



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	7	879	784	2
2	6.00	8	931	833	4
3	7.12	4	403	551	8
4	7.55	3	767	797	1
5	5.65	9	423	311	11
6	4.55	11	462	626	10
7	3.53	12	492	259	9
8	8.87	1	629	1669	3
9	4.73	10	347	593	12
10	6.35	5	574	643	6
11	6.20	6	567	416	5
12	8.78	2	354	524	7