!
- Sheetz food went crazy per usual
- The drive home was exhausting
- Everyone did great and is going to keep getting even better over the next few meets!

See the amazing pictures of the meet [here](#) and also check out the full [results](#)!



VCU / Paul Short Commotion

Unfortunately we are not going to be able to register people for Paul Short this year as the open race filled up due to how the meet is being restructured. Luckily, we instead get the opportunity to go to the VCU Invite instead! If you had signed up for Paul Short you should have already received an email from Jacob, but basically if you signed up for Paul Short we will plan on registering you for VCU Invite. We apologize for the confusion and recognize that this change in plans might mean that some people are now able to race that

couldn't before, or now cannot race that could. If either of these is you then please email us by Friday, September 27th to let us know and we can either add you to the group that is going or remove you from the sign up.

Meet Schedule

Cavalier Invite is in the books. Our schedule has been updated and we will be going to the VCU Invite as the Paul Short Run open race got overfilled this year! We will still be up to Lehigh for Regionals. After Regionals we have two weeks off to really focus on workouts and lock in for Nationals this year where we will be headed to the sweetest place on earth, Hershey, PA!

Meet	Location	Date
Terrapin Time Trial	Greenbelt, MD	7-Sep
DC Invite	Wheaton, MD	14-Sep
Cavalier Invite	Earlsville, VA	21-Sep
VCU Invite	Mechanicsville, VA	5-Oct
Nirca Mid-Atlantic Regional	Bethlehem, PA	19-Oct
NIRCA National	Hershey, PA	9-Nov

Practice

We will continue having practice every day this week at 5:00 PM. Also come join us in the SPH weight room from 4-6 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! Don't stress if you can't make it to practice on any given day, we don't keep track of practice attendance and will be happy to see you whenever you can make it. You can also reach out to others in the GroupMe to organize runs outside of practice!

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).

If you are having trouble finding the overhang or the track then shoot us an email, Instagram dm, or GroupMe message.

Workouts

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. We have a new [distance training plan](#) for the fall season (shout out Eamon for another stellar workout plan) so take a look to see what lies ahead Quick note, days left blank on the workout plan generally mean easy runs. If you are a sprinter then check out the [sprinter training plan](#) brought to you by sprint chair Dom! Snippets of both workout plans for this week are below. Also, be sure to show up for club lifting hours from 4-6 PM at SPH on Sundays!

If you feel out of shape right now and the workouts seem intimidating don't worry you are not alone! You can always modify a workout or choose to skip one, but we will try to help you gradually work your way up to harder workouts throughout the course of the season. Trying to complete a workout that is beyond your current ability level is a great way to hurt yourself, so just be patient and keep your mileage going and the results will speak for themselves.

23	24	25	26	27	28	29
	Threshold 8x1k @T, 45s rest			Michigan Mile @10k, 3:00 jog Mile @T, 3:00 jog 1200 @I, 3:00 jog Mile @T, 3:00 jog 800 @I, 3:00 jog Mile @T, 3:00 jog 400 all out		

9/23- 9/29	4x200 W/ 10 pushups crunches, lunges, Toe Touches in between	Long: 4x600, 70% first 400, 85% last 200, 4 minute rest Short: 5x300 @ 75%, 3 minute rest	Relaxed 200s, hurdle mobility	100s on the minute, 3x8	Short: 3x150 build ups end at ~95, 2x350 @ 80% Long: 3x500 @ 80%	2-4 mile run or rest	Rest / Stretch SPH Weight Room
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Catering

We are still catering as our primary way of fundraising this fall. As many of you know, in addition to competition fees we ask that all competing members do at least one fundraiser per semester competing. Please sign up in advance [here](#) for slots to help cater at a football game this season. Thank you to everyone who helped out this past weekend, if you haven't helped out yet this season then please take a look to see when you can sign up for!



Paint Night

The Women's Team will be doing a paint night this Sunday the 29th from 6-9 PM. If you are interested in going please RSVP [here](#) so everyone has enough supplies.



Competition Fees and Apparel

This season's [apparel order form](#) has been released. Fill out the form and make your payment by Friday the 27th to get your apparel for this season.



All members who pay the competition fee for this season (or prepay for just track season) can secure a limited edition to be designed club running t-shirt. That's right, pay your dues and get a t-shirt, it's that simple. As a reminder competition fees are \$30 a year or \$20 a semester, if you aren't competing then you don't have to pay anything. Meet fees can be paid to an officer in cash or preferably by venmoing the club @UMDClubRunning.

Designs for the T-shirt [contest](#) have been submitted, vote here to determine which one will be used!



SOA Clean Up

This Sunday the 29th we will be collaborating with the UMD Sustainable Ocean Alliance to do a stream clean up! We will be meeting at Iribe at 11:00 for an hour-long clean up, this is a great way to help out around campus and get the club brownie points with the club sports office so if you can help out please join us! More details will be shared in the groupme later this week.

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](#). 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! Always remember, while our club gets competitive, it is 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. 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