
Club Running Weekly Email (9/9)

1 message

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

Mon, Sep 9, 2024 at 8:37 AM



Hey everybody,

Great job at the time trial this weekend, read ahead to see what is next for the club!

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Practice

We will continue having practice every day this week at 5:00 PM. Don't stress if you can't make it to a practice, we don't keep track of practice attendance and will be happy to see you whenever you can make it. You can also reach out to others in the GroupMe to organize runs outside of practice!

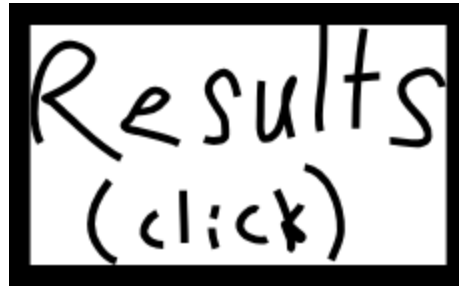
Our distance runners meet at the [SPH overhang](#), (38.9933497668884, -76.94220687903169).

Our sprinters and track specific athletes meet at [Kehoe Track](#) unless otherwise noted, (38.987651806735016, -76.95096388701513).

If you are having trouble finding the overhang or the track then shoot us an email, Instagram dm, or GroupMe message.

Time Trial Recap

Thanks to everyone who came out to the time trial this weekend. It was a really fun time and based on how everybody did we are in a pretty solid spot early in the season. We will use these times to advise our workout paces early in the season. If you aren't happy with your time then don't worry, there is plenty of time in the season to get in better shape. Our top finishers were Beatrice, Maya, and Mandy on the Women's side and Day, Tony, and Jonah on the Men's side. Check out the [pictures](#) and full [results](#).



Cavalier Sign Up

Sign up [here](#) for the cavalier invite! This sign up will close on Thursday at 11:59 PM so we can sign everybody up in time. Sorry again for the early closure. This is another NIRCA nationals qualifier race so if

you want to compete at nationals this year and you can't make the other qualifier races make sure you sign up! Information about logistics for this meet is in the sign up form linked above.



DC Invite Travel

The Signup has closed for DC invite. If you signed up, keep an eye out for a separate travel email coming out in the next couple days. Also, you should have already gotten an email from NIRCA about account registration if you are racing so be sure to complete that ASAP. We cannot sign you up for the race if your waiver is not complete. If you have not received this email please contact Sam. We will be leaving SPH at 8:00 again on Saturday morning.

Meet Schedule

The time trial is in the books, DC Invite is up next! We will then head down to beautiful Panorama farms to race at the Cavalier Invite. After a week off we head up to Lehigh for the Paul Short Run which serves as a great warmup for Regionals on the same course two weeks later. After Regionals we have two weeks off to really focus on workouts and lock in for Nationals this year where we will be headed to the sweetest place on earth, Hershey, PA!

Meet	Location	Date
Terrapin Time Trial	Greenbelt, MD	9/7
DC Invite	Wheaton, MD	9/14
Cavalier Invite	Earlsville, VA	9/21
Paul Short Run	Bethlehem, PA	10/5
NIRCA Mid-Atlantic Regional	Bethlehem, PA	10/19
NIRCA National	Hershey, PA	11/9

Workouts

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. We have a new [distance training plan](#) for the fall season (shout out Eamon for another stellar workout plan) so take a look to see what lies ahead. If you are a sprinter then check out the [sprinter training plan](#) brought to you by sprint chair Dom! Snippets of both workout plans for this week are below. As I'm sure many of you want to know, we have not yet heard from the club sports office about weight room access for this season but we should have a timeslot for club lifting hours, we will announce that officially when it starts.

If you feel out of shape right now and the workouts seem intimidating don't worry you are not alone! You can always modify a workout or choose to skip one, but we will try to help you gradually work your way up to harder workouts throughout the course of the season. Trying to complete a workout that is beyond your current ability level is a great way to hurt yourself, so just be patient and keep your mileage going and the results will speak for themselves.

09	10 Threshold 8x1k @T, 45s rest	11	12	13 Strides	14 DC Invite	15
9/9 - 9/15	Men's Soccer game 7:30 PM - Meet at SPH for long run	100-200-300-400 @ 80% walk distance just ran	2x500, 3x250, 1x150, 4, 3, 2 minute recovery	Women's Soccer game 7 PM - Recovery Jog/stretches	Men's Soccer game 7:30 PM - Hill Sprints, meet under SPH	2-4 mile run or lift, Rest / Stretch



Catering/Volunteering

We are still catering as our primary way of fundraising this fall. As many of you know, in addition to competition fees we ask that all competing members do at least one fundraiser per semester competing. Please sign up in advance [here](#) for slots to help cater at a football game this season. Thank you to everyone who has helped out these last two weekends we really appreciate it!

Also, we may have an opportunity to volunteer at a local 5k on October 5th. This conflicts with Paul Short Run so please reply to this email if this sounds like something you would be interested in doing that weekend.



Fun Stuff

We are still waiting on final confirmation from the OAC but tentatively we will be having a Club Pool Night at the Eppley Outdoor Aquatic Center at 7:00 on Thursday the 19th so mark your calendars!

Intramural Soccer season is here! We have 3 teams this season, Women's A, Men's A, and Coed B. Join for some fun soccer or just come out to watch and support. Contact Day Leone for info about the Men's A and Coed B team or Ella Quigley about the Women's A team. Games this week are Coed B on Monday at 11:00 PM, Women's A Wednesday at 8:00 PM, and Men's A on Wednesday at 10:00 PM.

Competition Fees and Apparel

This season's apparel order form will be coming out soon so keep an eye out for that, we are trying to finalize what vendor we will be using at this time. In the meantime, all members who pay the competition fee for this season (or prepay for just track season) can secure a limited edition to be designed club running t-shirt. That's right, pay your dues and get a t-shirt, it's that simple. As a reminder competition fees are \$30 a year or \$20 a semester, if you aren't competing then you don't have to pay anything. Meet fees can be paid to an officer in cash or preferably by venmoing the club @UMDClubRunning.

We will be having a contest for the t-shirt design, reply to this email with a png for the front and back or other files for a chance to have your design featured.

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](#). This document has been updated for the fall 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, 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 have people to run with! There is a wide

variety of skill and experience levels on the club and there's room for everyone!

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. To all returning members, you need to sign up again for this academic year! I know it's annoying but it's not more annoying than being the reason that we don't pass our practice or travel audits so please just do it!

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

The GroupMe Link went to the old GroupMe in the last couple emails, make sure to join this year's GroupMe

Still recovering from the gluttony of pancake breakfast,

Zach Kiedrowski

President

UMD Club Running