
9/30 Weekly Email

1 message

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

Mon, Sep 30, 2024 at 2:29 AM



Hello fast friends,

If you take away only one thing from this email, be signed up on ImLeagues for the 2024-2025 team and bring your UID (or other form of ID) to practice with you. Okay okay thats two things sorry. The point still stands though, we have been reiterating this at practice all season but the club sports office is going to start auditing us so 100% of people attending practice have to be following these rules. It is really quite simple so please just take care of it. If you are bringing a friend to practice, great! Please help them get signed up on ImLeagues before attending though and be on the lookout for communications about when the travel audit will be 24 hours in advance. Anyways, read ahead for all the other important details this week (including regionals sign up).

Table of Contents

1. Regionals/Nationals Stuff
2. VCU Travel
3. Meet Schedule
4. Practice

5. Workout Schedule
6. Catering
7. Game/Karaoke Night
8. Apparel/Meet Fees
9. New Member Information

Regionals/Nationals Stuff

Regionals is going to be at the Lehigh Cross Country course again this year. We will leave the evening of the 18th for the trip and return (hopefully with some hardware) the afternoon of the 19th. The [sign up form](#) will be open until Wednesday October 9th but please sign up at your earliest convenience. If you want to race in a championship race at nationals and you haven't raced the other races this year (including VCU), then you must race regionals! Also, to compete at nationals you must fill out the NIRCA eligibility form. We will be passing this form around at practice this week and early next week so if you want to participate at nationals please be sure to come to practice to fill this out or contact us to arrange another time. This form is non binding so if you think you might want to go to nationals then just fill it out. if something comes up don't stress, there is always the open 6k race so you can still travel with the club.



VCU Invite

Get ready for another meet week! Looking forward to our final "regular season" meet of the season at the VCU Invite down in Richmond this weekend. As we communicated with everyone, if you had signed up for Paul Short we transferred your registration to VCU. Since we changed plans we will not hold it against anyone that cannot make it to the meet this weekend even if you signed up but please if anything comes up

let us know ASAP since carpools are going to be tight this weekend. The travel email will be coming out soon so keep an eye out.

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 (Sorry for the confusion yesterday, when the swipes don't want to work the swipes don't want to work)! 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.

30	01 Threshold 5xMile @T, 90s rest 5x200 @R, 200 jog	02	03	04 Strides	05 VCU	06
9/30 - 10/6	3x(200+150) 1 min rest between 2&150 4 min rest between sets	Men's soccer game 6pm Long run with distance Meet @ SPH	4x400 @ 80%, 4 minute recovery	Grass Striders, hurdle mobility	5 x 120 meter sprint-float-sprint, 4-5 minute rest	2-4 mile run or rest Rest / Stretch



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. The football team has a bye week this week so no catering obligations there but we need to be ready for the Northwestern Game next Friday so go sign up now! Also a reminder to those catering, if you sign up you **MUST** show up or give plenty of time with a heads up with a valid reason why you cannot attend, we are contractually obligated to have a certain number of people at the games each week and if you know show we may find ourselves in breach of contract. Also, **UNDER NO CIRCUMSTANCES** should you be sharing food with non-paying attendees at the game. The catering staff allows us to have some of the food during our time catering but we cannot share with other friends who are not catering. (P.S., after the games there are usually left overs so you can just take those and share all you want, just not during the game. Thanks again to everybody who has helped so far this season, go terps!



Game/Karaoke Night

What: Games and Karaoke

When: 8:00 PM, Thursday, October 3rd

Where: 8411 Potomac Avenue

Why: It's fun, you can show your competitive spirit or just hang out and watch your fellow club runners showcase their ***talents***. See you there!

Competition Fees and Apparel

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 and you will get a complimentary T-shirt with your meet fees.

The apparel order form has closed, if you have ordered something and have not already paid then please ASAP make a payment on venmo or pay an officer in cash at practice. Reach out to Stacey with any questions (his phone number is on the form that you filled out to order the apparel).

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

I know there was a lot in this email. If you have any questions please do not hesitate to reach out and ask!

Still riding the high from Friday's workout, truly yours,

Zach Kiedrowski

President

UMD Club Running