

Welcome to Maryland Club Running!



“Our mission is to support and encourage a healthy approach to running and training for all members of the University of Maryland. We provide an atmosphere in which runners of all abilities can meet each other, share running knowledge and simply enjoy running together as well as compete against other club college teams.”

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1. Who is in charge of the club?

We have a team of 8 officers elected every December! You can read about them [on our club website](#). The officers do everything to keep the club running, which includes planning practices, coordinating competition travel, obtaining and managing funds, and hosting social events.

- President: Zach Kiedrowski
- Vice President: Sam Fields
- Fundraising treasurer: Day Leone
- Financial treasurer: Lillian Hsu
- Sprint chair: Dominick Cardone
- Social chair: Jonah Plotkin
- Apparel coordinator: Stacey Fitzsimmons
- Webmaster: Evan Masiello

2. How can I contact the club?

The best way to contact us is through our email, umdclubrunning@gmail.com. All eight officers have access to this account. You can expect a response within two days during the school year, and within a week or two during the summer.

In addition, here is an exhaustive list of our platforms:

Platform	Contact	Purpose
Email	umdclubrunning@gmail.com	Primary mode of contact, weekly newsletters, meet signups
Website	umdclubrunning.com	Club records, running routes, blog
GroupMe	Link here	Groupchat with all club members
Instagram	@umdclubrunning	Meet updates, member features, social event pictures, community service updates
Strava	Link here	Uploading training logs
Facebook Page	Maryland Club Running	Mostly not used. Previously used for practice, fundraiser, and meet updates
Twitter	@UMDclubrunning	Mostly not used. Previously used for meet updates, pictures, community service, beef, practice announcements

3. How Do I Join?

You can be a member of club running in 3 easy steps!

1. [Join the email list here](#)! All essential information is communicated to members via the email list. This includes meet sign-ups, social events, apparel orders, and practice updates.
2. Sign up on IMLeagues. This must be done **once per school year**. Instructions to sign up are below.
3. Sign up on TerpLink. This only needs to be done once during your entire time at Maryland. Instructions to sign up are below.

To register for IMLeagues: follow this link:

<https://www.imleagues.com/spa/club/4395e0c781af4905a4088a9561509399/home>

(IMPORTANT: As of 8/25/2024 the new 2024-2025 imleagues team is now available to sign up for. It is vital that you sign up on the most current roster before attending practice)

1. Log in using your ELMS credentials.
2. Navigate to the “clubs” tab.
3. Scroll down to find Club Running and click on the “join” link.
4. After clicking the join button, it should take you to the concussion quiz
5. To participate in any practices or events held by the club, YOU MUST COMPLETE THIS QUIZ
6. In addition to the concussion quiz, there will be a “Contact and Consent” form you MUST FILL OUT. You should be prompted to take it right after the concussion quiz, but, if not, click on the circle with your initials on it. You should be redirected to a page that prompts you about unsubmitted forms. Click on that to reach the form.
7. Follow the steps to complete the online waiver and sign electronically. (If you are under 18 you must bring a physical paper form to practice).

To register on TerpLink, follow this link: <https://terplink.umd.edu/>

1. Click “Sign In” at the upper right corner of the page, and log in with your UMD login.
2. Search “Maryland Club Running” in the search bar in the middle of the screen and then click “Maryland Club Running” on the dropdown menu

3. Click the blue “Join” and submit a request to join the team

If you have issues with either of these then let an officer know on one of the first days of practice and we will help you navigate!

4. When/where are practices?

First day of practice for Fall 2024: 9/3/24

Practice schedule: Mon-Fri, 5:00 PM (Changes back to 4:00 PM when daylight savings time ends)

Practice attendance requirement: There is none! **All of our practices are voluntary.** You can fit our club into your schedule however you see fit, and attend as many or as few practices as you would like.

Meeting location (distance team): [School of Public Health \(SPH\) overhang](#) by the parking lot labeled PP1. You can get there by:

1. walking down the staircase/ramp just past the end of the building right next to the end of Centreville Hall, **or**
2. entering SPH on the side closest to Eppley, heading to the bottom floor, and walking all the way down the long hallway and out the glass double doors at the opposite end of the building.

Meeting location (sprinters/throwers): Kehoe track

Lockers: There are red lockers we can use in SPH located on the bottom floor on the side closest to Eppley. They do not have built-in locks, so bring your own lock if desired.

Weekend runs: We do not have regularly scheduled official weekend runs. However, many of our members organize weekend runs on their own.

5. Does the club support sprinters, hurdlers, jumpers, and throwers?

Yes! We attend about 5-7 track meets during the Spring semester, at which sprint, hurdling, throwing, and jump events are contested. We have had a number of

successful sprinters compete at Penn Relays and jumpers and hurdlers who have earned All-American status at Club Nationals.

While we have a larger sprinter membership in the spring, when sprinters traditionally compete, we have sprint and field practices year round to do workouts to stay in shape. If you have an interest in competing specifically with the more track and field focused section of our club (including hurdling, jumping, and throwing), you may contact our Sprint Chair, Dominick Cardone, to learn about training and competing with our club.

6. How does the club train?

Our training plans can be found on our website, and linked in the weekly emails. Training plans have not yet been finalized for the fall 2024 season but summer training guidelines have been released with 6/29/24 email.

Schedule: Distance usually has workout days on Tuesday and Friday though this varies depending on the timing of our meets. On days not designated as workout days distance does easy runs. However, not everyone does workouts on Tues/Fri. Some people do them on a different day, and some people don't do the workouts at all. There is a separate training plan for sprinters structured to help everyone reach their peak speed at the most crucial points in the season that consists of workouts of various intensity and purpose throughout the week.

Workouts: Workouts are typically done on the track. Longer reps are sometimes done on trails or fields on/near campus. We encourage members to follow the club workout plans for comradery and for results, but there is no obligation to do so. There are plenty of people that follow their own plans for workouts.

Easy runs: There are no routes, distances, or paces specified on our plan for easy days (although we are considering changing this). This means:

- Routes/distances/paces are decided by whoever is at practice that day
- You will find groups running between 3 and 10 miles at 7:00/mi to 12:00/mi

7. What if I'm out of shape/not as experienced as a runner? Can I still come to practice?

Yes! There are people on this club that could compete at the varsity level (or have done so in the past), there are people who are brand new to running, and there are people at

every level in between, each of which has different goals for what they want to get out of running.

8. How can I compete with the club?

First off, you have no obligation to compete with us! All competitions are completely voluntary. If you are unsure about competing, just give it a try! You will probably find that our meets are more fun than high school meets and if it's not your thing there is no obligation to continue competing.

Who can compete: Everyone! There are no entry standards for most of our meets.

Meet schedule: We attend about 6 XC meets in the fall, and about 7 track meets in the spring. You can come to as many or as few as you would like. The official schedule is [posted on our website](#) and sent in the weekly emails during the semester. The meet schedule for Spring 2024 is still a work in progress as the dates for all of the meets have not been announced as of late January but this will be shared as soon as it is ready.

Meet logistics: We typically carpool to meets. Most meets are day trips. We have a few overnight meets each season, for which we stay in club-sponsored hotels.

Types of meets: We attend several different types of competitions:

- Cross country meets - Fall
 - men run an 8k, and women run a 6k
- Track meets - Spring
 - events ranging from the 100m to the 10k; hurdles and steeple; and field events. You decide which events you want to run!
- Road races - Spring
 - Frederick Half Marathon in the beginning of May
 - NIRCA Nationals half marathon in mid April

Competition level: The meets that we compete in can be broken into three categories:

1. *Club Level Meets*

These meets are hosted by clubs just like us, or by our governing body, the [National Intercollegiate Running Club Association \(NIRCA\)](#). These meets have a very strong culture of inclusion and fun, while still managing to be competitive for people of all skill levels (results for these events can be found on

clubrunning.org if you'd like to get a feel for the intensity level). To paraphrase a member of UMBC's running club, "The best part about NIRCA is that half the kids are running it like it's the Olympics and the other half are running relay races with toy lightsabers as batons and doing front-flips into the steeplechase pit."

2. *Collegiate Varsity Level (D3/D2/D1)*

These meets are hosted by college varsity teams, and they allow our club to enter either as a complete team or as unattached competitors. These meets typically accommodate our more competitive athletes, and the D1 meets are especially exclusive. These are the only meets where you may be denied entry on the basis of your skill level, but they also represent a minority of our meet schedule.

Additionally, if you are interested in moving up to the varsity team here at the University of Maryland, the varsity team hosts two home outdoor track meets every year, and they allow our athletes to compete in them (provided they meet certain performance standards). These meets can be your chance to compete in front of varsity coaches alongside other D1 athletes. We have had a handful of dedicated athletes on our club eventually walk-on to the varsity track team.

3. *Road Races*

Our club typically sponsors one half-marathon per semester. When our schedule allows, this usually means sending a group to the Annapolis Half Marathon in the Fall and the Frederick Half Marathon in the Spring. Additionally, NIRCA has recently begun hosting a Half-Marathon Championship in conjunction with the Outdoor Track Championships in the Spring.

9. How much does the club cost?

If you do not plan on racing in any meets, there are no fees for you to pay; the club is completely free!

Competition fees and race fees will be collected only from competing members of the club to help cover the cost of entry fees and travel for meets. The competition fee will be a flat fee of **\$20 for a semester or \$30 for the year**, depending on your planned involvement with the club. **This fee must be paid before the first race in which you participate. If you do not pay, you cannot race.**

In addition to the flat competition fee described above, all competing athletes will be asked to **pay an additional fee for every meet they compete in**. For all meets except

Nationals (discussed below) and road races, the fee is **\$5 per meet**. Money can be paid to the club either through Venmo (umdcclubrunning) or in cash to one of the treasurers.

Please understand that running this club is expensive; the club typically spends \$15-35 **per runner at every meet**, and more if it is an overnight meet where we have to get hotel rooms. We feel that for the amount of opportunities the club provides, \$20 per semester or \$30 for the year is a great price for a great team experience.

The payment for National Championship meets is slightly different. Since we often travel further for Nationals, the cost will depend on how we are traveling. Details on Nationals and trip cost will be sent out at a later date.

If you are concerned about the costs associated with competing, please talk to an officer. We do not want finances to prevent people from being able to compete.

Our fees are by far the lowest of any club sports team at this University, and the lowest among almost all other club running teams in our conference (ask someone from Penn State how expensive their club is). This is because we have been very effective with fundraising in the past, and we are also an SGA recognized club, meaning we get yearly funding from the SGA. Our main source of fundraising is working concessions for football games in the Fall. Thus, **if you are competing with us in any capacity (cross country, track, road races, etc.) then we require you to do at least two fundraisers with us**. Think of helping us with fundraisers as a sort of substitute for not having to pay hundreds of dollars in competition and race fees. More specific information will become available as a fundraising event approaches.

Thank you and welcome again to Maryland Club Running!!!!

