

# Lake to Lake Team Relay Runner Worksheet

Leg #1: **Gunlock & Loaded**= 6.10 Miles \_\_\_\_\_

Leg #2: **Red Rock & Roll**= 5.19 Miles \_\_\_\_\_

Leg #3: **Navigational Nightmare**= 5.71 Miles \_\_\_\_\_

Leg #4: **Dixie Stampede**= 5.22 Miles \_\_\_\_\_

Leg #5: **Man-O-Warrior**= 5.50 Miles \_\_\_\_\_

Leg #6: **Trails, Trails & Llama Tails**= 3.95 Miles \_\_\_\_\_

Leg #7: **Expedition Virgin River**= 4.47 Miles \_\_\_\_\_

Leg #8: **That Washington Dam Hill**= 4.74 Miles \_\_\_\_\_

Leg #9: **The Dirty Climber**= 4.25 Miles \_\_\_\_\_

Leg #10: **Sand Finale**= 4.87 Miles \_\_\_\_\_

TOTAL MILAGE= 50 MILES

Runner #1 Leg \_\_\_\_\_ = \_\_\_\_\_ + Leg \_\_\_\_\_ = \_\_\_\_\_ = \_\_\_\_\_

Runner #2 Leg \_\_\_\_\_ = \_\_\_\_\_ + Leg \_\_\_\_\_ = \_\_\_\_\_ = \_\_\_\_\_

Runner #3 Leg \_\_\_\_\_ = \_\_\_\_\_ + Leg \_\_\_\_\_ = \_\_\_\_\_ = \_\_\_\_\_

Runner #4 Leg \_\_\_\_\_ = \_\_\_\_\_ + Leg \_\_\_\_\_ = \_\_\_\_\_ = \_\_\_\_\_

Runner #5 Leg \_\_\_\_\_ = \_\_\_\_\_ + Leg \_\_\_\_\_ = \_\_\_\_\_ = \_\_\_\_\_