

2026



ATHLETE GUIDE



CAMBRIDGE CRAB RUN:

KING CRAB | HALF MARATHON | 5K

MAY 10, 2026





WELCOME

Welcome to the 2026 Cambridge Crab Run!! We hope that this guide will help you with any questions that you may have. Our team is happy to have you join our 'family' even if just for the day and look forward to seeing you at other events in the future!

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.

RACEJOY APP

Interactive Race Day Experience with RaceJoy Live Phone Tracking, GPS Progress Alerts and Cheers!

We are providing you with RaceJoy as part of the official race experience for Six Pillars Century.

Download the RaceJoy mobile app in advance to ensure proper phone setup. Invite your friends and family to track you and send you cheers!

Available in the [App Store](#) or on [Google Play](#).



Download RaceJoy for Free Tracking and Cheer Sending!

Live Phone Tracking
Continual Progress Updates
And So Much More!



www.racejoy.com



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:



SCHEDULE

- 6:30-7:15 am Packet Pickup for the **HALF MARATHON & KING CRAB.**
- 7:30 am Half Marathon **START.**
- 7:45-9:15am Packet Pickup for the **5K.**
- 9:30am 5K & King Crab **START.**

PACKET PICKUP

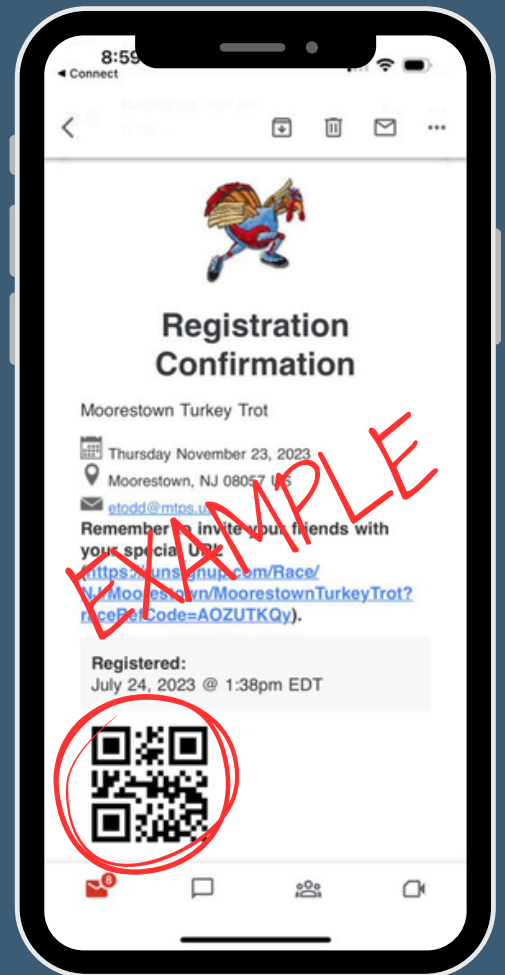
Gerry Boyle Park at Great Marsh

1 Somerset Avenue
Cambridge, MD 21613

While Packet Pickup is primarily on Race Morning, if you happen to be in the area, our team will be at Gerry Boyle Park on Saturday for the Six Pillars Century Ride until 3pm, so stop on by.

****PLEASE HAVE YOUR QR CODE & ID READY AT PACKET PICKUP****

Your QR code can be found at the bottom of your Registration Confirmation email. Please come to packet pickup with your QR code ready to be scanned, this ensures a smooth process.



HALF MARATHON

Packet Pickup will START at 6:30 am and will conclude at approximately 7:15 am. There will be onsite registration.

5K

Packet Pickup will START at 7:45 am and will conclude at approximately 9:15 am. There will be onsite registration.

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. 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.**

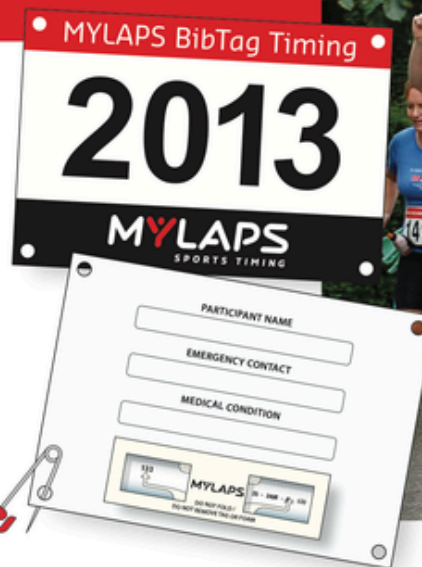
BIB NUMBER


Q. Where does my bib number go?

A. Your bib has a MyLaps BibTag timing chip on the backside. Your bib also has YOUR unique bib number to it. In order to accurately track your running AND to ensure that you are able to get all of those great (and FREE!!!) race photos, we ask that you wear your bib number visibly on your chest/waist area. Please do not plan to wear any garments over your bib, as this will make identification for photos more difficult. Please wear the bib horizontally, so that our photo recognition software can read it, and so that the timing chip can accurately be registered on the mats.

Tips for guaranteed timing

- Wear the bib number visibly on the chest
- Do not fold or crumple your bib number or tag
- Use a pin for each corner of the bib number, do not pierce the tag
- Do not remove the foam spacer. The foam increases the detection rate of your tag



 The tags do not have to be collected after the race, you can keep the bib with the tag as a souvenir.

mylaps.com

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 1.5 miles apart, from each other. At these water stops will find cups of water and Gatorade. These water stops will roughly be at Miles 1.4, 2.8, 3.9, 5.2, 6.5 (Water only at the turnaround), 7.8, 9.3, 10.3 and 11.5.

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** with updated information.

For those of you who ran with us last year, the tides are set to be low and all rain should be done on Friday. Fingers crossed.

COURSES

HALF MARATHON

<https://ridewithgps.com/routes/46548050>

The half marathon course is a mirror of 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.

This course is a **TWO LOOP** course, with the turnaround being near Hambrooks & Queen Anne. At that point, you will turn around and follow the course **EXACTLY** again. You will follow the course back and **YOU WILL TURN LEFT ONTO QUEEN ANNE TO FINISH THE COURSE.**

5K

<https://ridewithgps.com/routes/46548097>

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.**

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➔	R onto Hambrooks Boulevard	0.4
3.	0.5	0.4	⬆	Continue onto Bellevue Ave	0.3
4.	0.8	0.3	⬅	Bellevue Ave turns L and becomes Maple Ave	0.1
5.	0.9	0.1	➔	R onto Oak St	0.5

0.9 miles. +20/-3 feet

Num	Dist	Prev	Type	Note	Next
6.	1.4	0.5	⬆	Continue onto Bay View Ave	0.4
7.	1.9	0.4	⬆	Continue onto Hambrooks Blvd	0.3
8.	2.1	0.3	➔	R onto Holly Terrace	0.2
9.	2.3	0.2	⬅	L onto Wisteria Dr	0.3
10.	2.6	0.3	⬅	L onto Sandy Hill Rd	0.2
11.	2.8	0.2	⬅	L onto Algonquin Rd	0.5

1.9 miles. +1/-16 feet

HALF MARATHON

Num	Dist	Prev	Type	Note	Next
12.	3.3	0.5	⬅	L to stay on Algonquin Rd	0.1
13.	3.4	0.1	➔	R onto Manito Dr	0.2
14.	3.6	0.2	⬅	L onto Hatsawap Rd	0.1
15.	3.7	0.1	⬆	Continue onto Sandy Hill Rd	0.3
16.	4.0	0.3	⬅	L onto Hillcrest Dr	0.1
17.	4.1	0.1	➔	R onto Linthicum Dr	0.3

1.2 miles. +15/-13 feet

Num	Dist	Prev	Type	Note	Next
18.	4.4	0.3	➔	R onto Buena Vista Ave	0.3
19.	4.7	0.3	⬅	L onto Hambrooks Blvd	0.1
20.	4.7	0.1	⬅	Slight L onto Bay View Ave	0.4
21.	5.2	0.4	⬆	Continue straight onto Oak St/ Riverside Dr	0.5

1.1 miles. +8/-1 feet

Num	Dist	Prev	Type	Note	Next
22.	5.6	0.5	←	L onto Maple Ave	0.1
23.	5.8	0.1	→	Maple Ave turns R and becomes Bellevue Ave	0.3
24.	6.1	0.3	↑	Continue onto Hambrooks Blvd	0.2
25.	6.3	0.2	←	L onto Bay St/ Queen Anne Ave	0.2

1.1 miles. +2/-19 feet

Num	Dist	Prev	Type	Note	Next
31.	7.8	0.5	↑	Continue onto Bay View Ave	0.4
32.	8.3	0.4	↑	Continue onto Hambrooks Blvd	0.3
33.	8.6	0.3	→	R onto Holly Terrace	0.2
34.	8.8	0.2	←	L onto Wisteria Dr	0.3
35.	9.0	0.3	←	L onto Sandy Hill Rd	0.2
36.	9.3	0.2	←	L onto Algonquin Rd	0.5

1.9 miles. +1/-17 feet

HALF MARATHON

Num	Dist	Prev	Type	Note	Next
26.	6.5	0.2	→	R onto Somerset Ave	0.1
27.	6.6	0.1	→	R onto Hambrooks Blvd	0.3
28.	6.9	0.3	↑	Continue onto Bellevue Ave	0.3
29.	7.2	0.3	←	Bellevue Ave turns L and becomes Maple Ave	0.1
30.	7.4	0.1	→	R onto Oak St	0.5

1.1 miles. +21/-2 feet

Num	Dist	Prev	Type	Note	Next
37.	9.7	0.5	←	L to stay on Algonquin Rd	0.1
38.	9.8	0.1	→	R onto Manito Dr	0.2
39.	10.0	0.2	←	L onto Hatsawap Rd	0.1
40.	10.1	0.1	↑	Continue onto Sandy Hill Rd	0.3
41.	10.4	0.3	←	L onto Hillcrest Dr	0.1
42.	10.5	0.1	→	R onto Linthicum Dr	0.3

1.2 miles. +15/-13 feet

Num	Dist	Prev	Type	Note	Next
43.	10.8	0.3	→	R onto Buena Vista Ave	0.3
44.	11.1	0.3	←	L onto Hambro oks Blvd	0.1
45.	11.2	0.1	←	Slight L onto Bay View Ave	0.4
46.	11.6	0.4	↑	Continue straight onto Oak St/ Riverside Dr	0.5

1.1 miles. +8/-1 feet

Num	Dist	Prev	Type	Note	Next
51.	12.9	0.2	←	L onto Somerset Ave	0.1
52.	13.1	0.1	📍	End of route	0.0

0.3 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
47.	12.1	0.5	←	L onto Maple Ave	0.1
48.	12.2	0.1	→	Maple Ave turns slightly R and becomes Bellevue Ave	0.3
49.	12.5	0.3	↑	Continue onto Hambro oks Blvd	0.2
50.	12.8	0.2	←	L onto Bay St/ Queen Anne Ave	0.2

1.1 miles. +2/-19 feet

HALF MARATHON

Cambridge Crab Run 5k

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	0.4
3.	0.5	0.4	⬆	Continue onto Bellevue Avenue	0.4
4.	0.9	0.4	➔	R onto Oak Street	0.5
5.	1.4	0.5	⬆	Continue onto Bay View Ave	0.7

1.4 miles. +25/-7 feet

Num	Dist	Prev	Type	Note	Next
10.	3.0	0.2	←	L onto Somerset Ave	0.1
11.	3.1	0.1	📍	End of route	0.0

0.3 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
6.	2.1	0.7	←	L onto Maple Ave	0.1
7.	2.2	0.1	➔	Maple Ave turns R and becomes Bellevue Ave	0.3
8.	2.5	0.3	⬆	Continue onto Hambro oks Blvd	0.2
9.	2.8	0.2	←	L onto Bay St/ Queen Anne Ave	0.2

1.4 miles. +2/-19 feet

5k

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 **10:30am**. This will allow those who wish to run the Half and the 5K to be able to attend the awards ceremony.

OUR PROMISE TO YOU

- Support the healthy lifestyle choices of runners!
- 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.



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