



Leg Difficulty and Ratings

Each leg has been rated using a complex proprietary formula that takes into account the mileage, total ascent, total descent, and ascent per mile. It is recommended that teams use the below chart to decide the order of their team based on strengths, weaknesses, and desires of your runners.

Ratings of 1 are the hardest, 12 the easiest.

Leg #	Distance (miles)	Distance Rating	Total Ascent (ft)	Total Descent (ft)	Difficulty Rating
1	6.13	5	879	784	2
2	6.00	6	931	833	1
3	5.61	9	282	521	11
4	5.72	7	547	459	5
5	5.15	10	324	347	12
6	5.65	8	423	311	8
7	4.55	11	462	626	10
8	3.53	12	492	259	6
9	6.17	4	249	1404	9
10	9.84	1	797	990	4
11	6.20	3	567	416	3
12	8.78	2	354	524	7