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## Another Week Another Dollar (2/24 Weekly Email)

1 message

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

Mon, Feb 24, 2025 at 10:33 AM



Greetings fine runners,

Hope you all are ready for another lit crazy race week and want to engage in some club fun along the way.

This email is packed with lots of info so make sure to skim it carefully.

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## Pasta Dinner (+ Poster Making) Social Event

Come eat some delectable pasta and make some posters for Cavalier Invitational or another meet! It's gonna be a lot of fun and free food!!!!

**Where:** 8411 Potomac Ave

**When:** Thursday, February 27th at 7pm

Please RSVP so we know how much food to prepare!

**RSVP**

## GW Collab Long Run

Are you itching to run some mileage? Do you want to pay a visit to our nation's capital? Do you want to have some fun with runners from another club?

**Join us for the DC long run with George Washington University Club Running on Sunday March 2nd**

**This run will be approximately 11.5 miles long.** You can find the route linked below. **We will ensure that this run is at a pace that is manageable for everyone.** We will split into separate groups if needed but most likely we will all run together at an easy pace. **If you are injured or don't want to run the whole way feel free to join the run on a bike!**

**Itinerary:**

**9:00am:** Meet at SPH Overhang

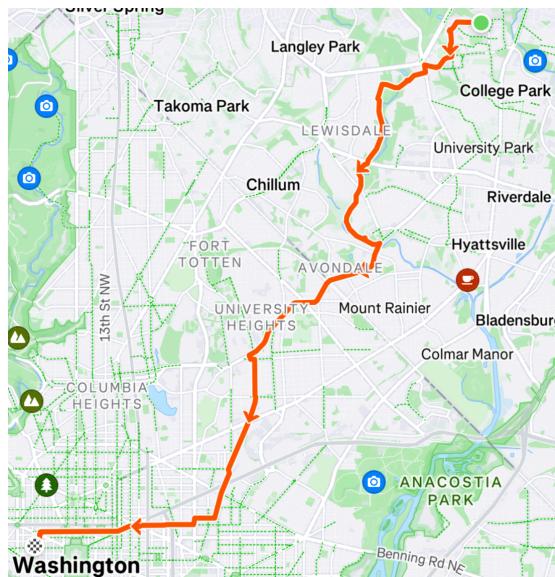
**9:10am:** Run to West Hyattsville Metro Station

**10:00am:** Meet up with GW Club and run into DC

**~11:00am:** Arrive in DC

**~11:30am:** Eat brunch in DC (Optional) and Metro Back to College Park

Route: <https://www.strava.com/routes/3327018877336739512>



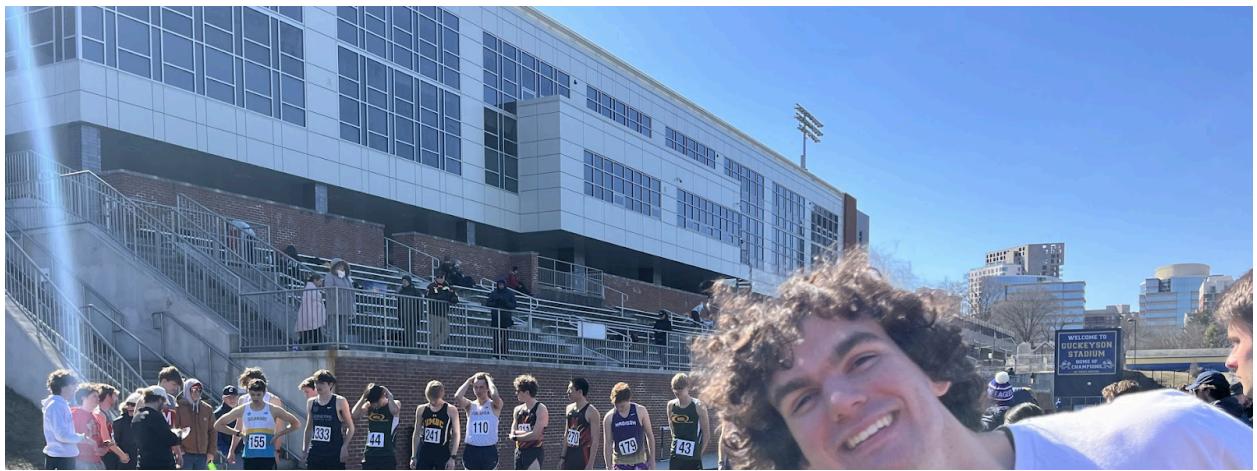
## IM 11v11 Soccer

It's that time of the year! The 11v11 Intramural Soccer season is almost upon us. We will have three teams for everyone to join, these are all open to anyone and can be very fun for players of all skill levels!

Our teams are all in the Men's/Women's/Coed B League and can be joined on [www.imleagues.com](http://www.imleagues.com)

The three teams are: **“Club Running” Men’s at 8pm on Mondays, “Club Running” Women’s at 9pm on Mondays, and “Club Running” Coed at 9pm on Thursdays**

## Capital Relays Meet Recap



We almost all got to the meet right on time (Some of us slept through alarms whoops)

We all entered The Guck at BCC and were temporarily dissuaded by the cold weather

We eventually traveled to the infield and found warmth

Everyone ran some excellent times leading the **women's team to place 5th** and the **men's team to place 2nd**

Chris Blaisdell ran a very impressive 16:57 5k to start off the meet strongly

It was a big day for people named Chris because Chris Withee had an impressive heat victory in the 1600m with 4:49

Our women's SMR took an impressive victory running 5:15

The men's SMR followed their lead winning with a 3:51

Aryaman Punshi took the dub in the 100m with a 11.36

Jack Murphy got us some more gold winning the 200m in 23.75

Lots of fools raced the jeans mile and they were surprised it was hard

Many chocolate milk 4x4 teams ran with many objects that are certainly not normally used to pass between teammates in a relay

We ended the day with a sweeping victory taking places 1-37th in the 100m race walk (Don't fact check me)

We returned back to college park to rest up before another week

Check out our meet photo album here, and feel free to add any pictures you have from the meet. Also check out the results to see some great times from your favorite teammates.

## Nirca Eligibility Forms

In order to race at Nirca Track Nationals, we must submit eligibility forms signed by all our athletes. This form must be filled out on paper by March 10th. We will have copies of the form at practice, at SPH and at the track. You will not be allowed to sign up for Nationals (NIRCA's rules, not ours) if this form has not been completed. Each person will need to fill out the form to be eligible to compete at NIRCA Track Nationals.

**Note: this form is NOT BINDING. If there is ANY chance you might want to run at Nationals, please fill out the form at practice.** This form is not a sign up, it is just to determine eligibility. If you can't go to practice any time in the next 2 weeks please text Ben (301-503-8014) or email the club and we can figure out a time to meet for you to fill out the form.

### Eligibility Rules Information from NIRCA:

Individuals must be full-time\* undergraduate or graduate students enrolled at the University/College they wish to compete for and cannot be on a varsity team roster during their semester/ quarter of NIRCA competition. (Full time status at UMD is 12 credits). Students must also be in good academic standing with a cumulative GPA above 2.0. Unattached athletes are not eligible for competition. \*Exceptions for full-time status will be made for final semester/graduating students who were full time in their previous semester.

# Meet Schedule

Our meet schedule is nearing its final form. We have gotten a date confirmed for our home meet Terrapin Invitational! Our meet will be on Sunday, April 27th. We will send out more information closer to the event but start getting excited!

Meet	Level	Location	Date
Happy Valley Invitational	Club	State College, PA	Sun, Feb 9
Capital Relays	Club	Bethesda, MD	Sun, Feb 23
Cavalier Invitational	Club	Charlottesville, VA	Sat, Mar 1
Towson Invitational	DI	Towson, MD	Sat, Mar 29
NIRCA Nationals & Half	Club	Richmond, VA	Sat-Sun, Apr 5-6
Blue Hen Invitational	Club	Newark, DE	Sat, Apr 19
Terrapin Invitational	Club	College Park, MD	Sun, Apr 27
Kehoe Twilight Invitational	DI	College Park, MD	Fri, May 2
Frederick Half Marathon	Road	Frederick, MD	Sun, May 4

# Training Plans

While never required, workouts are an important piece of training for those who wish to compete with us. And can be fun and rewarding even if you don't compete. Our two training plans, the Sprint Plan and Distance Plan, are linked below. Please reach out if you have any questions about the plans or specific workouts!

**Here's a preview of what workouts you can expect this week (Distance runners do easy runs on every non-workout weekday)**

## Sprint Plan:

Long Sprints: 4x350 @ 80%, 5 min rest between				Pre-Meet: Starts, strides, etc. Not Pre-Meet: 4x500 @75%, 4 min rest	Cavalier Invitational	Rest and Recover
2/24 - 3/2 Short Sprints: 150-200-250-200-150 @ 85%, 5 min rest between	Start drills, 30-40-50 x3, full recovery between	Grass strides, hurdle mobility	100s on the minute: 2x8 100s, 3 min rest between sets			

## Distance Plan:

~20 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25 <b>Speed Economy + Threshold</b> 8x (200 @R w/ 200 jog) 2x (800 @T w/ 45 sec rest)		26	27	28	1 <b>Cavalier Invite (UVA)</b>

~35 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25 <b>Threshold 8s + Repetition 2s</b> 6x (800 @T, 45sec rest) 4x (200 @R, 200 jog)		26	27	28	1 <b>Cavalier Invite (UVA)</b>

~50 Miles per week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25 Threshold 8s + Repetition 2s 9x (800 @T, 45 sec rest) 4x (200 @R, 200 jog)	26	27	28	1 Cavalier Invite (UVA)	2

**Distance Plan**

**Sprint Plan**

## Practice

As always **we will meet at 4pm every Monday-Friday** (Until daylight savings starts again). Distance runners will meet at the [School of Public Health Overhang](#), (38.99334, -76.94220) and sprinters will meet at [Kehoe Track](#) unless otherwise noted, (38.98765 -76.95096). If you're having any trouble finding the overhang or the track then slide us an email, Instagram dm, or GroupMe message

We only have one requirement for people attending practice, it's very easy but important! Please make sure that you are signed up on IMLeague so we can make sure everyone is safe and accounted for. If you have any issues or questions please let us know!

## Club Lift

Do you want to workout muscles other than your legs? Do you want to have a lot of fun doing it? Do you want to be in the school of public health on a Thursday night? Then Club Lift is for you! Our lift hours for the spring will be from **10:00-11:30 pm every Thursday in the SPH Weight Room**. Whether you're new to lifting or a seasoned veteran following an expertly crafted training plan, Club Lift is a great place to get your workout in. With the weight room reserved exclusively for our club you won't have to deal with any overcrowding and can peacefully bond with your teammates while getting big or just preventing injury. Hope to see you there!

## 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](#)**.

Always remember, while our club gets competitive, it is also fun (arguably more important), 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 always have people to run with! There is a wide variety of skill and experience levels on the club and there's room for everyone!

## Info Doc!

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.
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](#)

Peace,

Evan Masiello

*President*

UMD Club Running