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## 10/21 Weekly Email

1 message

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

Mon, Oct 21, 2024 at 12:04 PM



Hello Nationals Qualifiers!

Congrats to everyone that raced this weekend! Time to lock in for Nationals!

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## Regionals Recap

Last weekend 42 speedy Terps made the trek to Lehigh University in Bethlehem, Pennsylvania for the NIRCA Mid-Atlantic Regional Championship. After some mild chaos with hotel check-ins (eerily similar to this trip in 2023...), our club parted ways for the evening to enjoy a restful night's sleep at either the Ramada in White Hall or the Red Roof Inn in Allentown. After enjoying some light complimentary breakfasts, our club reunited at the course and prepared for a day of fast racing.

Starting us off was the Women's 6k. Leading the charge for the women's team were Beatrice Wermuth in 24:14 for 23rd place and Ella Quigley in 24:30 25th place. They were followed closely by Hannah Haber in 34th place. Taylor Shank made her club debut and return from cross country racing retirement to run a 25:31 for 52nd. Meredith Rockhill dropped a major 6k PR in 25:57 for 59th. Nikita Arya and Mika Hsu (in her club debut) both rounded out our scoring 7. Overall, our women's team placed 6th in the team rankings to qualify us for the championship race in Hershey!

About an hour later, the Men's 8k took off. Dylan Schmidt continued his excellent season dropping a 35 second PR in 26:26 for 20th overall. He was followed by a pack of Terps in Tony Boscolo, Day Leone, and Dylan Major for 31st, 35th, and 37th overall. Sadou "I'm a mid-distance guy" Sow dropped a 3 minute PR in 27:08 for 39th place. Rounding out our scoring 7 were our two California boys, Abhyuday Srivatsa and Ryken Mak. Our men's team secured a 4th place finish overall, also qualifying us for the championship race at nationals!

It was also a great day for the freshmen to yak on the beautifully maintained fields of the Lehigh Valley. I'm not gonna name names but you know who you are (Jared did it like 3 times last year don't worry).

Coming up next -- NIRCA Nationals in Hershey, Pennsylvania! Stay tuned.



## Baltimore Marathon Recap

On Saturday, a smaller squad of speedy terps (and a plus one from Minnesota Running Club) made the trek up I-95 to the Baltimore Running Festival. Junior Benjamin Johnson led the crew in 2:51:05 for 2nd in his

age group. Emilio Dominguez and Caleb Holland paced together for the first 20 miles of the race, running 3:07:44 and 3:11:53 respectively. Everyone's favorite Club Webmaster Evan Masiello ran 3:23:26, followed shortly by Club Financial Treasurer Lillian Hsu in 3:24:48. Emily Jiang dropped 10 minutes from her time at Baltimore last year, running 3:52:47. Eliana Beals-Simon made her marathon debut at Baltimore, crushing her goal of under 5 hours by running 4:31:36. Amanda Cresanti ran her first road half marathon at Baltimore in 1:43:10. Congratulations to all who competed this weekend!



## Nationals Sign Up

Nationals is on the horizon. Congrats to everybody for qualifying this season, can't wait for this awesome season finale! This will be another overnight meet, make sure to [sign up](#) by **Tuesday October 29th!** This will be a fun day full of races, starting off with the open race 6k in the morning and then upper and lower classmen races in addition to the championship races throughout the day!



## Practice

We will continue having practice every day this week at 5:00 PM. Also come join us in the SPH weight room from 4:00-6:00 PM on Sundays! Please make sure that you are signed up on IMLeagues if you are coming to practice, it only takes a couple minutes and is how we make sure everyone stays safe so please just do it!

Don't stress if you can't make it to practice on any given day, 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.

## 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 [distance training plan](#) for the fall season (shout out Eamon for another stellar workout plan) so take a look to see what lies ahead Quick note, days left blank on the workout plan generally mean easy runs. 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. Also, be sure to show up for club lifting hours from 4-6 PM at SPH on Sundays!

**Note to distance runners, our plan for the workout on Friday is still undecided, based on how legs are feeling we may substitute in a lumberjack/modified lumberjack workout. As always, we encourage you to make workout decisions based on what is best for you and your body!**

21	22	23	24	25	26	27
	Threshold 8x1k @T, 60s rest			VO2 7x1k @I, 3:45 rest		
10/21 - 10/27	Men's soccer game 7pm Long run with distance Meet @ SPH	Build up 150s, x5, 75-80-85% 4 minute rest	Long: 500-300-100-400-200 @ 75%, 3-3.5 minute rest Short: 250x3, 200x2, 150x1, 80-85-90%. 4-5 minute rest	Recovery 200s, hurdle mobility	Ploys, top speed drills, flv in 60s x6	2-4 mile run or rest
						Rest / Stretch



## Catering

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 with the club. Please sign up in advance [here](#) for slots to help cater at a football game this season. There are two more home games left this season against Rutgers and Iowa in November after Nationals.



## Mario Kart Night

This Wednesday the 23rd at 8713 36th Avenue at 8:00 PM the mario kart tournament will return. Prepare for a truly cutthroat competition, [sign up](#) below to have your name in the bracket by Tuesday night!



## 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](http://umdclubrunning.com)

See everyone at practice,

Zach Kiedrowski

*President*

UMD Club Running

P.S. (If you were reading the meet recaps and stunned with the beautiful construction of these sections, it's probably because a certain financial treasurer ghost wrote these sections, credit where credit is due)