
Club Running Semester Preview (1/20 Weekly Email)

1 message



Greetings and salutations runners,

I hope everyone is having a fun and eventful break. Whether you've been braving the cold weather for runs 6 days a week or taking some time off to frolic in the snow, I think we have a lot to look forward to this spring. We've got a packed meet schedule with lots of opportunities to compete and more than our fair share of fun easy runs and social events tucked up our sleeve. This email is loaded with a taste of what you can expect this spring. Read on so you can get hyped and start counting down the days until we're back like I am!

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Practice

Practice will start for the spring on the first day of classes, **January 27, at 4:00 PM**. Practices are optional for all our members so come as often or little as you are able/desire, we'd love to see you there!

If you haven't been to practice before this is a great time to start! Make sure to take a look at our new member information later in the email!

As always **we will meet at 4pm every Monday-Friday** (Until daylight savings starts again). Distance runners will meet at the [School of Public Health Overhang](#), (38.99334, -76.94220) and sprinters will meet at [Kehoe Track](#) unless otherwise noted, (38.98765 -76.95096). If you're having any trouble finding the overhang or the track then slide us an email, Instagram dm, or GroupMe message

We only have one requirement for people attending practice, it's very easy but important! Please make sure that you are signed up on IMLeague so we can make sure everyone is safe and accounted for. If you have any issues or questions please let us know!

Club Lift

After a little bit of a rough fall competing with Sunday evening football, club lift is back to the heavily requested weeknight schedule. Our lift hours for the spring will be from **10:00-11:30 pm every Thursday in the SPH Weight Room**. Whether you're new to lifting or a seasoned veteran following an expertly crafted training plan, Club Lift is a great place to get your workout in. With the weight room reserved exclusively for our club you won't have to deal with any overcrowding and can peacefully bond with your teammates while getting big or just preventing injury. Hope to see you there!

Happy Valley (Save the date!!)

Our first and only indoor track meet is coming up very soon! **The Happy Valley Invitational at Penn State will be February 9th this year.** This is a **Sunday** so it might not be the most typical race week but it will be a great meet nonetheless. We'll be heading up to Happy Valley the Saturday night before the race and make the trek back to College Park on Sunday night. Since this race is during the second week of classes **the sign up will be out during the first week of the semester**, so keep your eyes peeled for that in the next email and start thinking ahead so you're ready to fill it out before it's too late.

Tentative Meet Schedule

Although it's still early in the season, and this is subject to change, we have an early version of the meet schedule so you know what to expect. This is a lot of meets so you definitely do not need to go to all of them (or any if you're just looking for a relaxed semester), but we want to have plenty of options so everyone can pick and choose their favorites.

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Washington, DC	Sat, Feb 22
Cavalier Invitational	Club	Charlottesville, VA	Sat, Mar 1
Towson Invitational	DI	Towson, MD	Sat, Mar 29
NIRCA Nationals & Half	Club	Richmond, VA	Sat-Sun, Apr 5-6
Blue Hen Invitational**	Club	Newark, DE	Sat, Apr 19
Paul Kaiser Invitational	DIII	Shippensburg, PA	Sat, Apr 26
Kehoe Twilight Invitational	DI	College Park, MD	Fri, May 2
Frederick Half Marathon	Road	Frederick, MD	Sun, May 4
Terrapin Invitational	Club	College Park, MD	TBD

The million dollar question is when our beloved home meet, The Terrapin Invitational, will be. Unfortunately we do not have that answer right now but we will be scheduling and announcing it as soon as possible.

** Depending on when the Terrapin Invitational is, it is possible that we will unfortunately be unable to attend The Blue Hen Invitational but we will cross that bridge when we get there.

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 and maybe bounce between the plans if you're interested in mid distance. 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 winter break and early in the semester!

Distance Plan

Sprint Plan

Winter Break Activity Spotlight!

We know that our club is a group of very active people who lead exciting lives. If you did something fun or interesting during the break we'd love to showcase it on the club instagram! Please fill out this form and help us show the world how wonderful you are!

Fill it out!

New Member Information

The start of the spring season is a great 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 spring 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 (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. 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

Family Feud Night Questionnaire

One of our first social events in the spring is going to be a Family Feud Night, and we need your help to make it happen! Fill out this form with your answers so we can have plenty of information to judge everyone's responses during the event. Thanks for your contribution and get ready to engage in some serious feuds!

Fill it out!

See you soon and happy Martin Luther King Jr. Day,

Evan Masiello

President

UMD Club Running