

The Crush Run 5K Map & Directions

THE CRUSH RUN

HOPE COMMUNITY CHURCH

START FINISH

- ★ Start at Hope Community Church
- ↑ Cross Henderson Rd
- ↙ Left on Jasper Rd
- ↘ Right on Springdell Rd
- ↙ Left on Abrams Mill Rd
- ⚠ *1st time at the water station!
- ↙ Left on Suellen Dr
- ↙ Left on Sweetbriar Rd
- ↙ Veer left to go around Sweetbriar Cir
- ↑ Straight on Sweetbriar Rd
- ↘ Right on Springdell Rd
- ⚠ *2nd time at the water station!
- ↘ Right on Abrams Mill Rd
- ↘ Right on Bernard Dr
- ↘ Right on George Dr
- ↙ Left on Roberts Dr
- ↘ Right on Bernard Dr
- ↙ Left on Jasper Rd
- ↘ Right on W Beidler Rd
- ↑ Cross Henderson Rd
- ↑ Straight to finish!

**5K RUNNERS PLEASE NOTE: You will run down Springdell Rd toward the water station TWICE. The FIRST time, turn LEFT. The SECOND time, turn RIGHT!*

ELEVATION (ft)
 180
 160
 140
 120
 100
 0
 0 1 2 3
 Miles
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The Crush Run 10K Map & Directions

THE CRUSH RUN

HOPE COMMUNITY CHURCH

START FINISH

- ★ Start at Hope Community Church
- ↘ Right on Cambridge Rd
- ↘ Right on Norwyk Dr
- ↙ Left on Crestwyk Dr
- ↙ Left on Valleywyck Dr
- ↙ Left on General Scott Rd
- ↘ Right on Regimental Rd
- ↑ Cross Caley Rd
- ↙ Left on Suellen Dr
- ↘ Right on Abrams Mill Rd
- ↘ Right on Bernard Dr
- ↘ Right on George Dr
- ↙ Left on Roberts Dr
- ↘ Right on Bernard Dr
- ↙ Left on Jasper Rd
- ↙ Veer left to go around Sweetbriar Cir
- ↑ Stay straight on Sweetbriar Rd
- ↑ Cross Caley Rd
- ↘ Right on General Scott Rd
- ↘ Right on Champlain Dr
- ↘ Right on Abrams Mill Rd
- ↙ Left on General Scott Rd
- ↘ Right on Norwyk Dr
- ↙ Left on Crestwyk Dr
- ↙ Left on Valleywyck Dr
- ↙ Left on General Scott Rd
- ↘ Right on Regimental Rd
- ↑ Cross Caley Rd
- ↙ Left on Suellen Dr
- ↘ Right on Abrams Mill Rd
- ↘ Right on Bernard Dr
- ↘ Right on George Dr
- ↙ Left on Roberts Dr
- ↘ Right on Bernard Dr
- ↙ Left on Jasper Rd
- ↙ Veer left to go around Sweetbriar Cir
- ↑ Stay straight on Sweetbriar Rd
- ↑ Cross Caley Rd
- ↘ Right on General Scott Rd
- ↘ Right on Champlain Dr
- ↘ Right on Abrams Mill Rd

ELEVATION (ft)
 200
 180
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 140
 120
 100
 0
 0 2 4 6
 Miles
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