



Welcome to the 2019 Cambridge Crab Run!! We hope that this guide will help you with any questions that you may have about the day. This run will be different from the Dorchester Family YMCA Crab Run in that we have a different start and end point. Local organizers of the Eagleman 70.3 realized that, though the former YMCA Crab Run was close to the run course of Eagleman, some athletes wanted an exact duplicate of the run course for scouting. Enter the 2019 course for the Cambridge Crab Run!

With a unique start at the intersection of Great Marsh Park and Talbot Avenue, the course will start in the grass area, simulating the exit from “transition” from the bike portion of the Eagleman race.

Runners who have run the course in the past will find themselves on Hambrooks Blvd, and travelling along familiar ground at that point. The finish line will be a final turn down Somerset Avenue and in to Great Marsh Park again. OUR finish line will be in the grassy area, to limit impact on traffic coming in and out of the park, but will be in the same proximity of the finish for the Eagleman 70.3 event in June.

PACKET PICK UP / START TIMES

Half marathon will start at 7:30 am on Saturday, April 20th.

Packet pickup for the half marathon will be at Great Marsh Park (1 Somerset Avenue, Cambridge, MD, in GPS to get to the park) at one of the pavilion areas. Parking will be first come, first served at Great Marsh Park and then on the neighboring streets for overflow parking.

Packet Pickup will START at 630 am and will conclude at approximately 720 am. There WILL be on site registration and this is the ONLY packet pickup.

5k will start exactly two hours after the half marathon (@ 9:30am)

Packet pickup for the 5k will be at Great Marsh Park. (1 Somerset Avenue, Cambridge, MD, in GPS to get to the park) at one of the pavilion areas. Parking will be first come, first served at Great Marsh Park and then on the neighboring streets for overflow parking. We expect that

runners who come to the packet pickup after the 730 am start of the half marathon will need to park on subsequent roadways.

Packet Pickup will START at 630 am and will temporarily close at 720 am for the start of the half marathon. Packet pickup will re-commence after the start of the half marathon until 9:15 am.

King Crab Challenge

Runners must follow all packet pickup instructions for the half marathon. All runners who complete the half marathon in 2 hours or under will be invited to start with the other 5k participants. Runners must complete the run in 2 hours or under to be eligible for any King Crab awards.

AWARDS

Awards for the HALF MARATHON and the 5K will be for OVERALL MALE, OVERALL FEMALE, and Top 2 MALE and Top 2 FEMALE in 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 and Over

Top MALE and Top FEMALE will be awarded for the King Crab as well. You MAY win in multiple race distances (but not overall and age group).

Projected time for awards is 1030 am. This will allow those who wish to run the half and the marathon to be able to attend the awards ceremony.

AIDE STATIONS

Aide stations, otherwise known as water stops, will be placed on course similar to the same layout as Eagleman. To protect our volunteers, there may be small changes to the locations.

These aide stations will have Water, Gatorade endurance and Clif Gels on course.

There will be ONE porto-john on course, at the 5 and 9 mile mark at the intersection of Horn Point and Hudson Road (343). You will pass this aide station and porto 2 times.

START AREA

There will be porto johns and gallon jugs of water, as well as a few light snacks at the start of the half marathon and 5k. These items can be located at the pavilion at check in.

THERE WILL BE NO VENDORS ON SITE. Please bring whatever materials you may need with you to the start area. We will have staff on site the whole time, so if you need to drop clothes, we will have bags to do so for safe keeping.

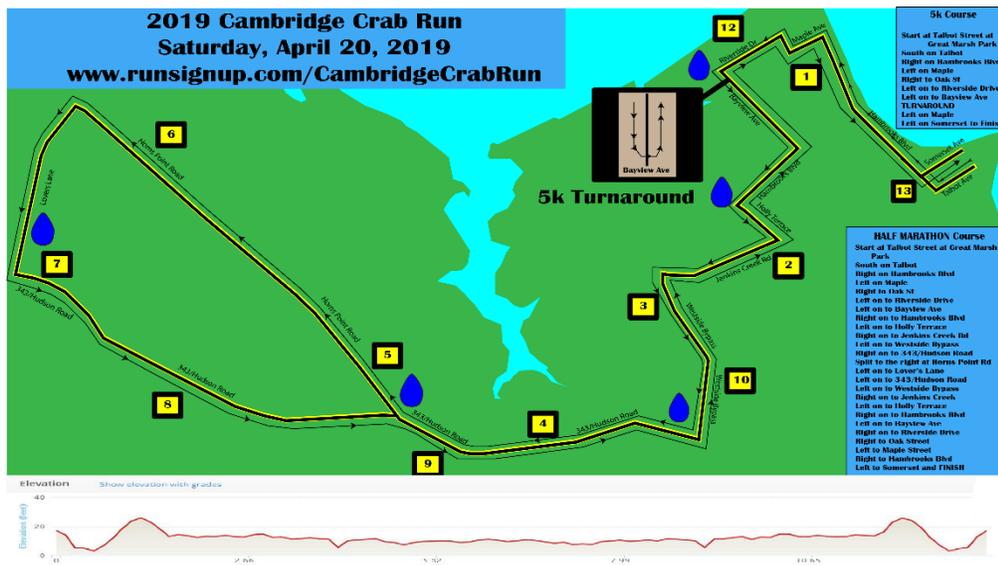
WEATHER

This event is a rain or shine event. In the event of a severe weather situation, we may have to delay the start of the half marathon (which would subsequently delay the start of the 5k) or cancel the King Crab Option. The safety of our athletes and friends is of utmost importance and we do not wish to put anyone in harms way.

If there is a significant rain event, packet pickup MAY be moved to the Dorchester Family YMCA on Talbot Avenue (201 Talbot Avenue). If Great Marsh Park is not safe to start from, the alternative start site is the former Dorchester Family YMCA Crab Run start and finish, again at the YMCA.

We will update everyone on our Facebook page and send out emails to the email address you registered with. We will, additionally, update the website www.runsignup.com/CambridgeCrabRun with updated information

COURSE MAP



Half marathon Turn By Turn

Start at Talbot Street at Great Marsh Park

South on Talbot

Right on Hambrooks Blvd

Left on Maple

Right to Oak St

Left on to Riverside Drive

Left on to Bayview Ave

Right on to Hambrooks Blvd

Left on to Holly Terrace

Right on to Jenkins Creek Rd

Left on to Westside Bypass

Right on to 343/Hudson Road

Split to the right at Horns Point Rd

Left on to Lover's Lane

Left on to 343/Hudson Road

Left on to Westside Bypass

Right on to Jenkins Creek

Left on to Holly Terrace

Right on to Hambrooks Blvd

Left on to Bayview Ave

Right on to Riverside Drive

Right to Oak Street

Left to Maple Street

Right to Hambrooks Blvd

Left to Somerset and FINISH

5k Turn By Turn

Start at Talbot Street at Great Marsh Park

South on Talbot

Right on Hambrooks Blvd

Left on Maple

Right to Oak St

Left on to Riverside Drive

Left on to Bayview Ave

TURNAROUND

Left on Maple

Left on Somerset to Finish

Thank you for being a part of our event and should you have any questions, please send us a message to info@tcreventmanagement.com

Jason Chance
TCR Event Management