

6-Position Teams Position #	Relay	
	legs	miles
1	1,7	8.2
2	2,8	9.8
3	3,9	7.6
4	4,10	8.6
5	5,11	9.8
6	6,12	6.8
	Total	50.8

50M Ultra	
legs	miles
1-12	50.8
Total	50.8

4-Position Teams Position #	Relay	
	legs	miles
1	1,5,9	13.1
2	2,6,10	12.2
3	3,7,11	12.5
4	4,8,12	13.0
	Total	50.8

50K Ultra	
legs	miles
1-3	15.0
4A	4.9
4B	4.2
5,6	7.3
Total	31.4

3-Position Teams Position #	Relay	
	legs	miles
1	1,4,7,10	16.8
2	2,5,8,11	19.6
3	3,6,9,12	14.4
	Total	50.8

Marathon+	
legs	miles
1,2,3,4,5,6	27.7
Total	27.7

2-Position Teams Position #	Relay	
	legs	miles
1	1,3,5,7,9,11	25.6
2	2,4,6,8,10,12	25.2
	Total	50.8

Half Marathon	
legs	miles
4B,5,6	13.1
Total	13.1

Notes:

Legs 2, 3, 4, 4A and 4B include sections that are secluded and isolated from roads. Leg 2 is very rough and muddy and particularly challenging as well as isolated and should be assigned to stronger and more experienced runners. Some people may not feel comfortable alone on parts of these legs. Team positions and events which include isolated legs are marked with yellow. Although we consider them to be safe, these legs might be candidates for males or teammates participating in pairs.