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| EVENT | ADK 'SPRINT' RELAY | | |
|  START | TUG HILL PLATEAU...South Lewis HS | | |
| FINISH  | SARANAC BREWERY | | |
| DISTANCE (mi) | 66 | # LEGS | 12 |
| TEAM TYPES | 6-PACK | 4-PACK | 3-PACK |
| # VANS/TEAM | 1 | 1 | 1 |
| # RUNNERS | 6 | 4 | 3 |
| # LEGS/RUNNER | 2 | 3 | 4 |

6-PACK TEAM: LEG BREAKDOWN BY RUNNER

| RUNNER # | LEG#: 31-36 | LEG#: 37-42 | TOTAL |
|----------|-------------------------|------------------------|-------|
| 1 | 6.1 <i>MODERATE</i> | 6.0 <i>HARD</i> | 12.1 |
| 2 | 6.4 <i>VERY HARD</i> | 10.0 <i>INSANE</i> | 16.4 |
| 3 | 2.4 <i>EASY</i> | 6.3 <i>MODERATE</i> | 8.7 |
| 4 | 5.0 <i>EASY</i> | 5.0 <i>EASY</i> | 10.0 |
| 5 | 3.8 <i>EASY</i> | 6.0 <i>MODERATE</i> | 9.8 |
| 6 | 6.0 <i>MODERATE</i> | 3.0 <i>EASY</i> | 9.0 |

4-PACK TEAM: LEG BREAKDOWN BY RUNNER

| RUNNER # | LEG#: 31-34 | LEG#: 35-38 | LEG#: 39-42 | TOTAL |
|----------|-------------------------|------------------------|------------------------|-------|
| 1 | 6.1 <i>MODERATE</i> | 3.8 <i>EASY</i> | 6.3 <i>MODERATE</i> | 16.2 |
| 2 | 6.4 <i>VERY HARD</i> | 6.0 <i>MODERATE</i> | 5.0 <i>EASY</i> | 17.4 |
| 3 | 2.4 <i>EASY</i> | 6.0 <i>HARD</i> | 6.0 <i>MODERATE</i> | 14.4 |
| 4 | 5.0 <i>EASY</i> | 10.0 <i>INSANE</i> | 3.0 <i>EASY</i> | 18.0 |

3-PACK TEAM: LEG BREAKDOWN BY RUNNER

| RUNNER # | LEG#: 31-33 | LEG#: 34-36 | LEG#: 37-39 | LEG#: 40-42 | TOTAL |
|----------|-------------------------|------------------------|------------------------|------------------------|-------|
| 1 | 6.1 <i>MODERATE</i> | 5.0 <i>EASY</i> | 6.0 <i>HARD</i> | 5.0 <i>EASY</i> | 22.1 |
| 2 | 6.4 <i>VERY HARD</i> | 3.8 <i>EASY</i> | 10.0 <i>INSANE</i> | 6.0 <i>MODERATE</i> | 26.2 |
| 3 | 2.4 <i>EASY</i> | 6.0 <i>MODERATE</i> | 6.3 <i>MODERATE</i> | 3.0 <i>EASY</i> | 17.7 |