
First 2024-2025 Club Running Email

1 message

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

Fri, Aug 16, 2024 at 1:20 AM



Hey everybody!

Hope you all have had a great summer. If you are like me then you have had the opportunity to go for some pretty cool runs but they are starting to feel pretty lonely. Well fear not, soon we will all be back on campus and practices will be starting which means people to run with! There are two versions of this email being sent out, this one is the one coming out to the new 2024-2025 email list!

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2024-2025 Email List

Just going to leave this section here, if you know someone that is interested in the club then just forward them this email so they can sign up too!

Meet Schedule

Here comes the much anticipated meet schedule. While still subject to change, our planned meets for this year are shown below. 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. 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

Getting Ready for the Season

The first day of practice is only about two and a half weeks away! While this is super exciting, I know a lot of us might not be in the best spot to start practice every day. Fear not, the first few days of practice we will have some shorter runs and take things pretty relaxed (I've heard that our sprinters won't be doing any crazy long workouts early either). We will gradually introduce workouts to our schedule and have increasing intensity throughout the season at which point they will still be optional. However, to set yourself up for success you should do your best to get out there the next couple weeks and go for some good runs so you are ready when the season starts! Make sure you are taking care of your body too, the last thing you want to do is start the season with an injury.

Practices will start on Tuesday 9/3/2024 at 5:00 PM.

New Member Information

Are you new to the club or considering starting to come to practice? If you are receiving this email 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! Also remember, our club is competitive but 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. Check back in close to the start of the school year to sign up for the 2024-2025 season as these have not opened up yet. **Make sure you complete the concussion quiz, and fill out the emergency information form.**

2. [TerpLink](#) - This only needs to be done once.

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](#).

Strava

Strava is a social app to share your runs and the leading class distraction for club runners. Join our club on the app to keep up with each other's training.

[Strava](#)

GroupMe

Like most clubs, we have a GroupMe. Join the group to exchange friendly banter and plan runs outside of practice. We have a new GroupMe for the 2024-2025 academic year so check it out below! We have made joining the group via admin approval only, simply reply "Yes" to the question are you a real person and we will let you in. If you have not been let in after a couple days please email umdclubrunning@gmail.com. Sorry I know this is annoying but it isn't more annoying than the bot scammers that have been plaguing the GroupMe.

[GroupMe](#)

Make sure to reach out via email or instagram DM if you have any questions about the club!

See you soon,
Zach Kiedrowski
President
UMD Club Running