



**START  
FINISH**

-  **MILE MARKER**
-  **WATER & NUUN  
AT EVERY  
HYDRATION  
STATION**
-  **GU ENERGY  
AT MILE 7**
-  **MEDICAL**

# CRAWLIN' CRAB HALF MARATHON



**Sunday, October 6, 2024**  
**Start time: 7:30am**

PRESENTED BY  **Bon Secours**

SALTERS CREEK

EAST HAMPTON

NATIONAL CEMETERY

KECOUGHTAN

MERRIMAC SHORES

ARMSTRONG GARDEN

HAMPTON ROADS CONVENTION CENTER  
HAMPTON COLISEUM

WINDSOR TERRACE

Pine Chapel Rd.

Power Plant Pkwy.

Briarfield Rd.

W. Pembroke Ave.

25th St.

Pear Ave.

Chesapeake Ave.

Powhatan Pkwy

Kecoughtan Rd.

Victoria Blvd.

W. Queen St.

Settlers Landing Rd.

Lasalle Ave.

Lasalle Ave.

Lasalle Ave.

60

N. Armstead Ave.

Union St.

Rip Rap Rd.

N King St.

INTERSTATE 64

INTERSTATE 664

INTERSTATE 64

W nuun

W nuun

W nuun

W nuun

GU W nuun

12

1

13

11

10

9

8

7

6

3

5

4