
3/18/24 Club Running Weekly Email ***Corrected

1 message

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Reply-To: umdclubrunning@gmail.com

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Happy Spring Break Everybody,

Congrats to everyone who raced on Saturday! While we will not be practicing this week due to it being spring break, we do have two meet signups opening so read below to find out more.

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Upcoming Meet Signups

We have two very exciting meets in Virginia coming up soon! The UVA Cavalier Invite will be on Saturday 3/30 and NIRCA Nationals will be on Saturday and Sunday 4/6-7. The Cavalier invite will be a day trip meet, we will be leaving early in the morning on the 30th, driving down to UVA, and driving back that afternoon/evening. If you would like to attend this meet then please fill out the form below. This meet will cost \$5 for club members. The trip to nationals will be a big trip that will take most of the weekend. We will be leaving the evening

of April 6th and staying in a hotel near the VCU track facility in Richmond, VA. Additionally, for those interested in competing in the half marathon at Nationals, you will be able to travel with the club and we will have separate carpools the morning of the 6th from the hotel to Petersburg, VA, where the race will be held. There will be track events on Saturday and Sunday and we will return back to College Park late in the Afternoon on Sunday the 7th. The sign up for nationals is also linked below, this meet will cost \$30 for club members. Signups for both of these meets will be closing on Sunday 3/24 at 11:59 PM so make sure to sign up if you would like to participate. Nationals is the biggest meet of the year and you don't want to miss it.

Also, pay attention to the cancellation policy in both of these forms. Due to recent concerns with too many people withdrawing from meets we will be requiring members who cancel on the meets to pay all of the associated expenses with their registration (much greater than the required meet fees).

Cavalier Meet Signup

Nationals Meet Signup

Spring Training Plans

Former Apparel Coordinator, Eamon Plante, and Sprint Chair, Dominick Cardone, have been working on training plans for the new semester. Thank you Eamon and Dominick for putting in the time and effort to create these plans. Check the links below to see upcoming workouts and recommendations for workouts during break. We know everyone has different plans over spring break, if possible try your best to get in a workout or two and/or keep your mileage as consistent as possible. However, if you are feeling overworked this week is a great time to take a down week and let your body recover before we really get into the bulk of our season.

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

Have fun, be safe,
 Zach Kiedrowski
President
 UMD Club Running

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