



**Hi club runners!**

**Get hyped for the first race of this season, Happy Valley Invitational! The travel email will be coming out soon! If you are not going the meet make sure to wish your teammates who are racing, good luck!**

**If you are racing and need a uniform rental please contact Julia !**

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### **Open Enrollment**

Open enrollment is now and will last until March 1st. During Open Enrollment, anyone is allowed to join our club simply by signing up online and filling out the online waiver. If you signed up and completed a waiver (it's online) in the fall you are on our roster still and do not need to complete this process again.

For complete information about the club, and full steps on how to join the team check out our

**\*\*\* [ALL INCLUSIVE INFO PACKET](#) \*\*\***

### **Running2Win**

Log on to [running2win.com](http://running2win.com), make a free account, and join our team! Open to all current members, future members and alumni. Find us under UMD Club Running (or use team ID# T-59652160005-23). Request

to join the team and we will bring you on board. You can log mileage and write a bit about your run. This is a fun way to have a friendly competition between your teammates!

## Check out our website and blog!

Check out our [website](#) and [blog](#) that our great webmaster, **Briggs Alexis Briggs** has been polishing up for us!!!. I recommend people scroll through all the tabs and check out some new material including running routes( shout out to Mikey T) and most importantly... THE BLOGGG.

Also follow us on social media which is linked at the bottom of our website!!

## Spring 2018 Track Schedule

Date	Meet
2/10	Happy Valley Invite
2/28	Mason Last Chance
3/17	Maryland Invitational (D1)
3/25	Capital relays
3/30	Danny Curran Invitational (D3)
4/7	HOME MEET
4/13	NIRCA Nationals
4/22	Retriever Invitational
4/28	Paul Kaiser Classic (D3)
5/4	Kehoe Twilight (D1)
5/6	Frederick Half Marathon

## 2018 Training Plan

Here is the plan for this week. Depending on whether or not you are going to the Happy Valley Invitational friday's workout can change but other than that it is all the same.

### [Maryland Club Running Spring Training Plan](#)

#### Distance Weekly Summary

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feb 5	Easy	4x(2,2,4)	Easy+ 4xstrides	Easy	Threshold	<b>Happy Valley Invitational</b>	Long Run

### **Sprinter Weekly Summary**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feb 5	6-4-2-4-6. 5min rest	10x100, 2min rest 70%	4x300:5min/15min, 2x200: 1min/7min, 4x40: 30sec	3x150 3min, 4x100 2min, 5x50 1min	Pre- Meet Day	<b>Happy Valley Invitational</b>	

\*The training plan has plans for every distance from the 100 to the 5k. check out the tabs at the bottom and see what suits you best.

If you aren't comfortable with a workout do something comfortable for your mileage to prevent injury, but the goal is to get your body used to pushing itself a bit past that comfortable level.

### **Don't forget lifting and strength training!!!!**

If you're part of the mass that hasn't lifted or don't know how to start, push-ups are great! We usually have a group that does push up lines after practice so join us!!! Don't know what a push up line is? Well, that is another reason to stick around at the end of practice to do lifting and strength training for!!

### **Concessions**

Alrighty last stretch, the last concession for this year is the **Michigan game, February 24th!** If you have not worked two concessions yet this year this is your last chance !

**We require all competing members to work at least two concessions a year**

Our Co-Treasurers **Luanne Zimmermann** and **Rylan Flint** will love you guys if you come more than two times!!!

### **CONCESSIONS SIGNUPS**

If you would still like to get TIPS certified, there will be more classes available next semester. We will update the Sign up form and send it out again when classes become available. Info will be in the description of the sign up form.

### **Get involved!**

#### **Underclassmen Dinner**

Unfortunately we are not having underclassmen dinner this week but instead..... **PASTA PARTY this Thursday!!! The time and place will be announced later in the week at practice!!!!**

#### **Intramurals**

Each semester our club participates in intramural sports to have fun outside the practice environment. Last semester the girls made it to finals for soccer and couldn't make it all the way, but this semester I'm feeling its going to be the one. The next sport is Basketball. Hops or not come out and have fun!( You might see me almost crash into a wall face first trying to save an out of bound ball)

Ethan's coed B Team **Wednesday @ 7pm**  
Christina's Coed B Team **Thursday @10pm**  
Briggs' Men's Team **Thursday @6pm**

If you have any questions feel free to ask **Christina Higgins**, our amazing social chair, for more information

### **LETS WIN SOME INTRAMURAL CHAMPION SHIRTS**

### **Apparel**

A message from our wonderful apparel coordinator, **Julia Heiges!!!!**

It's time for this semester's apparel order! Please read my notes on the form carefully because there are a few items that have size restrictions. You can either pay me at practice with cash or check (written out to "Terprunners"), or you can pay through venmo (@UMDClubRunning). Venmo is great if you have it so you don't have to remember to bring money to practice!

Please read the notice about the **\$5 up-charge** per item if you did not pay the competition fee and do not plan on doing so.

You must pay for your order by Friday, February 9<sup>th</sup> or else I will not be able to submit your order. Don't worry I will warn you before this happens, BUT please try to pay as soon as possible!

The form closes on **Wednesday, February 7<sup>th</sup> at 11:59pm.**

## [UMD Club Running Apparel Order Form Spring 2018](#)

If you have any questions or concerns, please feel free to ask me!

Happy Shopping,

Julia Heiges

*Apparel Coordinator*

### **Fun Facts are Back!**

Did you know that dogs lick because it comforts them and makes themselves happy?

Well, now you know!

Bonus Doggo from the Cavalier Invite



Fun facts and quotes are more to come!  
Hiroyuki "Hiro" Wakabayashi  
President  
Maryland Club Running