



Club Running Pie Day! (4/15 Weekly Email)

1 message

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

Mon, Apr 14, 2025 at 8:00 AM



Happy pie an officer day terps,

Hope everyone has a fun day and we have a great showing at our fundraiser today! Also keep your eyes peeled for a fun social event on Wednesday! Read on and have a great week!

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Terrapin Invitational Meet Sign Up

TLDR

Who: You!

What: Terrapin Invitational

Where: Kehoe Track at UMD

When: SUNDAY April 27, 2025

How: Sign up by 11:59 on Thursday 4/17

IT'S TIIIIIMMMEEEEEE!!!

The 5th annual Terrapin Invitational is coming to College Park on Sunday 4/27! This is UMD Club Running's annual Home Meet. We will not be organizing transportation since the meet is at UMD.

Meet sign ups will be FREE for any UMD student! Tell your friends :) (as long as they sign up on IMLeagues and fill out this form) This is a great opportunity for anyone who wants to try out Club!

THE CATCH- all UMD runners are required to sign up to volunteer during the meet. You can do so here: [Terrapin Invitational Volunteer Sign Up \(4/27\)](#).

This sign up will close on Thursday 4/17 at 11:59pm

Sign Up!

Pie An Officer Fundraiser!

Any officers getting on your nerves recently or you just want to support the club? Come to our pie an officer fundraiser at McKeldin mall from 3-5pm today!!

Details:

- Monday 3-5pm
- McKeldin Sundial
- \$3 Pie One Officer

- \$5 For Two (or one officer twice)
- Officer Who gets pied the most gets ice bucketed at 4:30pm

Terpzone Bowling Event!

Are you sick of running? Do you want to try a different sport? Get excited because the club is going bowling!

At 8pm-10pm on Wednesday, April 16th we will have lanes reserved to bowl at TerpZone in STAMP!

No RSVP required just come to TerpZone at 8pm and get ready to bowl with a bunch of your closest buddies on the club!

Healthy Kids Running Series Volunteering!



This year, Maryland Club Running is happy to announce that we are partnering with Healthy Kids Running Series in College Park in order to engage with the local community through an amazing youth running program!

Volunteering with Healthy Kids will fulfill your Spring 2025 Fundraising/Community Service requirement for club competition. (As a reminder one fundraising event is required for each semester you compete!) Also, it will be a lot of fun! You could lead stretches, help with timing, take photos, be a rabbit, or be a course marshal!

Race Dates: **Sundays 4/27, 5/4, 5/11, 5/18 at 3:30 pm.** Volunteer commitment will be from 2-5 pm. Each race will be at Lane Manor Park (0.5 miles from UMD campus right on the NW Branch trail). **Volunteer sign up is available [here!](#)**

If you know any kids ages 2-14 who might be interested in signing up to run, please direct them to [this link](#).

If you have any questions, please contact Ben (umdclubrunning@gmail.com)

Sign Up!

Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. And can be fun and rewarding even if you don't compete. Our two training plans, the Sprint Plan and Distance Plan, are linked below. Please reach out if you have any questions about the plans or specific workouts!

Here's a preview of what workouts you can expect this week (Distance runners do easy runs on every non-workout weekday)

Sprint Plan:

| | | | | | | | |
|-------------|--|--|---|--|--|-------------------------|-------------|
| 4/14 - 4/20 | 120m Sprint-float-sprint (30-50-40) x5, 5-6 min rest between | 100s on the minute: 2x10 100s, 3 min rest between sets | Grass strides (if dry, 4x200 if not), hurdle mobility | Start drills, 6x30m block starts (or 4x30m for Blue Hen runners) | Blue Hen Runners: Pre-meet (strides, starts, handoffs, etc.) No Meet: Boling Workout (see 3/25) | Blue Hen Invitational!! | Rest Day :) |
|-------------|--|--|---|--|--|-------------------------|-------------|

Distance Plan:

~20 Miles per week:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|----------|--------|----------|--------|
| 14 | | 15 | 16 | 17 | 18 | 19 |
| Race Prep 2x (800 @T, 1min rest) 2x (400 @I, 90sec rest) 2x (200 @R w/ 200 jog) | | | | | UD | 20 |

~35 Miles per week:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|----------|--------|----------|--------|
| 14 | | 15 | 16 | 17 | 18 | 19 |
| Race Prep 3x (800 @T, 1min rest) 3x (400 @I, 90sec rest) 6x (200 @R w/ 200 jog) | | | | | UD | 20 |

~50 Miles per week:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|----------|--------|----------|--------|
| 14 | | 15 | 16 | 17 | 18 | 19 |
| Race Prep 4x (800 @T, 1min rest) 4x (400 @I, 90sec rest) 8x (200 @R w/ 200 jog) | | | | | UD | 20 |

[Distance Plan](#)

[Sprint Plan](#)

Club Study Hours

Study has changed rooms but it is still the same old fun!!

We will be hosting study hours **every week in Mckeldin Library, Room 2113, on Tuesdays from 8-10pm**

You are welcome to attend for as long as you want or are able to. This is a great opportunity to get to know your teammates and maybe get a little work done in the process. I am looking forward to a great time in the library and I hope to see you there!

Club Lift

Do you want to workout muscles other than your legs? Do you want to have a lot of fun doing it? Do you want to be in the school of public health on a Thursday night? Then Club Lift is for you! 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!

Practice

The club will have practice at 5pm every Monday-Friday for the rest of the semester!

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!

Meet Schedule

Our meet schedule is nearing its final form. We have gotten a date confirmed for our home meet Terrapin Invitational! Our meet will be on Sunday, April 27th. We will send out more information closer to the event but start getting excited!

| Meet | Level | Location | Date |
|-----------------------------|-------|---------------------|------------------|
| Happy Valley Invitational | Club | State College, PA | Sun, Feb 9 |
| Capital Relays | Club | Bethesda, MD | Sun, Feb 23 |
| 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 |
| Terrapin Invitational | Club | College Park, MD | Sun, Apr 27 |
| Kehoe Twilight Invitational | DI | College Park, MD | Fri, May 2 |
| Frederick Half Marathon | Road | Frederick, MD | Sun, May 4 |

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](#).**

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

Have a excellent day,

Evan Masiello

President

UMD Club Running