
Club Running Weekly Email (9/3)

1 message

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

Tue, Sep 3, 2024 at 4:45 AM



Happy first day of practice!

That's right, today at 5:00 PM we will have the first practice of the 2024 fall season! See lower in the email for more details about practice location if you are new! If you are getting this email right now then congrats, you have completed the most important step in staying informed about our club! Whether you are a returning member or just thinking about showing up to your first practice, give this email a read to stay up to date on the happenings of UMD Club Running. We promise, club practice is fun for everyone, no matter what type of runner you are there will be a pace group for you.

Also, be sure to check out the meet signups. With a fast start to the season, we need to have signups open and close this week. Both will be closing Thursday night so act fast if you want to race. More information about this at announcements at practice.

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New Member Information

For one more week the obligatory new member information is at the top and not the bottom. Give this a good read through if you are just joining us for the first time and forward to your friends to get them to show up! 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! (Seriously it takes like five seconds to forward an email, just do it. They don't know what they're

missing and you have the power to inform them, and we all know thanks to Spiderman that great power comes with great responsibility.) 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](#)

Practice

We are finally here! Our first day of practice is **today, Tuesday, September 3rd at 5:00 PM!** Apologies in advance to all of those who cannot make it to practice at that time on some days out of the week. Luckily for you, 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.

Meet Signups

The first two meet sign ups of the season are here! Make sure to sign up for both the [time trial](#) and the [DC Invite](#) by Thursday, September 5th at 11:59 PM if you want to compete! I know that this is a small window but if you sign up you won't regret it! The time trial will be this Saturday the 7th and DC Invite will be the following week. We will be leaving from SPH at around 8:00 AM for both.

Meet Schedule

We will start the season as always with our Terrain Time Trial followed up shortly with the DC Invite to get the season off to a quick start with some intrateam and local competition. Make sure to sign up for these meets at the links above if you want to compete in the first two weeks of the season. 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02 Labor Day	03 First Day of Practice Route: Cherry chill	04 Hills 8 x CP woods hills Recover up to 2:00	05	06 Strides	07 5k time trial	08
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/2 - 9/8	Labor day - No classes	FIRST OFFICIAL PRACTICE Straights and Curves x3 Sprinter jog curves, stride straights 2 laps per rep 3 min rest	Ramp Up 200s - 6x200 (65 - 85%), 3 minute rest	60-50-40 x2 4 minute recovery	Men's soccer game 7pm 2-4 mile run on own or lift	2-4 mile run or rest
						Rest / Stretch

Catering

We will be doing catering again 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 [here](#) for slots to help cater at a football game this season, especially if you can help out this Saturday the 7th. The game starts at 3:30 so those volunteering will need to be available from about 1:00 – 7:30 but you will have a great view of the game and should be able to score some free food. If you plan it well, you can have pancakes for breakfast and catering for lunch and dinner and not pay for any food all day. Thanks in advance for your help, this is what allows the club to do fun things and keep meet costs low!

Fun Stuff

There are some pretty epic social events coming up so mark your calendars. First and foremost, practice can get quite hot in the first few weeks of the season. What is the best way to remedy this you might ask? FREEZY POPS!!! If you come back for the second day of practice tomorrow on Wednesday the 4th, we will have Freezy Pops for you after the workout (at both the track and SPH)!

Coming up this Saturday after the time trial will be the iconic pancake breakfast. Come by for some free flapjacks after the time trial and get to know everybody on the club. The timing of this event will be like track nationals this past spring except we are going to give an appropriate heads up, it's on a rolling schedule. We are going to do our absolute best to make sure everyone can be fed in a timely manner after the time trial so

get ready for a big pile of pancakes, just roll up to 8713 36th Avenue (the humble abode of 3 of your club officers and other club runners) after the time trial (or if you aren't going to the time trial and are just going to sleep in but don't feel like making breakfast that works too).

Intramural Soccer season is here! We have 3 teams this season, Women's A, Men's A, and Coed B. Our Women's team is coming off a championship winning 11v11 season, can they defend their title in 7v7? Our Men's team is not nearly as good, can they successfully pretend like they are? And finally, how many people will we be able to pack onto the sideline of the coed games? No experience needed, all of the games are good fun and signing up for intramurals (unlike meets) is completely noncommittal. Find our teams on IMLeagues in the intramurals tab, they are all just called "Club Running." Contact Day Leone for info about the Men's A and Coed B team or Ella Quigley about the Women's A team. We still need more women to sign up especially but anyone who is interested don't hesitate! The first games are this week with the Women's A today at 8:00 PM, Men's A on Wednesday at 10:00 PM, and the Coed team playing the first game on Monday the 9th.

Competition Fees and Apparel

This season's apparel order form will be coming out next week so keep an eye out for that. 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 its that simple. If you are new then take a chance this week to see some of our singlets in action and figure out what you might want to purchase. We will not be handing out singlets to borrow for the time trial so don't stress about what to wear for this event. 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. And no meet fees will be required for the time trial.

PSA

Don't overtrain. Just don't do it. Nike says just do it. But we are an Under Armour school. So just don't do it. I know it seems fun. For one or two weeks you are amazed at how many miles you can do beyond what your summer training would seem to suggest you can do. But it isn't sustainable. At first there will be tightness. Then acute soreness. Then a "maybe I shouldn't be running." Then a "oh that really hurts, am I injured?" You will talk to some club members that are doing some pretty high mileage. That is a great goal to work up to. But you should not try to get up there in one or two weeks. And you do not need to run 80 mile weeks to have a successful cross country season. Our training plan has levels. Use them. If you are feeling good at the end of the run then go ahead and add on. But sometimes, don't. Take days off. If something really hurts, take a week off. It's a long season. You have time to get into better shape. If someone else is making some questionable running decisions, call them out. Better to work up slowly then burn out before the season gets going.

TLDR

Get signed up on IMLeagues and Terplink please please please. First practice is today, if nothing else just show up. Workouts starting up soon. Hills suck but Freezy Pops make them better. Get signed up for Time Trial and DC Invite ASAP! Pancakes after the time trial. IM soccer starting this week. Sign up for catering, for this weekend or later this season. Pay competition fees, or if you aren't competing don't. Don't overtrain. Have fun!

See everyone later!
Zach Kiedrowski
President
UMD Club Running