
11/4 Weekly Email

1 message

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

Mon, Nov 4, 2024 at 12:42 PM



Happy Nationals Week!

Also putting this at the top, practice starts at 4:00 now!

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Nationals

Nationals is this Saturday the 9th! Congrats to everybody for qualifying this season, it is going to be a lot of fun! We will be leaving from SPH at 5:00 PM on Friday and returning after a day full of races on Saturday evening. Representing the Women's team in the championship race are Hannah Haber, Lillian Hsu, Maya Potter, Ella Quigley, Meredith Rockhill, Taylor Shank, and Beatrice Wermuth. Representing the Men's team in the championship race are Tony Boscolo, Day Leone, Theo Lynch, Dylan major, Dylan Schmidt, Sadou Sow, and Abhi Srivatsa. Everyone else is either running their respective class race or the open 6k. Below is the race schedule for the day, more info can be found at clubrunning.org and more details about the trip will be included in a separate travel email.

Schedule:

9:00 AM - Open 6K

10:00 AM - Women's Junior/Senior/Grad - 6k

11:00 AM - Men's Junior/Senior/Grad - 8k

12:00 PM - Women's Championships - 6k

1:00 PM - Men's Championships - 8k

2:00 PM - Women's Freshman/Sophomore - 6k

3:00 PM - Men's Freshman/Sophomore - 8k

Practice (TIME CHANGE)

Practice will start at 4:00 for the remainder of the semester! 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

It's taper time! This week is all about making sure we have fresh legs for the final race of the season. You should be running every or almost every day, but keep paces and distances light with a couple strides here and there. As distinguished freshman Colin Smith would say, this whole week is premeet. This Coming up on the last distance workout of the season so have a look at the [distance training plan](#) for the fall season. 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!

04	05 Threshold + Speed Economy 6x1k @T, 45s rest 10x200 @R, 200 jog	06	07 Strides	08 Strides	09 Nationals in Hershey	10	
11/4 - 11/10 Practices move to 4pm	Long run w distance Meet @ SPH	Short: 5x250 @ 85%, 4 minute rest Long: 1x500, 2x400, 3x200 @ 80%, 3 minute rest	Recovery 200s, hurdle mobility	100-120-100-80 @ 95%, 4-5 minute recovery	100s on the minute, 2x10	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 after Nationals.

SIGN UP



Media Day

Our club sports media day is this Wednesday the 6th from 11:30-11:55 AM so if you don't have class come stop by the Eppley Multipurpose Room by 11:15 with your uniform and any props you might have for some cool individual and group pictures!

Pasta Night

When: Thursday the 7th at 7:00 PM

Where: 8713 36th Avenue

What: Pasta

Why: Carboload

Who: Everyone racing this weekend and anyone else that isn't racing and still wants some free pasta!

BE THERE!

Please [rsvp](#) so we know how much to get!

SIGN UP



Running for 2025 Officer Positions

Hopefully everyone is in the spirit of voting with election day tomorrow! This November not only do you get to vote in the presidential general election, but the UMD Club Running Annual election too! More information about how our elections work will be shared after Nationals but for now if you are interested in being a club officer next year it is time to start seriously thinking about it. We encourage all current active members to consider running for a position. This is a great way to have your ideas incorporated into the club and gain some great leadership experience! If you are considering running please please please talk to me and/or the current officer in the position you are interested in. We will not discourage anyone from running for a position, but often an officer position requires responsibilities that you may not be aware of so we want to make sure that people who want to run know what they are getting themselves into. This is not a decision that should be made lightly so give it some thought!

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

Stay healthy,

Zach Kiedrowski

President

UMD Club Running