
4/22/24 Club Running Weekly Email

1 message

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Hey Everybody,

Congrats on an incredible home meet this weekend, loved seeing everybody out at the track. We are getting towards the end of our season but it isn't over yet! Read through to see our big plans to end the season!

Table of Contents

1. Terrapin Invite Recap
2. Paul Kaiser Classic
3. Kehoe Twilight
4. Fredrick Half
5. Workouts
6. Meet Schedule.
7. New Member Information
8. Strava
9. GroupMe

Terrapin Invite Recap

The 4th Annual Terrapin Invitational was amazing! Thank you to everyone who volunteered and competed at the meet, you guys are the best! Both the Men's and Women's Teams won by large margins against the other schools present at the meet. From the 100 m dash to the 1500 m racewalk, everyone did great!

The work that everyone has been putting in this season was reflected by how everyone ran (/threw/hurdled/jumped), let's keep it up through the last couple weeks of the season! Pictures will be shared soon but the meet results can be viewed at the link below.

Results

Paul Kaiser Classic

Signups for Paul Kaiser have closed, if you signed up keep an eye on your inbox for a travel email coming out later this week. This meet will be done as a day trip to Pennsylvania with an early departure from SPH (around 7:00) the morning of 4/27 and a return time around/after dinner.

Kehoe Twilight

The Kehoe Twilight Meet will be on Friday, May 3rd. This is a competitive DI meet and as such some entries may not be accepted by the coaches organizing the meet. As you sign up please do not embellish your seed times, we will try to get everyone into the meet that we can but at the end of the day entry standards for this type of meet exist for a reason. If you are unsure if your times will be fast enough it doesn't hurt to submit the form, you never know if there will be another heat or if the coaches will accept the entry. The sign up form for the meet is below and will be closing at 11:59 PM on 4/28.

For those not racing Kehoe Twilight, we need volunteers to help run the meet. The DI coaches have been generous in letting us participate in their meet, and in helping us organize our home meet, so it is important that we help volunteer at this meet in return. We will need volunteers from 1:00 PM to 9:00 PM. Volunteering here can count as a fundraising requirement so if you have yet to complete your requirement this is a fun way to watch some great competition. The volunteer sign up form is attached below, please fill out ASAP and no later than 4/28.

Kehoe Twilight Meet Sign Up

Kehoe Twilight Volunteering

Fredrick Half

Are you more interested in racing a road race than a track meet the last week of the season? The Fredrick Half is an awesome way to compete in a different setting than usual. Whether this is your first half marathon or your 20th, you will have a great time and by signing up with the club it will cost you less than half of what it would cost you to sign up by yourself. We do make sure that people signing up are somewhat active participants at practice since we heavily subsidize this cost. For those competing in the Fredrick Half we will be organizing carpools to leave the morning of the race on May 5th very early and cars will be returning after the race around lunch time. This sign up will be closing at 11:59 PM on Sunday 4/28 so don't miss out!

Fredrick Half Sign Up

Workouts

We are here, the most competitive part of our season and workouts are more important more now than ever. At this point in the season hopefully everyone feels that they are in shape, the goal now is to keep getting faster and maintain that shape that you are in through the last few meets. As always, check the links below to see the workout plans and reach out to an officer if you have any questions about the workouts.

Distance Training Plan

Sprint Training Plan

New Member Information

Are you new to the club or considering starting to come to practice? Congrats, by joining this email list, you have taken the most important step to join the club. 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](#). 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! Also remember, our club is competitive but 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.**

2. [TerpLink](#) - This only needs to be done once.

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](#).

Meet Schedule

Here is our spring meet schedule. If you haven't already, start thinking about which meets you would like to prioritize coming up so you can focus your training.

Meet	Date	Location	Meet Type
Happy Valley Invitational	February 10th	State College, PA	NIRCA Indoor Meet
Capital Relays	February 24th	American University, DC	NIRCA
Towson Spring Opener	March 16th	Towson, MD	DI
Cavalier Invitational	March 30th	Charlottesville, VA	NIRCA
NIRCA Track Nationals	April 6th & 7th	Richmond, VA	NIRCA
NIRCA Half Marathon Nationals	April 6th	Petersburg, VA	Road
Terrapin Invitational	April 20th	College Park, MD	NIRCA
Paul Kaiser	April 27th	Shippensburg, PA	DII
Kehoe Twilight Meet	May 3rd	College Park, MD	DI
Fredrick Half Marathon	May 5th	Fredrick, MD	Road

Strava

Strava is a social app to share your runs and the leading class distraction for club runners. Join our club on the app to keep up with each other's training.

Strava

GroupMe

Like most clubs, we have a GroupMe. Join the group to exchange friendly banter and plan runs outside of practice.

GroupMe

Go Terps!

Zach Kiedrowski

President

UMD Club Running



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