

Rucker #1:		
Leg #	Distance	Type of Run
36	2.63	Easy; downhill at start, then flat
43	2.47	Easy; long, gradual decline
50	2.33	Easy/moderate; rolling hills
57	2.87	Easy/moderate
64	3.87	Difficult; longer w/ rolling hills
71	2.21	Easy; rolling declines to the finish
TOTAL: 16.38 miles		AVG: 2.73 mi

Rucker #2:		
Leg #	Distance	Type of Run
37	3.11	Moderate; flat w/ slight incline late
44	3.60	Moderate; longer and flat
51	2.93	Easy
58	3.68	Moderate/difficult; longer, rolling hills
65	2.45	Easy; mostly flat, slight incline last mile
TOTAL: 15.77 miles		AVG: 3.15 mi

Rucker #3:		
Leg #	Distance	Type of Run
38	2.09	Easy; short and mostly flat
45	2.86	Easy; flat
52	3.25	Easy/moderate; rolling hills
59	3.35	Moderate; slight, rolling hills
66	2.74	Hard, hilly
TOTAL: 14.29 miles		AVG: 2.86 mi

Rucker #4:		
Leg #	Distance	Type of Run
39	2.02	Moderate; short w/ rolling hills
46	3.16	Moderate; gradual, rolling decline
53	2.61	Moderate; hilly
60	3.39	Moderate; gradual incline throughout
67	2.34	Hard; long, steep hill
TOTAL: 13.52 miles		AVG: 2.70 mi

Rucker #5:		
Leg #	Distance	Type of Run
40	2.23	Moderate; short w/ hill in middle
47	2.95	Moderate; rolling hills
54	3.08	Difficult; hilly
61	2.93	Easy/moderate; mostly flat w/ decline
68	2.05	Easy
TOTAL: 13.24 miles		AVG: 2.65 mi

Rucker #6:		
Leg #	Distance	Type of Run
41	3.56	Hard; hilly, longer
48	2.66	Easy/moderate; long, gradual incline
55	3.72	Difficult; longer w/ rolling hills
62	3.12	Moderate; rolling hills
69	2.53	Moderate/difficult; long, steep incline
TOTAL: 15.59 miles		AVG: 3.12 mi

Rucker #7:		
Leg #	Distance	Type of Run
42	3.25	Difficult/hard; hilly
49	3.35	Moderate; longer, rolling decline
56	3.36	Easy; mostly flat
63	3.23	Moderate; mostly flat w/ rolling hills
70	3.66	Easy; mostly flat w/ rolling declines
TOTAL: 16.85 miles		AVG: 3.37 mi