WINDSOR TERRACE
Pine Chapel Rd.
HAMPTON ROADS CONVENTION CENTER
START FINISH
HAMPTON COLISEUM
Power Plant Pkwy.
INTERSTATE 64
N. Armstead Ave.
Rip Rap Rd.
N King St.
EAST HAMPTON
Lasalle Ave.
Union St.
Briarfield Rd.
W. Queen St.
INTERSTATE 664
Settlers Landing Rd.
ENDURANCE
NATIONAL CEMETERY
KECOUGHTAN
W. Pembroke Ave
Victoria Blvd.
Powhatan Pkwy
LaSalle Ave.
60
MERRIMAC SHORES
Kecoughtan Rd.
ARMSTRONG GARDEN
GU
Victoria Blvd.
25th St.
Pear Ave.
Chesapeake Ave.
SALTERS CREEK
1 MILE MARKER
WATER AND GATORADE ENDURANCE AT EVERY HYDRATION STATION
GU ENERGY
MEDICAL
ELEVATION
START 23 FT
MAX 58 FT
GAIN 167 FT
140 FT
69 FT
-3 FT
-75 FT
1.4 mi
3.7 mi
5.6 mi
9.8 mi
Sunday, October 2026
Start time: 7:30am
Sentara
CRAWLIN' CRAB HALF MARATHON