

# Pike's Peek 10k April 26, 2009

Submitted by glange on Fri, 06/26/2009 - 4:08pm.

After a fun filled and tiring Maryland Day the day before, the runners gathered on the next morning to run the Pike's Peek 10k in Rockville. The course was a fairly fast course with only one major uphill and a steep downhill finish. Unfortunately, the course was also almost completely in the sun the entire way and with weekend temperatures in the upper 80s and low 90s, it got to be quite warm by the end of the race. However, the seasoned Terp Runners did not let the heat affect their outstanding performances.

The men were paced by Alvin Yew, Greg Lange, Sean, Henely, Evan Burros, Ben Stachowiak Kellen Hamill, Kevin Matuszak, Ian "Sunshine" McDermott, Matt Dernoga, Jeff Blazar, Alex Muroyama, Teddy Powers, and Christopher Tabisz. Greg Lange came dangerously close to beating Baltimore Road Running icon Maurice Pointer who is nationally ranked in his age group.

The women were led by Bridget Keegan, who garnered a top 50 finish among all women, Hilary Staver, Megan Burke, Cara Morro, and Linda Inemee. This race was obviously a great success for the members of Terp Runners who participated.

The ride home wasn't as much of a success as Kevin Matuszak once again proved that he is a bad driver (but not in the bad like unsafe driver way in case CRS is looking at the this, but instead more along the lines of his inability to turn where we tell him to.)

## WOMEN'S RESULTS

48 Bridget Keegan 20 45:01 7:15  
75 Hilary Staver 18 46:46 7:32  
128 Megan Burke 22 49:21 7:57  
144 Cara Morro 19 50:07 8:04  
145 Linda Inemee 18 50:08 8:04

There were 1,296 female finishers.

## MEN'S RESULTS

31 Alvin Yew 35:15 5:41  
44 Greg Lange 36:38 5:54  
52 Sean Henely 37:30 6:03  
54 Evan Burros 37:33 6:03  
70 Benjamin Stachowiak 38:13 6:09  
95 Kellen Hamill 40:09 6:28  
105 Kevin Matuszak 40:38 6:33  
108 Ian McDermott 40:45 6:34  
127 Matt Dernoga 41:27 6:41  
164 Jeffrey Blazar 43:04 6:56  
171 Alex Muroyama 43:16 6:58  
230 Teddy Powers 44:53 7:14  
338 Christoph Tabisz 47:18 7:37

There were 1,398 male finishers.

By Greg Lange

# Azalea Classic 5k 2009

Submitted by bkeegan2 on Thu, 06/25/2009 - 7:09pm.



The day started with everyone meeting at the track and arriving at the race site running to the event because we thought we were late. We liked to think of it as a nice "pre race warm up". Walking to the starting line everyone's minds were centered because we have only run in this neighborhood a thousand times, no big deal. Oh little did we know. As we ran through the "rolling hills" we were distracted by the entertaining middle school band playing on course for the runners. All in all everyone did amazing and we swept the age group prizes. The race was followed with a great post-race party on school grounds! The boys had an amazing time participating in the congo line with the little kids (Teddy was trying to befriend a little girl, but she was having nothing to do with it) and taking pictures with a cardboard President Obama. The Cluck U chicken even came out to support us! (don't forget the free chicken coupons "Amount and type of chicken determined by management") The results were as follows:

Kenneth Siu 17:26 (2nd male overall)  
Alvin Yew 17:31 (third male overall)  
Sean Henely 17:53 (2nd for age group)  
Benjamin Stachowiak 18:20 (won his age group)  
Thomas Bradtke 19:32  
Alex Kavalsky 20:24  
Teddy Powers 21:36  
Bridget Keegan 22:39 (first for age group)  
Diane Peng 24:38 (2nd for age group)  
Samantha Stehle 26:28  
Rachita Sood 26:51  
Mahdi Zanddizari 32:47 (even though we weren't lucky to be graced by Mahdi's presence, another person filled his spot, so he managed to make the results!)

By: Bridget Keegan

# Cherry Blossom 10 Miler 2009

Submitted by mlarson on Fri, 05/01/2009 - 11:35pm.

Cherry Blossom weekend proved to be sunny and warm with the trees in full bloom. Terp Runners took the metro down to the race site and was met by thousands of people on the national mall preparing for the race. We did a quick warm up run from the metro station to the race site, since we were running (haha get it? running) a little late, checked our bags, then racers scattered to wait in bathroom lines, cut bathroom lines and try and find space in the starting corral.

It was an adventurous run for those caught in crowds, and many people spent the first 4-6 miles weaving through runners of various paces. The course started near the Washington Monument and wound around the Tidal Basin and along the Potomac River, finishing back where it started.

On the men's side, the team was lead by Kenny Siu, who was closely followed by Alvin Yew and Cooper Linder. Cooper passed Alvin at the end to a victorious finish, although his chip time ended up being 9 seconds behind Alvin. In the on going competition between James Blackwood and Matt Dernoga, James pulled ahead and finished over an entire minute faster than Matt. Matt may or may not have run the National Marathon 2 weeks before hand and was crazy to even run Cherry Blossom to begin with.

The men competed as two teams. Team A, consisting of Kenny, Cooper, Greg and Mike Nilsen, placed 4th amongst the running club teams. Team B, consisting of Chris Chung, Matt, Jeff and Chris Tabisz, placed 11th. Kenny received an age group award for the age group 19 and under which came with an awesome trophy.

On the women's side, most of the girls started late due to the long bathroom lines. Luckily everything was on chip time though, so the chip times are still reflective. Mary decided to start on time and find a port-a-john later, which ended up being at mile 6. Bridget, Kerry, Caitlin, and Lauren ran most of the race together, with Kerry pushing ahead at the end to break 1:20. Kerry also gets special special recognition for running into a pole. Quote from someone behind her: "Someone had to hit it." She's still recovering. Emma was brave enough to take Megan's spot, and successfully ran the 10 miles for her.

The women's team placed 5th over all.

We also had a great support team come out, so thank you! And since it was Megan's birthday that day, Happy Birthday Megan!

## MEN'S RESULTS

59 Kenneth Siu.....	56:37
68 Alvin Yew.....	57:31
70 Cooper Linde .....	57:40
137 Gregory Lange.....	1:00:28
158 Chris Chung.....	1:01:15
235 Michael Nilsen.....	1:03:40
341 James Blackwood.....	1:05:40
428 Matt Dernoga.....	1:07:09
1300 Jeff Blazar.....	1:15:55
1738 Chris Tabisz.....	1:18:40

## WOMEN'S RESULTS

262 Mary Larson.....	1:14:08
695 Kerry Nisson.....	1:19:58
754 Caitlin Smith.....	1:20:37
838 Bridget Keegan.....	1:21:29
771 Lauren Finkenauer...	1:20:45
3559 Emma Di Sciullo.....	1:35:43

By Mary Larson

# National Championships at Penn State

Submitted by mlarson on Mon, 02/02/2009 - 12:13pm.

Terp Runners traveled to Penn State for the NIRCA (National Intercollegiate Running Club Association) National Championships the weekend of November 7th-9th. 24 teams were represented at this race, which was held on the Penn State golf course.

The men's race occurred first, with 15 runners from the University of Maryland competing. It turned out to be a 5.2 mile course instead of an 8 k course. This was a surprise to many of the runners as they passed the 5 mile marker after coming up a rather lengthy hill and realized that they weren't quite done yet. The men were lead by Kenny Siu and Ryan Holleran. These two were followed by a strong pack of Kevin Matuszak, Greg Lange, Ian McDermott and Mike Montano. The top 7 was rounded out by Daniel Jaskot. Props were given to David Bernstein for pushing through some agonizing breathing problems to finish the race. The men placed 15th overall.

The ladies 6k race followed the men's, although Maryland only had 4 runners compete, so they were not officially scored as a team. The women went into the race with their excuses ready (speed workouts, long runs, sickness, music addictions), but were determined to have fun anyways. The team was lead by Caitlin Smith, who had an outstanding cross country debut, having only run track races in the past. She was followed by Mary Larson, Bridget Keegan, and Rachita Sood. A special congratulation goes to Bridget for completing her first run without headphones in over a year.

## MEN'S RESULTS

45 Kenny Siu.....	29:09
77 Ryan Holleran.....	30:11
97 Kevin Matuszak.....	30:59
98 Greg Lange.....	31:01
101 Ian McDermott.....	31:07
104 Mike Montano.....	31:08
120 Daniel Jaskot.....	31:54
181 Paul Pariseault.....	32:00
184 Evan Burros.....	32:04
200 David Bernstein.....	32:37
213 Louis Foudos.....	32:58
237 Kellen Hamill.....	33:51
248 Alex Muroyama.....	34:20
280 Vijay Baharani.....	38:01
281 Dave Vogt .....	38:07

## WOMEN'S RESULTS

95 Caitlin Smith.....	26:59
117 Mary Larson.....	27:35
127 Bridget Keegan.....	27:54
160 Rachita Sood.....	30:24

Full Results: <http://www.clubrunning.org/nationals.php>

-- By Mary Larson

# Rockville 5k/10k 2008

Submitted by mlarson on Tue, 11/11/2008 - 10:43pm.

Terp Runners traveled to Rockville, Maryland to participate in a local road race the Sunday following Halloween. The morning started well with the runners full of carbs from the pasta party the night before and an extra hour of sleep from daylight savings time, but it soon turned into a morning of fiascoes. The race consisted of both a 5k and a 10k, which began at the same point. Unfortunately the 5k runners experienced some logistical issues towards the end of the race.

The top pack of men, lead by Kyle Gaffney, were directed the wrong way towards the end of the race and ended up running close to 4 miles total. After this pack passed, the volunteers directing the race realized their error and directed the rest of the runners along the correct course. This resulted in interesting results including Alex Muroyama almost outrunning Kyle Gaffney, Kenny Siu being lead by 4 beast women, Chris Tabisz beating Mike Montano by 3 seconds, and Bridget Keegan and Caitlin Smith coming dangerously close to catching Greg Lange at the end of the race. The race director was quite frazzled by this misdirection and failed to come up with a reasonable way to discern who went the wrong way and who didn't.

On the women's side, Bridget Keegan, Caitlin Smith and Kerry Nisson placed 6th-8th overall, followed by Mary Larson in 10th, Rachita Sood in 23rd, and Alicia McDonnell in 30th. These women managed to avoid the confusion that the men faced, and only ran a 5k. Caitlin Smith and Kerry Nisson both received age group awards for 19 and under.

The 10k was more successfully directed, and the Men's team was able to gain 2 of the top 3 spots. Alvin Yew, the course record holder, placed 2nd overall followed by David Bernstein in 3rd. Daniel Jaskot and Pete Muntean were also brave enough to run the 10k, Dan placing 13th overall and Pete, waving and giving out high fives, placed 89th among the men. On the women's side, Megan Burke and Melissa DuVall raced together and placed 14th and 15th among the women. Melissa won her age group for 19 and under.

## MEN'S 5k RESULTS (as officially listed)

3 Kyle Gaffney.....	19:04
4 Alex Muroyama.....	19:06
20 Kenny Siu.....	20:37
29 Christopher Tabisz.....	21:18
30 Mike Montano.....	21:21
33 Greg Lange.....	21:32

## ACTUAL MEN'S 5k RESULTS (using my good judgment?)

1 Kyle Gaffney.....	15:30*
5 Kenny Siu	
?? Mike Montano	
?? Greg Lange	
?? Alex Muroyama	
?? Christopher Tabisz	

## WOMEN'S 5k RESULTS

6 Bridget Keegan.....	21:57
7 Caitlin Smith.....	22:00
8 Kerry Nisson.....	22:10
10 Mary Larson.....	22:19
23 Rachita Sood.....	23:53
30 Alicia McDonnell.....	25:27

MEN'S 10k RESULTS

2 Alvin Yew.....34:27  
3 David Bernstein.....34:51  
13 Daniel Jaskot.....38:11  
89 Peter Muntean.....47:56

WOMEN'S 10k RESULTS

14 Megan Burke.....46:40  
15 Melissa Duvall.....46:43

\* This time may or may not be an accurate approximation. Due to the nature of the race... we will never know.

# JMU Regional Competition

Submitted by mlarson on Thu, 10/30/2008 - 11:05am.

This past weekend the club traveled down to Harrisonburg, VA to compete in NIRCA Southeastern Region Championships, hosted by James Madison University. Due to a Maryland football game being held on the same weekend, the number who traveled was diminished, but those who are truly committed made the right choice and decided to compete anyways.

After an abbreviated course walk over a multi-loop, hilly, confusing set of paths, the competition began with the women's 6k race. The women competed against two large teams, UVA and JMU, but they kept their spirits high. The women were lead by a tight pack of Mary Larson, Kerry Nisson and Megan Burke, who finished within 40 seconds of each other. The top five were rounded off by Rachita Sood and Alicia McDonnell.

The men's race, a traumatizing 8k for many of the rookie college runners who are used to running 5ks, began shortly after the women's race with even more confusing loops and signs that read "not much farther," when they in fact did have much further to go. The men competed against UVA, JMU and Wake Forest. They were lead to a 2nd place finish by Kenny Siu and David Bernstein, who placed 6th and 7th overall. Unfortunately they were not able to break up the top 5, who were all from UVA, giving UVA a first place finish with a perfect score. Many personal goals were met at this race, including Chris Tabisz achieving a DFL (Didn't Finish Last).

Both teams qualified for nationals and will be traveling to Penn State for the race on Nov. 8th.

## MEN'S RESULTS

6 Kenny Siu .....	29:10:00
7 David Bernstein .....	29:19:00
14 Ryan Holleran .....	30:53:00
15 Ian McDermott .....	31:04:00
19 Evan Burros .....	32:29:00
25 Chris Tabisz .....	37:21:00

## WOMEN'S RESULTS

15 Mary Larson .....	27:54:00
18 Kerry Nisson .....	28:17:00
21 Megan Burke .....	28:35:00
29 Rachita Sood .....	31:15:00
32 Alicia McDonnell .....	33:39:00

# College Park Cares 5k

Submitted by mlarson on Sun, 10/05/2008 - 6:04pm.

Our season opened this past weekend with a local 5k called College Park Cares. The course followed a familiar trail, starting on Paint Branch Pkwy and looping around Lake Artemesia, making it a flat course, but also one with sharp turns and narrow paths. Despite the humid weather the team faired well, placing a large number of both the men and women in the top ten overall. A number of our athletes also received age group awards.

The race was followed by a general festival, the highlight of which was making Mr. Potato Heads out of real potatoes and being given bags full of free apples and bananas.

## MEN'S RESULTS

2 Kyle Gaffney -- 16:44  
3 Alvin Yew -- 16:46  
5 Cooper Linde -- 16:57  
8 Ian McDermott -- 18:45  
9 Matt Dernoga -- 19:13  
10 James Blackwood -- 19:23  
14 Terry Wu -- 21:15  
18 Christopher Tabisz -- 21:30

## WOMEN'S RESULTS

2 Bridget Keegan -- 21:33  
4 Mary Larson -- 21:57  
6 Megan Burke -- 22:19  
7 Melissa Duval -- 22:50  
8 Lisa Curcuruto -- 23:24  
13 Ava Giugliano -- 25:59

# Bright Beginnings 5k

Submitted by montanom on Sun, 05/04/2008 - 11:18pm.

On Saturday 4 Terp Runners set sail for the District to run the Bright Beginnings 5k, a charity event to support child support. The trip took us around DC and down the "road of death" to Hains point. This spot has been a part of many of our races in the past (i.e. Cherry Blossom, Veterans Day 10k, and Marine Corp Marathon). Being the last race of our season everyone wanted to run well. Arriving at the race was a miracle in itself but all runners made good times. Post race activities included innovative parking jobs, lots of drinks, and Nationals Tickets. Here are the results from the race:

Mike Montano- 17:15 (2nd overall)

Matt Dernoga- 18:09 (4th overall)

Dan Miranda- 18:40 (7th overall)

Chris Tabisz- 21:23 (22nd overall)

Thanks for the runners for being patient and performing well. It was quite the interesting morning but a successful one none-the-less. I hope you all had a great season full of PRs, laughs, and quality training. Keep it going till the end of the semester. We will still be having practice till school gets out so keep coming out.

- Mike and Alex

# Pikes Peek 10k Final

Submitted by montanom on Sun, 04/27/2008 - 8:08pm.



All runners were eager to travel up to Rockville to run the downhill Pikes Peek 10k. Clouds and cold weather brought Terp runners out from their houses/dorms/apmts to a race that gave great competition and great post-race food. Here are the results from Sundays race:

## Mens:

David Bernstein- 33:38  
Alvin Yew- 33:49  
Cooper Linde- 33:52  
Mike Montano- 35:02  
Sean Henely- 35:24  
Kevin Matuzak- 36:12  
Kellin Hammil- 37:06  
Alex Vasquez- 37:11\*  
Paul P.- 37:30  
Matt Dernoga- 37:45  
Steve Phillips- 39:12  
Jesse Palmer- 40:28  
Max Gordon- 41:37

## Women:

Clarice- 48:56

\* Alex Vasquez's, due to injury, was not able to run so James Blackwood our long time web master ran for him.

We would to personally thank all runner who ran today. Also congrats to everyone who set a new personal best. Alex and I hope to see you all out at practice and next weekend at Bright Beginnings 5k. See you on the trails.

- Mike and Alex

# Azalea Classic

Submitted by montanom on Mon, 04/21/2008 - 12:21am.

Saturday morning brought Terp Runners to the Azalea Classic; a local 5k sponsored by University Park. After a enjoyable pasta party at Max's place we had enough fuel to run a marathon (or...maybe). Nine elite runners blitzed their way through a very tough and hilly course with several winning age group awards and one winning the whole thing. A 9am race start is rather late for most races but the close proximity gave us a chance to rest up and sleep in. Here are the results from Saturdays race:

David Bernstein- 17:17  
Mike Montano- 17:35  
Matt Dernoga- 18:25  
Dan Miranda- 19:09  
Alex Vasquez- 19:34  
Jesse Palmer- 19:42  
Stephen Phillips- 19:56  
Max Gordon- 20:25  
Christophe Tabisz- 21:45

David Bernstein led the pack and came in first place while team-mate Mike Montano came in 18 seconds later for 4th overall. Matt Dernoga kept his streak of PR's going after a very quick 18:25. Alex Vasquez ran a sprinting version of a 5k coming in just over 19 and a half minutes. Max Gordon also set a personal best with his first race coming off knee surgery. Way to go Max!! After the race there was some interesting dancing which included (but not limited to): the limbo, the chicken dance, and a very impressive helicopter dance courtesy of David Bernstein. Thanks to all finishers of this race and we hope to see you all out for Pikes Peak 10k next sunday. See you on the trails.

- Mike and Alex

# Cherry Blossom

Submitted by montanom on Sun, 04/06/2008 - 11:15pm.

As the clock strikes 5 am most college students are still in their beds. But not those Terp Runners who ran Cherry Blossom. The early morning brought wind, rain, cold, and a very tough running environment. But shortly after 5:30 we took off to the METRO station to start our journey. Once we arrived to the beautiful sites of Washington D.C everyone was ready to go. No one knew what would come in the next few hours but all of our runners were eager to race and return to their homes/dorms/apartments.

After a satisfying pasta dinner the night before we had all the carbs we needed to set PRs. Those personal records were in the minds of all of our runners. The weather was not much better at the start of the race but the eager to race greatly over shadowed the clouds in the sky. As the camera men followed us around we had to perform well. Whether it was Coopers green shirt, David Bernsteins long stride, or James Blackwood's calm racing face they knew they had seen some great running.

Here are the results of the race:

Mens:

David Bernstein- 55:55  
Cooper Linde- 56:59  
Alex Hooke- 1:00:04  
Mike Montano- 1:02:45  
James Blackwood- 1:03:51  
Kevin Matuzak- 1:03:26  
Matt Dernoga- 1:04:33  
Kellen Hamill- 1:05:53  
Mike Nilsen- 1:05:54  
Steve Phillips- 1:07:58  
Brian Watson- 1:09:35  
Chris Tabisz- 1:16:18  
Dan Miranda- 1:19:52

Womens:

Melissa Duvall- 1:21:39  
Ursula Chavez- 1:27:19

I would personally like to thank all the runners who braved the cold and came out to race. I'm glad we got this race because it always brings a lot of people out and a positive atmosphere goes a long way. You all did great jobs today. I know Cooper, David Bernstein, Mike Montano, Alex Hooke, James Blackwood, and Matt Dernoga set PRs. If you set a new personal best kudos to you. I know the next couple races will bring ever greater performances. Thats it for now and I will see you at practice.

- Mike

# [Terp Runners]

Submitted by montanom on Mon, 03/24/2008 - 2:16pm.



Hey all runners out there,  
First and foremost I would like to apologize again for the somewhat confusing semester. Here is the final race schedule for the semester:

Cherry Blossom- 4/6/08  
Azalea Classic- 4/21/08  
Pikes Peak- 4/27/08  
Frederick Marathon Relay- 5/4/08

Cherry Blossom is still on, I am just finalizing the paper work with the race director. If you can drive to any of the races that require cars (Pikes Peak and Frederick) let me know. We need all the drivers possible. Please make sure if you signed up to run Cherry Blossom to run the race. A great deal of time and energy went into planning the race this semester so please be courteous. For Azalea Classic, forms will be available starting tomorrow. It's a race about 2 miles from campus that usually brings out good competition. The DEADLINE for turning in forms is Thurs. APRIL 3rd. If you can't make it to practice you can find the form at <http://azaleaclassic.com>. I don't mean to sound mean but if don't show up to practice at all then you will not be able to run the race. Please be as regular as possible regarding attending practice.

For Pikes Peak, forms will be available starting tomorrow MARCH 25th. These forms will be due April 8th. This, along with Cherry Blossom, are the gold standard races of the spring semester. A PR is almost certain on this down hill course. Located in Rockville, Md this race brings everyone out from Kenyan studs down to the recreational jogger. Not only will you enjoy the competition, but the post race food as well. It's like Thanksgiving in the spring. Trust me!!

Regarding the Frederick Marathon Relay. It's on May 4th in Frederick, Md. The deadline for signing up for this race is April 17th. Forms will start being available on Friday. You can either pick teams or have me choose them for you. It is up to you. We have not done this race before but reading about makes it seem like a fun atmosphere.

All of the due dates for forms are final. I will not be accepting late forms. Once again, I don't want to sound harsh but late race forms cause major problems.

On a brighter note, the weather has held up fairly well so I hope you all are getting in some quality running. Hope your semesters are all going well and I hope to see you all at practice. Lastly, I will be hosting a pasta party the night before Cherry Blossom (4/5/08). There will be salad, pasta, and Max's homemade cookies. Maybe even some garlic pasta for Clarice. Until next time.

- mike

# Rockville 10k/5k and more!

Submitted by clarice315 on Wed, 10/31/2007 - 7:25pm.

For all of you guys that didn't receive my email, here's what it said:

Hey Terp Runners! The website is finally up and running again, just in time for news about this upcoming weekend!

\*\*First of all, five of our Terp Runners ran in the Marine Corps Marathon this past weekend and all of them did an awesome job! So if you see Megan Burke, Mary Larson, Alvin Yew, Matt Dernoga or Chris Tabisz shuffling their way around campus, make sure you congratulate them!

\*\* Next, the following people are running the Rockville 10k/5k this Sunday:

Megan Burke  
Evan Burros  
Melissa Duvall  
Max Gordon  
Ryan Porter  
Chris Tabisz  
David Bernstein  
Kevin Matuszak  
Stephen Phillips  
Zach Riegel  
Carolyn Utrata  
Paul Parisealt  
Ricky Burcat  
Greg Jubb  
Mike Montano  
Michael Nielsen  
Terry Wu

The race goes off at 8:30AM so we must leave by 6:45AM. Be at the track BEFORE 6:45 so we can leave on time!!

\*\*We also need at least 4 or 5 drivers, seeing as there are a LOT of people running this race. So if you can drive, email me back PLEASE!!!

\*\*There will be a pasta party at Megan Burke's place located in Old Leonardtown on Saturday, November 3 (the night before the race). More information about this will be sent out later this week. And again, anyone is allowed to come to the pasta parties, even if you are not running in the race! So please come out.

\*\*VERY IMPORTANT: DAYLIGHT SAVINGS IS NOVEMBER 4th AT 2AM IN THE MORNING!!  
REMEMBER TO SET YOUR CLOCKS BACK FOR THE RACE!!

That being said, starting Monday, November 5th, practice will now begin at 4PM, instead of 5PM. So, we will meet an hour earlier than usual. Don't forget!

\*\*On Saturday, November 3rd, there is a College Park Cares 5k taking place in College Park. If you are interested in helping out along the course/with the race, please email me back by Thursday!

\*\*For those of you that are going to have trouble coming out at 4PM, don't be too bummed out. Alvin Yew is heading a "Monday/Wednesday Funday". "Funday" will be taking place every Monday and Wednesday, starting November 5th. He will be at the Campus Recreation Center at 7PM to cross train. So if you are interested in cross training, please come out! It is a great opportunity to work out at the gym with other people.

That's all for now runners, but look forward to more updates!  
See you guys at practice =)

-Clarice and Meg  
clarice@umd.edu, mburke@umd.edu

# James Madison University Invitational (09/23/2007)

Submitted by mburke on Fri, 09/28/2007 - 8:01am.

Terp Runners began its 2007 fall season this past Saturday with an invitational at James Madison University. The team traveled down to Virginia on Friday night, enjoyed a meal together, however long the wait was, and stayed in a hotel together off campus. On Saturday morning the team traveled to an elementary school/farm a ways from campus where the course had been constructed. The course consisted of a 6k for the women and an 8k for the men, with multiple loops, rolling hills, and very little shade. All of these factors led to slow times and a test of endurance for all teams who participated. The Maryland team was joined by James Madison University, University of Virginia, University of Connecticut, and Penn State University.

The women's race began at 9 am. The team took 5 female contestants with them, although Clarice Ahn opted to participate in a long run (2 hr. and 30 min.) rather than the race. The women were lead by Mary Larson and Megan Burke, followed by Maureen Smith, who had run a half marathon the weekend before, and Emma Disciullo. This race was Emma's first race ever.

The men's race followed the women's at 10:15 am, with 13 men from Terp Runners participating. As the temperature continued to climb, the men got off to a fast start and pushed through a difficult 8k course. For the many freshmen participating, this increase in distance from the traditional 5k to an 8k came as quite a shock. The men began with a strong pack including Greg Jubb, David Bernstein, Mike Montano, and Alvin Yew. This pack became more spread out as the race continued, and freshman Greg Jubb pulled away with the front runners of the race, placing 4th. The men's team placed 3rd overall, following UVA and Penn State.

~Authored by Mary Larson

## **MEN'S RESULTS**

4	Greg Jubb	29:46:00
6	David Bernstein	30:10:00
7	Mike Montano	30:14:00
11	Alvin Yew	30:48:00
17	Kevin Matuszak	31:39:00
18	Daniel Jaskot	31:59:00
23	Paul Pariseault	33:02:00
24	Michael Nilsen	33:10:00
26	Kellen Hamill	34:17:00
29	Terry Wu	35:05:00
38	David Vogt	38:03:00
39	Max Gordon	38:53:00
40	Chris Tabisz	44:20:00

## **WOMEN'S RESULTS**

9	Mary Larson	27:42:00
22	Megan Burke	29:12:00
26	Maureen Smith	29:47:00
45	Emma Disciullo	38:05:00

# The 2007-2008 Academic Year

Submitted by onlsd4high on Sun, 09/02/2007 - 9:24pm.

Welcome to the 2007-2008 academic year! If you are new to College Park, we would like to welcome you to our campus and hope that you will take the opportunity to explore Terp Runners in the days ahead. The club officers are in the process of putting together a fabulous season of races and activities, so be sure to keep your eyes and ears open.

We are a friendly group of runners of all abilities. Regardless of the motivation for running (health, competition, fun, etc.), the common thread that binds all members in the group is the desire to have running companions. All runners interested in joining Terp Runners **MUST** complete the following steps, even if you were a member of the club last year:

- 1) Sign a paper waiver, which is made available at one of the practices
- 2) Join the online member roster by clicking [here](#), clicking on 'Terp Runners', clicking on 'Member Add', and then completing all of the requested information.
- 3) Register for an account on [terprunners.com](http://terprunners.com). This is easy! Just click on 'create new account' on the left panel of the [terprunners.com](http://terprunners.com) homepage.

Practices have already started! Look for us every weekday at 5:00 PM in front of Kehoe Track. Once daylight savings comes around, practices will be moved to 4:00 PM. We look forward to seeing you soon!