Get Hungry For Old Bay (9/22 Weekly Email)

3 messages

Maryland Club Running <umdclubrunning@gmail.com>   Mon, Sep 22, 2025 at 8:00 AM
To: Maryland Club Running <umdclubrunning@gmail.com>

Happy monday everyone,

We have a lot going on this week (which might be a trend for a while haha) but make sure you sign up for

the Old Bay Invitational and VCU cross country meets if you're interested! Also make sure to stop by the

Chipotle fundraiser and trivia night social event!

Table of Contents

1. Old Bay Invitational (Home Meet!!!) Sign Up **(Closing Soon!)**

2. Old Bay Invitational Volunteering Sign Up

3. VCU "Run With The Rams" Meet Sign Up **(Closing Soon!)**

4. Chipotle Fundraiser

5. Trivia Night Social Event

6. Apparel Order Form (Closes Sunday September 28th!)

7. Club Lift

8. New Member Information

9. Football Catering

10. Meet Schedule

11. Training Plans

Old Bay Invitational (Home Meet!!!) Sign Up

I hope everyone is excited for UMD Club Running's first ever home XC meet!!! This has been in the works for a long time so it is really exciting to finally bring it to life. We have a super flat course right on the Old (Chesapeake) Bay. It is mostly gravel/dirt with a very short section on sand. Get ready to run a mid-season PR!

What: Old Bay Invitational!

When: Saturday, September 27th, 2025

Where: Terrapin Nature Park, Stevensville MD

Sign-ups close: Tuesday 9/23 at 11:59 PM

Cost:

This meet will be $5 for all UMD students! We hope this low cost and local meet will be a good opportunity for anyone who wants to see what a club meet is like without a super long drive.

Volunteers:

We can't run this meet without volunteers! All UMD runners are asked to volunteer. Volunteering will not conflict with your race (men can be course marshals during the women's race and vice versa). Keep an eye out for the volunteer signup and assignments. Thank you for your help!

Sign Up!

Old Bay Invitational Volunteering Sign Up

We are requiring all club members racing at the Old Bay Invitational to volunteer at the meet. We will likely not need everyone to volunteer but we please ask that everyone is willing to as this event is a large undertaking for our club.

Please fill out this form to report your preferences for volunteering so that we can give you a fitting assignment, thank you for your help!

Fill it out!

VCU "Run With The Rams" Meet Sign Up

The Run with the Rams XC Festival, hosted by VCU, is a fast course near Richmond. It consists of a flat 2k loop (3 laps for the 6k and 4 laps for the 8k). There are a number of teams attending from VA and surrounding areas.

What: Run with the Rams XC Festival

When: Saturday, October 4th, 2025

Where: Pole Green Park, Mechanicsville, VA

Sign-ups close: Tuesday 9/23 at 11:59 PM

Cost: This meet will be $5 for all club members, plus the semesterly base competition fee. Please reference the cost structure [here](#).
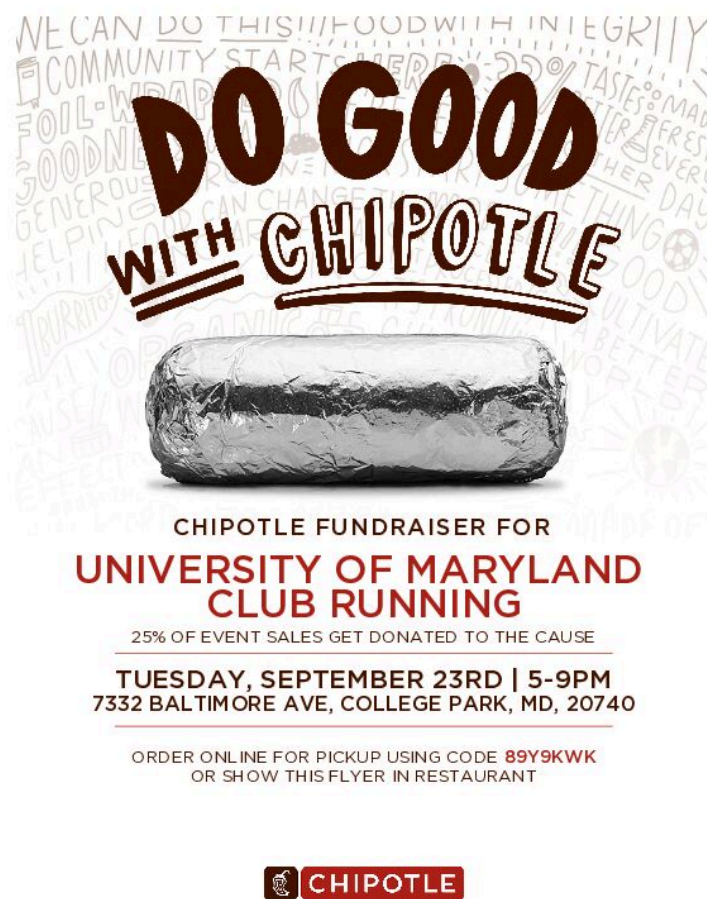
Sign Up!

Chipotle Fundraiser

What: Come support the club by eating chipotle with the team!

When: Tuesday September 23rd from 5pm-9pm

Where: South Campus Chipotle (7332 Baltimore Ave, College Park, MD 20740)

On Tuesday we are supporting the club in a great way by eating chipotle! Just go to the south campus chipotle and tell them you're there for the club running fundraiser or order with the code **89Y9KWK!**

Personally I will be leading a group to eat together after distance practice and I would recommend everyone making the trek to chipotle from SPH together!

CHIPOTLE FUNDRAISER FOR
UNIVERSITY OF MARYLAND
CLUB RUNNING
25% OF EVENT SALES GET DONATED TO THE CAUSE

TUESDAY, SEPTEMBER 23RD | 5-9PM
7332 BALTIMORE AVE, COLLEGE PARK, MD, 20740

ORDER ONLINE FOR PICKUP USING CODE **89Y9KWK**
OR SHOW THIS FLYER IN RESTAURANT

For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. $150 minimum event sales required to receive any donation.

Trivia Night Social Event

What: A very fun evening playing trivia in teams with your fellow club runners!

When: Thursday September 25th from 8pm-10pm

Where: Jimenez room 2206 (https://maps.app.goo.gl/C6H45JTMreRzv99z7)

This should be a very lit event and there may even be a prize involved! If you're planning to attend please fill out this form so we can tailor the event to your interests: https://forms.gle/3gv4UevxNN316m8h8

Fill it out!

Apparel Order Form

The apparel order form is out now! Submit your order by **Sunday September 28th and venmo @umdclubrunning the total for your order!** This is your chance to get singlets, hoodies, shirts or any other team gear that you might need!

Fill it out!

Club Lift

Club Lift is making its much anticipated return. If you're unaware club lift is our reserved weight room hours where we get the SPH weight room for just the use of club running! The session is very informal and you

can come do absolutely whatever you want and just come to get stronger or prevent injuries with your friends.

When: Every Tuesday 10pm-11:30pm

Where: SPH Weight Room (Near doors closest to Eppley) (4200 Valley Dr, College Park, MD 20742)

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](#)

Football Catering

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! 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!

Meet Schedule

Here is our meet schedule!! As a reminder all of our meets are optional and we encourage people to pick and only attend which meets they're most interested in.

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
VCU Run with the Rams	Club	Mechanicsville, VA	Sat, Oct 4
NIRCA Mid-Atlantic Regionals	Club	Earlysville, VA	Sat, Oct 25
NIRCA Cross Country Nationals	Club	Hershey, PA	Sat, Nov 8

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 at chipotle,

Evan Masiello

President

UMD Club Running

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DNS Error: DNS type 'mx' lookup of terpmaip.umd.edu responded with code NXDOMAIN Domain name not found: terpmaip.umd.edu For more information, go to https://support.google.com/mail/?p=BadRcptDomain

Final-Recipient: rfc822; doyefus1@terpmaip.umd.edu
Action: failed
Status: 5.1.2
Diagnostic-Code: smtp; DNS Error: DNS type 'mx' lookup of terpmaip.umd.edu responded with code NXDOMAIN Domain name not found: terpmaip.umd.edu For more information, go to https://support.google.com/mail/?p=BadRcptDomain
Last-Attempt-Date: Mon, 22 Sep 2025 05:01:53 -0700 (PDT)

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Address not found

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⚠ *This link will take you to a third-party site*

The response from the remote server was:

550 5.4.1 Recipient address rejected: Access denied. For more information see https://aka.ms/EXOSmtpErrors [BN1PEPF00004681.namprd03.prod.outlook.com 2025–09–22T12:01:54.810Z 08DDF443B06A637C]

Final-Recipient: rfc822; hzhou715@und.edu
Action: failed
Status: 5.4.1
Remote-MTA: dns; und-edu.mail.protection.outlook.com. (2a01:111:f403:f90a::1,
 the server for the domain und.edu.)
Diagnostic-Code: smtp; 550 5.4.1 Recipient address rejected: Access denied. For more information see
https://aka.ms/EXOSmtpErrors [BN1PEPF00004681.namprd03.prod.outlook.com 2025-09-22T12:01:54.810Z
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