



#REV3RUN #ITSAFAMILYTHING



CAMBRIDGE CRAB RUN

MAY 7, 2023

ATHLETE GUIDE

5K

HALF

5K &
HALF



CAMBRIDGE CRAB RUN

CAMBRIDGE, MARYLAND
MAY 14, 2023



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CAMBRIDGE CRAB RUN

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WELCOME to CAMBRIDGE CRAB RUN!

Welcome to the 2023 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 70.3 race.

Runners who have run the course in the past will find themselves on Hambrooks Blvd, and traveling along familiar ground at that point. The finish line will be a final turn down Somerset Avenue and into 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.





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LOCATION & PARKING

Gerry Boyle Park at Great Marsh
1 Somerset Avenue
Cambridge, MD 21613

DIRECTIONS

Parking will be first come, first serve at Great Marsh Park and then on the neighboring roads for overflow parking:





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SCHEDULE

6:30 am - 7:15 am

Packet Pickup for the Half Marathon.

7:30 am

Half Marathon START.

7:45 am - 9:15 am

Packet Pickup for the 5K.

9:30 am

5K & King Crab START.

PACKET PICKUP

HALF MARATHON

Packet Pickup will START at 6:30 am and will conclude at approximately 7:15 am. There will NOT be onsite registration - this is ONLY packet pickup.

5K

Packet Pickup will START at 7:45 am and will conclude at approximately 9:15 am. There will NOT be onsite registration - this is ONLY packet pickup.

KING CRAB CHALLENGE

All KING CRAB 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. **In order to run the second event, you MUST register as a King Crab.**



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COURSES

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 70.3 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 Hambrooks and Queen Anne. 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 QUEEN ANNE TO FINISH THE COURSE.

HALF MARATHON: <https://ridewithgps.com/routes/42822234>



CAMBRIDGE CRAB RUN

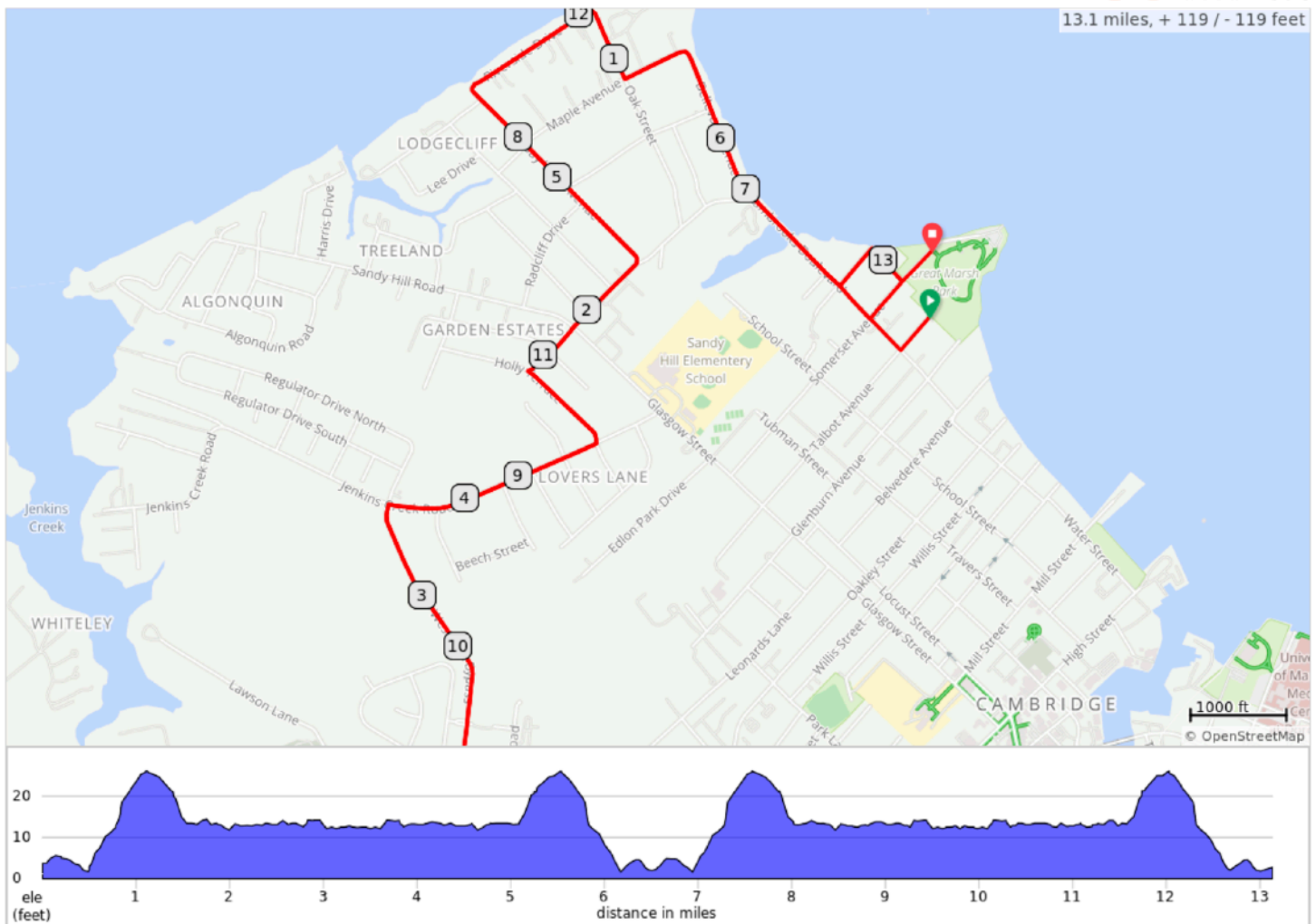
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13.1 miles, + 119 / - 119 feet







Cambridge Crab Run 2023

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0		Start of route	0.1
2.	0.1	0.1		R onto Hambro oks Boulevard	0.2
3.	0.3	0.2		Keep R onto Hambro oks Boulevard	0.2
4.	0.5	0.2		Sharp R onto Hambro oks Boulevard	0.0





0.5 miles. +1/-3 feet

Num	Dist	Prev	Type	Note	Next
9.	1.9	0.4		Slight R onto Hambro oks Boulevard	0.3
10.	2.2	0.3		Sharp L onto Holly Terrace	0.2
11.	2.4	0.2		R onto Jenkins Creek Road	0.4
12.	2.8	0.4		L onto West Side Bypass	0.6

1.4 miles. +3/-3 feet

Num	Dist	Prev	Type	Note	Next
5.	0.5	0.0		Make a U-turn onto Hambro oks Boulevard	0.0
6.	0.5	0.0		Continue onto Bellevue Avenue	0.4
7.	1.0	0.4		R onto Oak Street	0.5
8.	1.4	0.5		Continue onto Bay View Avenue	0.4

0.9 miles. +22/-6 feet

Num	Dist	Prev	Type	Note	Next
13.	3.4	0.6		Continue onto West Side Bypass	0.5
14.	3.8	0.5		R onto Jenkins Creek Road	0.4
15.	4.3	0.4		L onto Holly Terrace	0.2
16.	4.5	0.2		Sharp R onto Hambro oks Boulevard	0.3

1.7 miles. +3/-3 feet

Num	Dist	Prev	Type	Note	Next
17.	4.8	0.3	↖	Keep L onto Bay View Avenue	0.4
18.	5.2	0.4	↑	Continue onto Riverside Drive	0.5
19.	5.7	0.5	←	L onto Maple Avenue	0.4
20.	6.1	0.4	↑	Continue onto Hambrooks Boulevard	0.3
21.	6.4	0.3	←	L onto Queen Anne Avenue	0.2

1.9 miles. +15/-24 feet

Num	Dist	Prev	Type	Note	Next
22.	6.6	0.2	→	R onto Somerset Avenue	0.1
23.	6.7	0.1	→	R onto Hambrooks Boulevard	0.3
24.	7.0	0.3	↑	Continue onto Bellevue Avenue	0.4
25.	7.4	0.4	→	R onto Oak Street	0.5
26.	7.9	0.5	↑	Continue onto Bay View Avenue	0.4




1.5 miles. +26/-8 feet

Num	Dist	Prev	Type	Note	Next
27.	8.3	0.4	↗	Slight R onto Hambrooks Boulevard	0.3
28.	8.6	0.3	↙	Sharp L onto Holly Terrace	0.2
29.	8.8	0.2	→	R onto Jenkins Creek Road	0.4
30.	9.3	0.4	←	L onto West Side Bypass	0.6



1.4 miles. +2/-3 feet

Num	Dist	Prev	Type	Note	Next
31.	9.8	0.6	↑	Continue onto West Side Bypass	0.5
32.	10.3	0.5	→	R onto Jenkins Creek Road	0.4
33.	10.8	0.4	←	L onto Holly Terrace	0.2
34.	11.0	0.2	↘	Sharp R onto Hambrooks Boulevard	0.1






1.7 miles. +3/-3 feet

Num	Dist	Prev	Type	Note	Next
35.	11.0	0.1		Keep R onto Hambro oks Boulevard	0.1
36.	11.1	0.1		Sharp L onto Hambro oks Boulevard	0.0
37.	11.1	0.0		Make a U-turn onto Hambro oks Boulevard	0.2

0.1 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
43.	13.0	0.2		L onto Somers et Avenue	0.1
44.	13.1	0.1		End of route	0.0

0.3 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
38.	11.3	0.2		Keep L onto Bay View Avenue	0.4
39.	11.7	0.4		Continue onto Riverside Drive	0.5
40.	12.2	0.5		L onto Maple Avenue	0.4
41.	12.6	0.4		Continue onto Hambro oks Boulevard	0.3
42.	12.9	0.3		L onto Queen Anne Avenue	0.2

1.8 miles. +15/-24 feet



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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 ONTO SOMERSET AVENUE TO FINISH THE COURSE.

- ▶ 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



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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 ONSITE. Please bring whatever materials you may need with you to the start area. We will have staff onsite the whole time, so if you need to drop clothes, we will have bags to do so for safe keeping.

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.

AWARDS

HALF MARATHON & 5K: OVERALL MALE (1st, 2nd, 3rd), OVERALL FEMALE (1st, 2nd, 3rd), and Age Group Male & Female (1st, 2nd, 3rd): 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & Over.

KING CRAB: OVERALL MALE (1st, 2nd, 3rd) & OVERALL FEMALE (1st, 2nd, 3rd).

Projected time for awards is 10:30 am. This will allow those who wish to run the half and the 5K to be able to attend the awards ceremony.



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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 upmost 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!

OUR PROMISE TO YOU

- ◆ Support the healthy lifestyle choices of athletes!
- ◆ To help provide smooth events for organizers and athletes alike. By taking care of the details, events are enjoyable and athletes continue to come back to support the organizations that host them.

QUESTIONS?

Contact Jason with Revolution3 at info@rev3tri.com for more information.

