

RWE TEAM PLANNING - 2018

Team Name: _____

Race Leg	Description	Distance	Runner	Pace per Mile	Total Leg Time	Total Race Time
1	Newpark - JRES	3.05				
2	JRES -EHMS	1.80				
3	EHMS -UOP	3.54				
4	UOP - Canyons	3.0				
5	Canyons - PPES	4.41				
6	PPES - PC Mtn	6.00				
7	PC Mtn - TMJH	3.4				
8	TMJH - MPES	4.6				
9	MPES - TES	5.77				
10	TES - Newpark	2.87				

RACE LEG NOTES

LEG #2: JRES TO EHMS: Use the sidewalk under the freeway.

LEG #3: EHMS TO UOP: Merge onto new paved path at new Millenium Trailhead behind Liberty Peak.

LEG #4: UOP TO CANYONS: Chair or stair again this year!

LEG #7: PC TO TMJH: Use Ski Bridge and Main St Pedestrian Bridge. **No stop at City Park.** Then turn off rail trail at Comstock Ave. to head to Treasure Mtn. School.

LEG #9: MCPOLIN TO TSES: Exit exchange onto path on the right along the small baseball field instead of running in front of High School.