



Welcome to the 2022 Cambridge Crab Run!! We hope that this guide will help you with any questions that you may have about the day. We see that the weather is showing for a bit of rain in the morning, and just wanted to remind you that this event is a rain or shine event.

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 Sunday, May 8th, 2022.

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 NOT 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.** You will have a NEW bib waiting for you near the start line to run with. Runners must complete the run in 2 hours or under to be eligible for any King Crab awards.

COURSE (please check the website for course maps)

Half Marathon – The half marathon course is a new course this year, mirroring the course for the Eagleman 70.3 run course. All runners will start on Talbot Avenue, similar to where the run exit would be for the Eagleman course. Runners will turn right on to Hambrooks and follow the course arrows along the course to the Westside Bypass. At the bypass, you will get to an aid station and a right turn, in to a semi-circle. This semi-circle is traditionally part of the Ironman Maryland course and you will run the full distance around, and then turn around and come back to the aid station.

This course is a TWO LOOP course, with the turnaround being near Maple Avenue and Oak Street. At that point, you will turn around and follow the course EXACTLY again. You will then run all the way out to the turnaround on the Westside Bypass loop again.

You will follow the course back and YOU WILL TURN LEFT ON TO SOMERSET AVENUE TO FINISH THE COURSE.

5k – At 9:30 am, we will start the 5k event from Talbot Avenue, near the grassy area where the half marathon starts. You will follow the SAME running course for the first 1.55 miles before turning around on Bay View Avenue (around Maple Avenue). You will then run the same course back to the finish area. YOU WILL TURN LEFT ON TO SOMERSET AVENUE TO FINISH THE COURSE.

AWARDS

Awards for the HALF MARATHON and the 5K will be for OVERALL MALE, OVERALL FEMALE, and Top 3 MALE and Top 3 FEMALE in 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 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

Due to the two loop course, we will have TWO water stops, about 3 miles apart, from each other. At these water stops will find cups of water and Gatorade.

START AREA

There will be porto johns and cups, 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.

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 at www.CambridgeCrabRun.com with updated information.

See you on Sunday!