

Rucker #1:		
Leg #	Distance	Type of Run
1	2.72	Easy incline; slow, gradual decline
15	3.19	Moderate/difficult; hilly
29	3.25	Diffucult/hard; hilly
43	2.47	Easy; long, gradual decline
57	2.87	Easy/moderate
71	2.21	Easy; rolling declines to the finish
TOTAL: 16.71 miles		AVG: 2.79 mi

Rucker #2:		
Leg #	Distance	Type of Run
2	2.79	Easy; rolling, gradual decline
16	3.31	Easy/moderate; hill w/ rolling decline
30	3.54	Hard; hilly, longer
44	3.60	Moderate; longer and flat
58	3.68	Moderate/difficult; longer, rolling hills
TOTAL: 16.92 miles		AVG: 3.38 mi

Rucker #3:		
Leg #	Distance	Type of Run
3	2.32	Easy; slight incline; downhill finish
17	3.64	Difficult; long, hilly
31	2.23	Moderate/hard; hills middle and finish
45	2.86	Easy; flat
59	3.35	Moderate; slight, rolling hills
TOTAL: 14.40 miles		AVG: 2.88 mi

Rucker #4:		
Leg #	Distance	Type of Run
4	2.63	Easy; early incline; slight rolling hills
18	2.61	Easy; slight incline, then gentle hills
32	2.01	Moderate; short w/ rolling hills
46	3.16	Moderate; gradual, rolling decline
60	3.39	Moderate; gradual incline throughout
TOTAL: 13.80 miles		AVG: 2.76 mi

Rucker #5:		
Leg #	Distance	Type of Run
5	3.17	Easy; gradual decline
19	3.05	Moderate; rolling hills
33	2.09	Easy; short and mostly flat
47	2.95	Moderate; rolling hills
61	2.93	Easy/moderate; mostly flat w/ decline
TOTAL: 14.19 miles		AVG: 2.84 mi

Rucker #6:		
Leg #	Distance	Type of Run
6	2.79	Moderate; mostly flat w/ big hill at end
20	3.23	Easy; slight, rolling hills
34	3.11	Easy; flat w/ downhill early
48	2.66	Easy/moderate; long, gradual incline
62	3.12	Moderate; rolling hills
TOTAL: 14.91 miles		AVG: 2.98 mi

Rucker #7:		
Leg #	Distance	Type of Run
7	2.61	Easy; mostly flat
21	3.40	Easy early; hard and hilly to finish
35	2.70	Easy/moderate; flat, steep hill at finish
49	3.35	Moderate; longer, rolling decline
63	3.23	Moderate; mostly flat w/ rolling hills
TOTAL: 15.29 miles		AVG: 3.06 mi

Rucker #8:		
Leg #	Distance	Type of Run
8	2.01	Easy; short and flat
22	2.56	Easy/moderate; rolling declines
36	2.63	Easy; downhill at start, then flat
50	2.33	Easy/moderate; rolling hills
64	3.87	Difficult; longer w/ rolling hills
TOTAL: 13.40 miles		AVG: 2.68 mi

Rucker #9:		
Leg #	Distance	Type of Run
9	2.51	Moderate; short w/ rolling hills
23	2.86	Easy; flat w/ downhill finish
37	3.11	Moderate; flat w/ slight incline late
51	2.93	Easy
65	2.45	Easy; mostly flat, slight incline last mile
TOTAL: 13.86 miles		AVG: 2.77 mi

Rucker #10:		
Leg #	Distance	Type of Run
10	2.70	Easy; small, rolling hills
24	3.56	Difficult/moderate; inclines
38	2.09	Easy; short and mostly flat
52	3.25	Easy/moderate; rolling hills
66	2.74	Hard, hilly
TOTAL: 14.34 miles		AVG: 2.87 mi

Rucker #11:		
Leg #	Distance	Type of Run
11	2.67	Moderate; gradual, rolling inclines
25	3.58	Easy/moderate; long w/ rolling hills
39	2.02	Moderate; short w/ rolling hills
53	2.61	Moderate; hilly
67	2.34	Hard; long, steep hill
TOTAL: 13.22 miles		AVG: 2.64 mi

Rucker #12:		
Leg #	Distance	Type of Run
12	2.10	Easy; short; small hill
26	2.87	Easy; flat
40	2.23	Moderate; short w/ hill in middle
54	3.08	Difficult; hilly
68	2.05	Easy
TOTAL: 12.33 miles		AVG: 2.47 mi

Rucker #13:		
Leg #	Distance	Type of Run
13	3.51	Difficult; long w/ several tough inclines
27	3.62	Moderate; flat, longer
41	3.56	Hard; hilly, longer
55	3.72	Difficult; longer w/ rolling hills
69	2.53	Moderate/difficult; long, steep incline
TOTAL: 16.94 miles		AVG: 3.39 mi

Rucker #14:		
Leg #	Distance	Type of Run
14	2.68	Moderate/hard; rolling hills
28	2.46	Moderate/hard; long, gradual incline
42	3.25	Difficult/hard; hilly
56	3.36	Easy; mostly flat
70	3.66	Easy; mostly flat w/ rolling declines
TOTAL: 15.41 miles		AVG: 3.08 mi