

Rucker #1:		
Leg #	Distance	Type of Run
1	2.72	Easy incline; slow, gradual decline
8	2.01	Easy; short and flat
15	3.19	Moderate/difficult; hilly
22	2.56	Easy/moderate; rolling declines
29	3.25	Difficult/hard; hilly
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:	30.11 miles	AVG: 2.74 mi

Rucker #2:		
Leg #	Distance	Type of Run
2	2.79	Easy; rolling, gradual decline
9	2.51	Moderate; short w/ rolling hills
16	3.31	Easy/moderate; hill w/ rolling decline
23	2.86	Easy; flat w/ downhill finish
30	3.54	Hard; hilly, longer
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:	30.78 miles	AVG: 3.08 mi

Rucker #3:		
Leg #	Distance	Type of Run
3	2.32	Easy; slight incline; downhill finish
10	2.70	Easy; small, rolling hills
17	3.64	Difficult; long, hilly
24	3.56	Difficult/moderate; inclines
31	2.23	Moderate/hard; hills middle and finish
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:	28.74 miles	AVG: 2.87 mi

Rucker #4:		
Leg #	Distance	Type of Run
4	2.63	Easy; early incline; slight rolling hills
11	2.67	Moderate; gradual, rolling inclines
18	2.61	Easy; slight incline, then gentle hills
25	3.58	Easy/moderate; long w/ rolling hills
32	2.01	Moderate; short w/ rolling hills
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:	27.02 miles	AVG: 2.70 mi

Rucker #5:		
Leg #	Distance	Type of Run
5	3.17	Easy; gradual decline
12	2.10	Easy; short; small hill
19	3.05	Moderate; rolling hills
26	2.87	Easy; flat
33	2.09	Easy; short and mostly flat
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:	26.52 miles	AVG: 2.65 mi

Rucker #6:		
Leg #	Distance	Type of Run
6	2.79	Moderate; mostly flat w/ big hill at end
13	3.51	Difficult; long w/ several tough inclines
20	3.23	Easy; slight, rolling hills
27	3.62	Moderate; flat, longer
34	3.11	Easy; flat w/ downhill early
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:	31.85 miles	AVG: 3.19 mi

Rucker #7:		
Leg #	Distance	Type of Run
7	2.61	Easy; mostly flat
14	2.68	Moderate/hard; rolling hills
21	3.40	Easy early; hard and hilly to finish
28	2.46	Moderate/hard; long, gradual incline
35	2.70	Easy/moderate; flat, steep hill at finish
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:	30.70 miles	AVG: 3.07 mi