
10/7 Weekly Email

1 message

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

Mon, Oct 7, 2024 at 12:26 PM



Greetings fellow runners,

Important notes for this email: sign ups for regionals closing soon, NIRCA waiver for nationals must get filled out if you want to go by Wednesday (this is not the same as signing up rather it confirms your eligibility), fill out the T-shirt form to tell us what size you want, Sprinters are Time Trialing on Tuesday, the Distance workout for Friday is moving to Thursday due to the football game.

Table of Contents

1. VCU Recap
2. Regionals/Nationals Stuff
3. Meet Schedule
4. Practice
5. Time Trial
6. Workout Schedule
7. Catering
8. Competition Fees/T Shirt Size

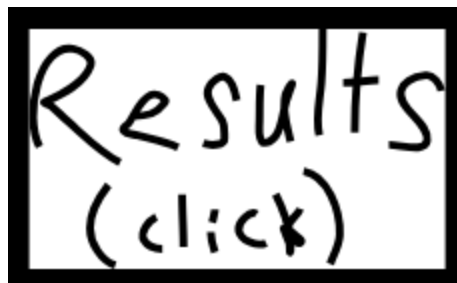
9. IM Soccer

10. New Member Information

VCU Run With The Rams Invitational Recap

- A successful travel audit to start the day off
- Arrived at the course and tried to internalize the fact that they switched up the course on us and it was just 3 or 4 laps of the same loop
- Listened to VCU's interesting selection of pre-race music
- Played some frisbee to get all warmed up
- Experienced some crazy long lines at the bathroom
- The women's team ran a solid 6k race, led by none other than Ella Quigley
- The men's team ran 8 kilometers, led by Tony Boscolo
- The women's team got 5th and the men's team got 4th
- Tony is going to have nightmares about those two runners from NC State for the next five weeks and absolutely crush them at Nationals
- Sheetz food went crazy again, celebrated with the employees at sheetz that we didn't go to Wawa
- Hit some traffic on the way back but it is what it is
- Everyone did great! Looking forward to regionals!

Check out the full [results](#)!



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, then you must race regionals! Also, to compete at nationals you must fill out the NIRCA eligibility form. We will continue to pass this form around early this 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.



Meet Schedule

The regular season is over. Next up is a trip 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.

Sprinter Time Trial

Since there are no track meets in the fall, we will be having a time trial for sprint events this Tuesday at practice time. Get ready for some fun intrasquad competition as we gauge where everybody is at right now.

Contact our sprint chair Dom with any questions.

Workouts

While never required, workouts are an important piece of training for those who wish to compete with us. Important for this week, in light of a Friday night football game we will be moving our VO2 max workout to Thursday this week. For sprinters, see above for information about the time trial on Tuesday! 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.

07	08 Threshold 8x1k @T 45s rest	09	10 VO2 8x800 @I 2:45 rest	11	12	13
----	--	----	--	----	----	----

10/7 - 10/13	Pre-Meet Routine OR Block Work, 3x30-40-50	TIME TRIAL or 100-200-300-400-300-200- 100 @ 80%, 3-4 minute rest	Recover Grass Striders, Hurdle Mobility, Core	Women's Soccer game 7 PM - Meet @ SPH for long run	5x300m @ 75%, 3 minute recovery	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 with the club. 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! We are looking good as far as help goes for this friday, if you signed up we will need you to report at 5:30 this friday afternoon and Day will be contacting you later this week.



Competition Fees/T-shirt size

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.

Please fill out the [form](#) below to indicate what size T-shirt you want. If you do not fill the form out you will still get a shirt but we cannot guarantee the size



IM Soccer

Coed game might get moved but for now it is Tuesday at 8:00. Women's game is Thursday at 8:00. Come show some support for your fellow club runners!

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