





EVENT	ADK 'BEAST' RELAY... "BEAST of the EAST"		
 START	WHITEFACE MT		
 FINISH	SARANAC BREWERY		
DISTANCE (mi)	227	# LEGS	42
TEAM TYPES	STANDARD	ULTRA	
# VANS/TEAM	1	1	
# RUNNERS	12	6	
# LEGS/RUNNER	VAN #1 = 4 VAN #2 = 3	7 STANDARD or 3 DOUBLE + 1 STD	

STANDARD TEAM: LEG BREAKDOWN BY RUNNER

VAN #	RUNNER #	LEG#: 1-6	LEG#: 13-18	LEG#: 25-30	LEG#: 37-42	TOTAL
1	1	6.4 <i>VERY HARD</i>	3.2 <i>EASY</i>	2.9 <i>EASY</i>	6.0 <i>HARD</i>	18.5
	2	2.1 <i>MODERATE</i>	5.7 <i>MODERATE</i>	4.1 <i>EASY</i>	10.0 <i>INSANE</i>	21.9
	3	3.3 <i>MODERATE</i>	5.8 <i>MODERATE</i>	8.5 <i>MODERATE</i>	6.3 <i>MODERATE</i>	23.9
	4	3.0 <i>MODERATE</i>	7.1 <i>MODERATE</i>	7.1 <i>MODERATE</i>	5.0 <i>EASY</i>	22.2
	5	5.2 <i>MODERATE</i>	2.3 <i>EASY</i>	6.1 <i>EASY</i>	6.0 <i>MODERATE</i>	19.5
	6	2.6 <i>MODERATE</i>	9.4 <i>VERY HARD</i>	3.9 <i>HARD</i>	3.0 <i>EASY</i>	18.8
		LEG#: 7-12	LEG#: 19-24	LEG#: 31-36		TOTAL
2	7	2.6 <i>EASY</i>	12.3 <i>HARD</i>	6.1 <i>MODERATE</i>		21.0
	8	5.3 <i>MODERATE</i>	2.3 <i>EASY</i>	6.4 <i>VERY HARD</i>		14.0
	9	5.0 <i>EASY</i>	9.3 <i>HARD</i>	2.4 <i>EASY</i>		16.7
	10	10.7 <i>VERY HARD</i>	2.4 <i>EASY</i>	5.0 <i>EASY</i>		18.1
	11	3.3 <i>MODERATE</i>	4.3 <i>HARD</i>	3.8 <i>EASY</i>		11.4
	12	7.1 <i>MODERATE</i>	7.5 <i>MODERATE</i>	6.0 <i>MODERATE</i>		20.6

6-PACK TEAMS
 FOLLOW STANDARD TEAM
 LEG BREAKDOWN

6-PACK
 + 6-PACK
 = STANDARD TEAM
 '12-PACK'

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ULTRA TEAM: LEG BREAKDOWN BY RUNNER

OPTION #1 = 7 STANDARD LEGS/RUNNER

RUNNER #	LEG#: 1-6	LEG#: 7-12	LEG#: 13-18	LEG#: 19-24	LEG#: 25-30	LEG#: 31-36	LEG#: 37-42	TOTAL
1	6.4 <i>VERY HARD</i>	2.6 <i>EASY</i>	3.2 <i>EASY</i>	12.3 <i>HARD</i>	2.9 <i>EASY</i>	6.1 <i>MODERATE</i>	6.0 <i>HARD</i>	39.5
2	2.1 <i>MODERATE</i>	5.3 <i>MODERATE</i>	5.7 <i>MODERATE</i>	2.3 <i>EASY</i>	4.1 <i>EASY</i>	6.4 <i>VERY HARD</i>	10.0 <i>INSANE</i>	36.0
3	3.3 <i>MODERATE</i>	5.0 <i>EASY</i>	5.8 <i>MODERATE</i>	9.3 <i>HARD</i>	8.5 <i>MODERATE</i>	2.4 <i>EASY</i>	6.3 <i>MODERATE</i>	40.6
4	3.0 <i>MODERATE</i>	10.7 <i>VERY HARD</i>	7.1 <i>MODERATE</i>	2.4 <i>EASY</i>	7.1 <i>MODERATE</i>	5.0 <i>EASY</i>	5.0 <i>EASY</i>	40.2
5	5.2 <i>MODERATE</i>	3.3 <i>MODERATE</i>	2.3 <i>EASY</i>	4.3 <i>HARD</i>	6.1 <i>EASY</i>	3.8 <i>EASY</i>	6.0 <i>MODERATE</i>	30.9
6	2.6 <i>MODERATE</i>	7.1 <i>MODERATE</i>	9.4 <i>VERY HARD</i>	7.5 <i>MODERATE</i>	3.9 <i>HARD</i>	6.0 <i>MODERATE</i>	3.0 <i>EASY</i>	39.4

OPTION #2 = 3 DOUBLE LEGS/RUNNER + 1 STANDARD LEG/RUNNER

RUNNER #	LEG#: 1-12	LEG#: 13-24	LEG#: 25-36	LEG#: 37-42	TOTAL
1	8.5 <i>VERY HARD</i>	9.0 <i>MODERATE</i>	7.0 <i>EASY</i>	6.0 <i>HARD</i>	30.4
2	6.3 <i>MODERATE</i>	12.9 <i>MODERATE</i>	15.5 <i>MODERATE</i>	10.0 <i>INSANE</i>	44.8
3	7.8 <i>MODERATE</i>	11.7 <i>VERY HARD</i>	9.9 <i>HARD</i>	6.3 <i>MODERATE</i>	35.7
4	7.9 <i>MODERATE</i>	14.6 <i>HARD</i>	12.5 <i>VERY HARD</i>	5.0 <i>EASY</i>	40.0
5	15.7 <i>VERY HARD</i>	11.7 <i>HARD</i>	7.4 <i>EASY</i>	6.0 <i>MODERATE</i>	40.7
6	10.4 <i>MODERATE</i>	11.8 <i>HARD</i>	9.8 <i>MODERATE</i>	3.0 <i>EASY</i>	35.0

DOUBLE LEGS: LEG# 1-36
STANDARD LEG: LEG# 37-42