

MARYLAND



CLUB RUNNING

Happy New Year Folks!

I hope you're all enjoying your free month of winter weather (unless you're still in Maryland). If your winter break is like mine, and it's full of New Year's resolutions that you've already given up, uncomfortable reunions with extended family members, and prayers to various deities ([this one](#) is my favorite) in hopes of preventing pre-Nationals injuries, then you may also already be bored with break and looking to return to another semester of Club Running. While I can't move up the start of the semester, I can give you a small taste of what's to come in the next semester. Here's to another year of bipedal movement!

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New Officers

America voted, and this is what they came up with. Here is your ace team of undergraduate athletes who will be taking over the operation of our fair club for the next calendar year:

President: Colin SyBing



- Organizes officers
- Writes sick emails
- Destined to one day destroy the sinister evil that is Strava

Vice-President: Daniel Singer



- Organizes meets and competitions
- Mastermind behind administration and actually does everything
- Tells people they have childish taste in music

Sprint Chair: Paige Munshell



- Supervises sprinters, throwers, and jumpers during practice and writes their training plan
- Handles sprint and field related equipment (hurdles, blocks, etc.)
- Loves Ariana Grande, books, sushi, and her boyfriend

Co-Treasurer: Brian McCullough



- Manages club financials
- Once mercilessly beat his entire family in Monopoly
- Majoring in self-discovery

Co-Treasurer: Nate Lieske



- Organizes fundraisers
- Will hunt you down for dues and race fees
- Can identify types of paper by feel and sometimes scent

Webmaster: Michael Thomas



- Maintains website and blog
- Catalogues all new running routes on website
- Hacks into mainframes

Apparel Coordinator: Simone Evans



- Designs, orders, and manages all that fresh running apparel
- Graciously stores excess apparel when rude people don't pick it up
- Lives on a farm with sheep and chickens

Social Chair: Ayzhan Murphy



- Organizes and plans social events
- In charge of training our IM teams in every imaginable sport
- Likes to read books about radiation

Concessions

I know what you're thinking; "I wish there was a way for me to meet other people on the club while raising funds necessary for many club activities and functions. If only I could do that while also being bathed in the smell of french fries." Well mysterious disembodied quote person, you're in luck. We work concessions at UMD basketball games in order to raise funds. This pays for all that good stuff that makes life worth it: meets, equipment, and hotels.

Thank you to the crew of people who attended our last concessions, and an even bigger thank you to those who have already completed their required 2 concessions. For those of you who do not know, we require that **anyone who competes with us must work at least two basketball concessions.** Just as a short clarification, here is an exhaustive list of people who need to complete 2 concessions during this school year:

- Anyone who competed in a cross country meet in Fall
- Anyone who plans to compete in a meet this Spring
- Super-senior ex-club presidents who think they can get by without following the rules like everyone else

You must arrive **three hours before game time** and be prepared to stay 2.5 hours after the game starts. You can sign up for any of our remaining three concessions at the link below, and track how many concessions you and your teammates have done at the link right below that. Here are our remaining three concession dates:

- Tuesday 2/12/19 vs. Purdue - 6:30pm
- Saturday 2/23/19 vs. Ohio State - 2:00pm
- Sunday 3/3/19 vs. Michigan - 3:45pm

Concessions Sign Up

Concessions Tracking List

Spring Meet Schedule

Through reviewing the meet schedules of past years and painstakingly seeing what worked and what didn't, the officers have been able to finalize a definitive schedule of meets that we will be attending as a club this Spring.

Before reading the schedule, please understand that we had to balance a lot of different perspectives and needs. Some meets offer better competition for certain events, some meets are less expensive than others and easier to logistically plan, and some meets have an atmosphere and culture that we believe aligns with the values of our club. As such, we must chose meets that not only satisfy the wide array of competitive abilities of our members, but fit our budget and logistic constraints.

Thus, with all that in mind, here is our final, definitive schedule for the Spring 2019 semester.

Spring 2019 Meet Schedule

Running2win Recruitment Propaganda



Did you know that I, Colin, one of the smartest kids in my elementary school class, who has literally never been wrong about anything, am even sometimes wrong about some things? Well it's true. But there is one thing that I know that is absolutely certain about the world. There are two types of people:

1. Those who log their training on running2win.com
2. Complete scrubs

If you are not on this website, get on there this instant you goober. It's a wonderful place where you can celebrate your personal achievements, scope out your competition for the semester as well as encourage your teammates.

In all seriousness, this is a great way for us to stay in touch over break and to motivate yourself to keep up with your training. You can join by creating an account and then searching for "UMD Club Running" (or use team ID# T-59652160005-23). After that, you can request to join the team so we can all see each other's running logs. Some great features of r2w are:

- Importing a run from a GPS watch
- Tracking mileage on your shoes so you know when to replace them
- Looking back at a calendar view to see how your training has progressed through time
- Commenting on other people's runs so you can encourage Jacob Grant to get bigger

Also Strava is plotting to take over the world and only you can stop them by logging your miles on r2w in protest. A single run logged on r2w is just as good for the world as a metric ton of greenhouse gases being removed from the atmosphere, as a peace agreement between two warring nations, and as a lost puppy being adopted by a loving family. Be a good citizen of the human race, and log your miles on r2w to fight the Strava Syndicate.



Training

I think one of the best parts about our fair club is that, regardless of your goals, you can find a community that enables you to hit those goals. Whether you want to run some personal PR's on the track, run your first half marathon, or just get into better shape, we will do everything we can as a club to help you achieve that.

One thing I've learned about training, through my eight years as a distance runner, is that the hardest part is getting started. It can be very intimidating to start training again if you've been off for awhile, but the key is to start small and start early.

If you've been reading this email straight through like a good reader, you may notice that we don't actually have a meet schedule yet. Nevertheless, that doesn't mean that you can't start training now to hit your goals for this semester, whatever they may be. We typically have a training plan for both sprinters and distance runners that accommodates those who wish to race on the track, regardless of speed, but we cannot release those plans until the meet schedule is finalized.

To that end, here are some *very general* recommendations for winter training as a poor substitute for our more refined and specific training plans, which will soon be written by our wonderful training coordinators, Paige Munshell and Jack Wavering .

1. Distance Runners

- a. Long, slow distance is the way to go for this time of the year. The fast stuff will come later. 5-6 days a week should be a standard easy run, where you should feel comfortable enough to hold a conversation
- b. Once you've been running easy for a 2-3 weeks, try throwing some slightly quicker stuff in there. Do a slightly shorter run than your regular easy run once a week, but cut the pace by 40-60 seconds per mile. This will build some aerobic strength for early season fartleks and tempos
- c. Do strides after running 1-2 times a week. Choose a ~100m straightaway and gradually accelerate to ~80% of your maximum sprint speed. Focus on keeping your form relaxed
- d. Your hips will save your life. Take care of them and you will avoid a lot of the common stress injuries that plague distance runners. Do hip strengthening drills at least every other day

2. Sprinters

. For those planning to peak in April, fartleks are a great way to condition yourself for Spring training. Try 25 minute runs with 1 minute as a sprint and 4 minutes as a jog. Try doing this 4-5 times a week.

- a. Lift 2-3 times per week. Think high rep, low weight

3. Those Getting Back in Shape

. Just get out there. Start as small as you can, but then just keep doing it. You'll feel better soon

- a. Push-ups are a great place to start with strength training
- b. Stay hydrated. Carry a water bottle around with you throughout the day and just keep drinking.
- c. Try to find training partners. It's so much easier to get out there when you have someone to commit to.

As a final piece of advice for everyone: **stay warm**. There are serious challenges associated with running in the cold, but they can easily be countered with a couple of methods:

1. Never stretch in the cold
2. See if you can warm up inside before starting your run

3. Invest in a pair of nice tights or a running jacket. Cotton sweats, while warm when you're not exercising, retain sweat and will actually cause you to lose heat faster.
4. Keep your extremities warm. Hats and mittens (Mittens >>>>> gloves don't @ me)
5. Stay hydrated, it prevents heat loss.

Website/Blog

There is a place. A very special place. A special place where runners can exchange banter and memories and running routes with one another. It is our digital home: umdclubrunning.com. It's where you'll send your friends for info after you tell them how cool running club is. It's where you'll send your loved ones when they ask you what the coolest thing about UMD is. Our wonderfully constructed website includes:

- Race schedules and results for current and past semesters
- Race records and top 10 rankings for all club events
- Training plans for the current year / semester (soon)
- List of our common running routes around College Park
- A link to our [really cool blog](#) where everyone tells their weird stories and discusses various club conspiracy theories

So give the website a look, write a blog post, and dream up improvements to the website so we can give our webmaster something to do other than play League of Legends.

Inspiration

In an attempt to spread some running related optimism to the world, I've decided to include an inspiration section to the weekly emails. I will be accepting ideas for this section every week as soon as the semester starts, but for right now, here is our first installation of [inspiration](#).

If Simon Wheatcroft, a completely blind man, can run unassisted in the open road, if he can run six marathons, and attempt two separate 100-mile ultra marathons, you can stop rewatching Game of Thrones for an hour, strap on some running shoes and a jacket, and go for a jog and do some pushups when you get back. Don't let anything keep you from your goals, even lack of eyesight.

But also don't run in traffic like this guy did that's pretty dumb.

Info Packet for New Members

Hey! New member! Just got added to the email list? Check out this packet on info that you need to register for our club.

All Inclusive Information Packet

See you soon folks!

Colin SyBing

UMD Club Running Email Writer and Nothing Else