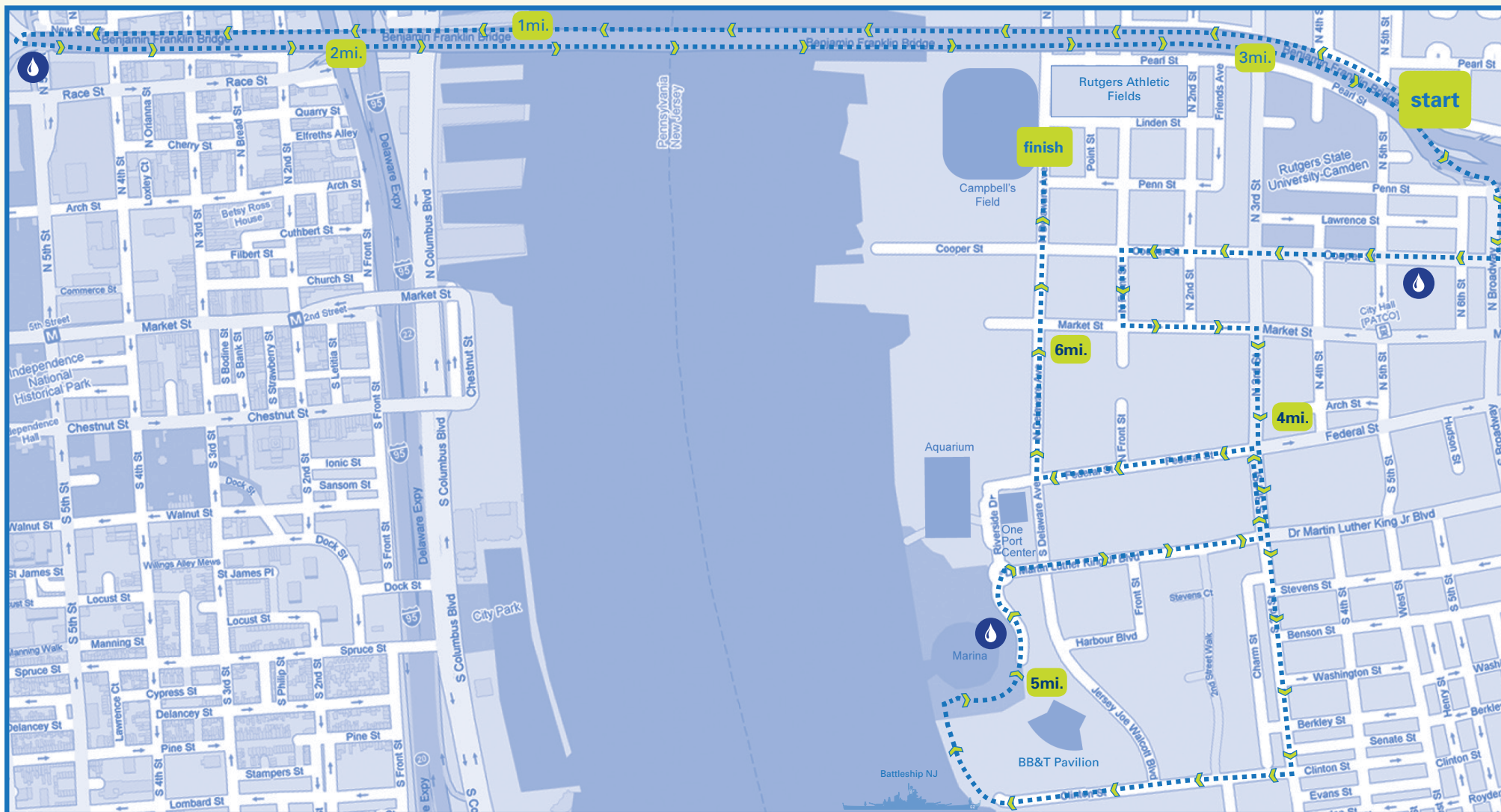


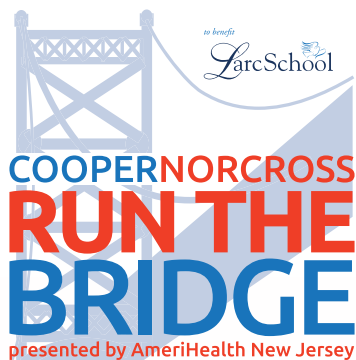


COOPERNORCROSS
**RUN THE
BRIDGE**
presented by AmeriHealth New Jersey

coursemap >>

November 3, 2019 check
results at runthebridge.org





13.2019

course directions >>

>> 10K Course Directions

- > Start at toll gates on the Jersey Side
- > Run over the bridge on westbound lanes, turnaround on Philly side at the break in the barriers. **TURNAROUND IS ON THE BRIDGE.**
- > Run back over bridge on eastbound lanes.
- > Bear to the right at the base of the bridge and take 2nd right onto Broadway.
- > At the light, make a right onto Cooper Street.
- > Follow Cooper Street to N. Front Street and make a left onto N. Front Street.
- > At corner, turn left onto Market Street.
- > Take Market to 3rd Street and turn right onto 3rd.
- > Take 3rd Street to Clinton Street and make a right onto Clinton Street.

>> 2-Mile Bridge Walk Directions

- > Start at the toll gates on the New Jersey side. Line up behind the runners.
 - > Walk up to the 1-mile marker staying close to the center barrier in the westbound lanes.
 - > Turnaround at the 1-mile marker now walking close to the water still in the westbound lane but walking back down the bridge toward the New Jersey tolls.
 - > The Walker Finish Line is where the start took place.
 - > Walkers must complete the bridge walk in 50 minutes or less.
 - > Once finished the walk, exit to the left side of the bridge do not cross over barrier onto other side of bridge.
 - > Join us back at the Rutgers Athletic Fields!
- > Follow Battleship Place around to the Promenade/Brick Walk.
 - > At the circle by the Battleship, go around then bear off to the paved driveway up the hill to the circle at Dr. Martin Luther King Jr. Blvd and go around the circle onto Dr. Martin Luther King Jr. Blvd.
 - > Continue to 3rd Street and turn left onto 3rd Street.
 - > Take 3rd Street to Federal Street and turn left onto Federal Street.
 - > Take Federal Street to Delaware Ave and turn right onto Delaware Ave.
 - > Stay on Delaware Ave.
 - > The finish line will be on Delaware Avenue near the Rutgers Athletic Fields.