
Happy Start Of Break!! (3/17 Weekly Email)

1 message

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

Mon, Mar 17, 2025 at 8:00 AM



Happy spring break team,

Hope everyone is having a fun time off from school! Even though we're on break there's still some important stuff going on. Mainly we have **three meet sign ups in this email!!!** This is a lot but we want to give everyone plenty of notice for the last few meets of the season. **Also right when we get back from break we will be getting audited at practice on Monday, March 24th at SPH. Please make sure you are signed up on IMLeagues and bring your UID to practice!!! If you need help or are unsure about if you're signed up PLEASE email us!**

Table of Contents

1. **Nirca Nationals (And Half) Meet Sign Up**
2. Stream Cleanup (3/30)
3. Club Sports Media Day
4. Terrapin Invite Design Contest Voting
5. Towson Invitational Meet Sign Up
6. Maryland Invitational Meet Sign Up

7. Training Plans
8. Study Hours
9. Club Lift
10. Practice
11. Meet Schedule
12. New Member Information

Nirca Nationals (And Half) Meet Sign Up

TLDR

Who: You! (As long as you filled out the Nirca Eligibility form!)

What: NIRCA Track and Half Marathon Nationals 2025

Where: Richmond, VA

When: Saturday April 5 - Sunday April 6 (we will travel down on Friday April 4 afternoon and return Sunday April 6 evening)

How: Sign up by 11:59 on Monday March 24th

Even though it seems like the season is just getting started, it's time to sign up for Nationals! NIRCA Track Nationals occurs early in April to accommodate schools that have early spring schedules.

This year's meet will be held once again at Virginia Commonwealth University in Richmond VA (about a 2.5 hour drive from College park). The meet will be over two days, Saturday 4/5 and Sunday 4/6 so we will head down Friday evening, stay in a hotel Friday and Saturday night and then get back to College Park Sunday afternoon/evening. Since the meet isn't too far away this year we will be carpooling down.

We will also be competing in the NIRCA Half Marathon! This event is partnered with a local half which is about a half hour drive from the track in Petersburg VA. The course will take you through the historical parts of the city as well as some civil war battlegrounds where there will be live battle reenactments going on as you run through! The race will start at 7 AM with awards at around 9:15 so it is possible to run in some later events on Saturday if you are crazy enough to do so :)

Because of the added cost lodging for this trip the meet fee will be \$30 per person (plus the Club Running Competition Fee if you have not paid that yet). Please contact an officer or send an email to the club if this cost is an issue; we don't want finances to be the reason anyone misses out on NIRCA Nats.

Sign Up!

Club Sports Media Day (3/31)

We will once again be attending a time slot during club sports media day! This is an awesome opportunity for our club to get group shots or individual pics like these:



The media day is on **Monday March 31st**, and our time slot is **4:15pm to about 4:40pm**. It will take place in the **Eppley Recreation Center's Multipurpose Room**. Please be prompt if you want your picture taken, and bring any accessories you may want. We will have singlets there for you to borrow as well!

No sign up needed, just come to Eppley on March 31st at 4:15pm!

Stream Cleanup (3/30)

Once again this semester we will be joining the Sustainable Ocean Alliance for a stream cleanup. **As a reminder all of our competing members are required to complete at least one fundraiser for each semester that they compete. Attending the stream cleanup will count towards this requirement!**

We will also offer more fundraising opportunities later in the semester, but it's a good idea to get it out of the way now if you're able to!

This is a great way to give back to the community and do something positive with your friends on a Sunday!

No sign up is required, just be at Iribe at 11am!

Location: Brendan Iribe Center

Time: Sunday March 30th at 11am

Recommended Attire: Long-sleeves and pants (to avoid scratches from thorns and bug bites), close-toed shoes

Equipment: SOA provides all equipment (e.g., bags, grabbers, gloves)! Just bring yourself

Terrapin Invite Design Contest Voting

You can now vote for the winning T Shirt and Pint Glass design for Terrapin Invitational! The **voting is due Friday, March 21st at 11:59pm** and winners will be announced in the next weekly email. Thank you to everyone who submitted designs!

Vote

Towson Meet Sign Up

Who: You!

What: Towson Invitational

Where: Johnny Unitas Stadium at Towson University

When: Saturday March 29, 2025

How: Sign up by 11:59 on Friday March 21st

On Saturday March 29th the club will be traveling up to the home of the tigers for the 2025 Towson Invitational to compete in a **NCAA Division I** track and field meet! You can be sure there will be great competition. Also a great opportunity for a tune-up before NIRCA Nationals!

The club will be traveling to this meet on Saturday 3/29 will be a day trip meet. The meet will start at 10 AM for field events and 1PM for track events and end somewhere in the late afternoon. There are no limits on track entries at this meet. Field events - Top 32 per gender.

Sign Up!

Maryland Invitational Meet Sign Up

TLDR

Who: You!

What: Maryland DI Team Invitational Sign up

Where: Kehoe Track at UMD

When: Saturday March 29, 2025

How: Sign up by 11:59 on Friday 3/21

This meet is an opportunity for you to compete at a Big Ten DI track meet, right here at UMD. **However, since it is a DI meet, ENTRIES ARE VERY LIMITED. I do not know how many entries will be accepted.** The DI team will tell us a few days before the meet. You can look at Last Year's Results to try and see if it is feasible. The coaches try to make the meet competitive, so if most of the 1500 runners are around 4:15, they're probably not accepting a 4:45 (for example). Please keep this in mind when considering running this meet.

NOTE: this meet is the same day as Towson Invitational. Please do not sign up for both! If you sign up for Maryland Invite and your entry doesn't get accepted, we cannot switch you to Towson as a backup due to conflicting team registration deadlines.

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:

3/17 - 3/23	Happy St. Patrick's Day!! 8x200 @ 70%, 2.5 min rest between	5x120 @ 90%, 6 min rest in-between and/or weights at gym	Recovery day! 15-20 min easy run or rest, stretch	Hills: 150-200m hill @ 75-80% x6, 3-4 min rest (walk back down) (If no long hills near you, find longest and do 8)	4x300 @ 85%, 5 min rest between	2-4 mile run or rest	Rest and Recover
-------------	--	--	---	---	---------------------------------	----------------------	------------------

Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 Spring Break!	18 Suggested Workout 10x (1min on, 1min off)	19	20	21 Suggested Workout 2 miles @T	22	23

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 Spring Break!	18 Suggested Workout 10x (2min on, 1min off)	19	20	21 Suggested Workout 3 miles @T, 4min rest	22	23

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 Spring Break!	18 Suggested Workout 10x (2min on, 1min off)	19	20	21 Suggested Workout 3.5 miles @T	22	23

Distance Plan

Sprint Plan

Club Study Hours

After a very fun time, study hours are here to stay!

We will be hosting study hours **every week in Mckeldin Library, Room 2105, 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

See you back in College Park,

Evan Masiello

President

UMD Club Running