



Congratulations on a great home meet! (4/28 Weekly Email)

1 message

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

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I hope you've all had a restful day,

I'm sure we're all taking some time to recover from the home meet (I know I am), but we still have some exciting things coming up! To name a few: some more volunteering opportunities, a very tasty fundraiser!, some classic IM soccer Ws, and some fire team pics! **We also have some members competing in the Kehoe Twilight meet on friday, so we will not be having practice!**

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Terrapin Invitational Meet Recap

At exactly 7:00am on Sunday April 27th esteemed meet director Jacob Bush, assistant meet director Day Leone, and beloved president Evan Masiello arrived at the track to set up for the meet.

Soon after, our good friends from M&D timing arrived to begin setting up their equipment, preparing to do an excellent job in timing and organizing the meet for the rest of the day.

We were soon joined by honorable set up volunteer Anna Weiksner and fan favorite vice president Ben Waterman for some additional help

At approximately 7:30am our good friends from the Club Sports office (Shoutout Jordi our goat) arrived with all of the crucial equipment we had requested including chairs, water, tables, and ice.

After some slight sweating from meet director Jacob Bush, our pals from facilities granted us access to most crucially the bathrooms in addition to the press box and equipment shed.

Once we gained access to the press box club president and aspiring DJ Evan Masiello began cracking the puzzle of the sound system.

After figuring out some issues with the mixer and driving to his apartment to find a cable that was in his trunk the whole time Evan was able to grant us high quality amplification of the songs played by meet announcers Lillian Hsu and Andrew Cullen.

At this point most of the competitors had arrived and it was almost time to start the competitions for the day.

Our lovely volunteers were in the booth, at the check in table, selling t-shirts, or scoring events and everyone's eyes were on the track.

The alumni mile was about to be underway, but there was one issue - no one was at the line to start it. This is when assistant meet director Day Leone stepped up to do one of the most important and potentially stressful jobs of the day, starting the races.

Under our starter's guidance, club alumni **Jake Muma** took home the gold in the alumni mile with a 5:00.05! Some of the alumni expressed appreciation that current DI runner, and club affiliate with questionable

alumni status, Max Worely was not present for the event

Next up our sprinter's started off the day right with some wins for Maryland in the Swedish Medley Relay.

The women's team consisting of **Raquel Tolin, Katie Hernandez, Caiya Campbell, and Amanda Callaghan** won the event with 2:36.28!

Our men's team composed of **Dominick Cardone, Logan Hurney, Aryaman Punshi, and Joey Zolkiewicz** also won the event with a 2:09.10!

Next up we had some impressive showings from the distance team with **Griffin Kaulbach** taking second with a time of 18:45 and **Beatrice Wermuth** following in third with a 19:23!

It was an excellent day for the UMD men in the 5k, with Maryland taking 16 of the top 20 spots! Our top 3 finishers were **Jonah Plotkin, Ronan Perrone, and Ben Waterman** with times of 15:58, 15:59, and 16:32

Next up club prodigy **Kate Callaghan** took home some gold (And a pint glass) in the 400m hurdles with a time of 1:06.39!

At this point in the meet our saviour Brian Lau and club president Evan Masiello had returned from Costco with the 20 pizzas that were provided to the volunteers and timers! The journey started on Saturday when Brian Lau called ahead to pre-order the 20 pizzas, and was informed they could not be made until he came in and paid. This led to Evan and Brian taking the trek to Costco at 10:47am to get everyone lunch. After an impressively efficient 45 minute wait during which Evan and Brian hid in a Costco shed and played games on the laptops all 20 pizzas were ready. Evan and Brian returned to the meet to feed some hungry hungry runners!

After Evan and Brian's big adventure, **Ve Lee** had an impressive win in the 400m hurdles with 1:00.20!

Next up we had some even more first place finishes in the 4x800m relay! Our team composed of **Amanda Callaghan, Rachel Hylan, Anna Weksner, and Ella Quigley** won the event with 10:38!

On the men's side **Tony Boscolo, Alexander Risso, Colin Smith, and Quinn Sullivan** won with a 8:43.27!

In the 100m **Nethmini Perera** led UMD to another first place with a 12.19!

Michael Cliver took home second place in the 100m with a 11.28!

Shortly after **Kate Callaghan** took home a pint glass with a 16.06 win in the 100m hurdles!

During this event Evan Masiello rudely spread misinformation to the announcing team and he would like to apologize for this disturbance

After the hurdles were rearranged **Jack Murphy** took second place in the 110m hurdles with a time of 23.36!

Continuing her long streak of top 3 finishes **Amanda Callaghan** placed third in the 400m with 1:05.37!

Fellow sprint goat **Logan Hurney** won the men's 400m with a 49.67! Insanely impressive!

Club financial treasurer **Ella Quigley** took a break from sending other clubs invoices to place second in the 1500m with a 5:22!

Two club legends **Tony Boscolo and Ryan Tyberg** placed second and third respectively with a 4:06 and a 4:12 in the 1500m! Evan Masiello would also like to sincerely apologize for getting Ryan out first in knockout later that night

As we got closer to the end of the meet **Amanda Callaghan, Caiya Campbell, Rachel Hylan, and Raquel Toln** won the 4x100m relay with an impressive 54.70!

The men's team featuring **Ve Lee, Logan Hurney, Daniel Lu, and Aryaman Punshi** won the 4x100m relay with a 43.68!

There was once again a little bit of UMD domination in another men's distance event with Maryland taking 9 of the top 10 finishers in the 800m!

Many of these racers got the enjoy the glory of walkout songs that were hand selected by Logan Cyford and Brian Lau

The UMD top 3 were Folu Longe, Brian Lau, and John Schmidt who ran 2:00.81, 2:02.27, 2:02.73 due to some pretty heavy winds (Someone ask Theo for the conversions)

Once again **Nethmini Perera** took home a pint glass for a sprint, placing first in the 200m with 25.89!

We finished off the officially scored track events with some traditional 4x4s!

Madeline Benfer, Kayleigh McNeill, Rachael Wolfson, and Anna Weiksner won the women's race with a 4:48.70!

For the men **Dominick Cardone, Ve Lee, Michael Cliver, and Logan Hurney** won the 4x4 relay with a 3:36!

After this we had a little bit of a silly time in the "Uneven 1600m smr" aka the "Anything but a 4x4", shoutout club fundraising treasurer Ryken Mak for cooking up this idea!

The winning team of this event was our friends **Sadou Sow, Brian Lau, Jared Kimibakshsesdw, and Logan Hurney!**

There were some great performances on the track, but we can't forget about our beloved field athletes!

Club throwing legend **Maxwell Pizzolato** placed first in the Shot Put with 14.76m!

Caiya Campbell and **Amanda Callaghan** took second and third in the high jump with 4-10 and 4-8 respectively!

Caleb Dimberu placed third in the men's high jump with an impressive 5-4!

We had a UMD sweep in the long jump with **Emma Person** placing first for 4.60m, **Caiya Campbell** placing second with 4.03m, and **Katie Hernandez** placing third for 3.28m!

Although he didn't quite crack the top 3 we would like to thank our fearless Jumping Captain and lead volunteer **Joseph Jackson** for all of his help with this and the other events!!

Back to the throws we had seasoned club member **Henry Sheppard** place first in the discus with an impressive 34.59m!

In another sweep we had club prodigy **Kate Callaghan** and veteran member **Caiya Campbell** place first and second in the triple jump with 10.15m and 9.19m!

That's it for the results! **I want to thank all of the volunteers who made this meet possible so much! It wouldn't have been such a great day without you!** We had some excellent performances from Photographers and Commentators, very professional Check In and Shirt sales staff, of course diligent field officials, and a responsive hurdle crew among many other very important jobs! Thanks again and we truly hope you enjoyed the 5th annual Terrapin Invitational!

Photos!

Results!

Panda Express Fundraiser Thursday!

Are you a hungry hungry club runner? Do you want to support the club while eating? Then the Panda Express Fundraiser is the event for you!!

All day Thursday May 1st we will be having a virtual fundraiser with Panda Express!

Submit an online order at any time (From anywhere!) using our order code and the club will earn some proceeds!

Online Order Code: 9003703

On Thursday we will be hosting a team dinner after practice at the Panda Express on South Campus! The address of the **Panda Express is here: 7316 Baltimore Ave, College Park, MD 20740**. We will be heading over whenever everyone is done with practice but I estimate it will be at around 7pm

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 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!

Club Sports Media Day Wednesday!

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 **Wednesday April 30th, and our time slot is 3:50pm to about 4:20pm. 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 April 30th at 3:50pm!

Kehoe Twilight Volunteering (Fulfills Fundraising Requirement)!

This Friday is the DI Maryland Kehoe Twilight Meet! Once again we will have some club runners competing in the meet, and in turn we are providing volunteers for the meet! This fulfills your fundraising requirement and is a fun way to help out while watching some really competitive racing!

If you're available please sign up to volunteer here:

[Sign Up!](#)

Womens IM Soccer Championship!

On Tuesday our beloved Club Running Women's IM Soccer Team is in the tournament championship!

Come watch our women win some T Shirts and have a great time watching America's favorite football!!!

The game is at 11pm April 29th on the RecWell Turf Fields, see you there!

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:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/28 - 5/4 Terrapin Invite Runners: Strides, possibly frisbee, stretch Workout: 5 x 200 @ 85%, 5 min rest	30-40-50 x 2, full recovery between	Striders or Frisbee	Kehoe Runners: Pre-meet Non-Kehoe: 100-200-100-300-100-200-100, all @ 80%, 2 min rest after 100s, 4 min rest after others	NO PRACTICE!!!!!! Kehoe Twilight!	Rest, stretch, recover or 2-4 mile run	Rest Day :)

Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Threshold Tempo 3200 @T	29	30	1	2 Kehoe Twilight (UMD DI)	3	4 Frederick Half Marathon

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Race Prep 3x (800 @T, 1min rest) 3x (400 @I, 90sec rest) 6x (200 @R w/ 200 jog)	29	30	1	2 Kehoe Twilight (UMD DI)	3	4 Frederick Half Marathon

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Race Prep 4x (800 @T, 1min rest) 4x (400 @I, 90sec rest) 8x (200 @R w/ 200 jog)	29	30	1	2 Kehoe Twilight (UMD DI)	3	4 Frederick Half Marathon

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 great afternoon,

Evan Masiello

President

UMD Club Running