



## 2020 Delmarva Dash Race Legs

Leg #	Leg	Map	Distance (miles)	Ascent	Descent
1	Nemours	<a href="https://us.mapometer.com/running/route_4896457.html">https://us.mapometer.com/running/route_4896457.html</a>	3.1	190'	160'
2	Brandywine Creek	<a href="https://us.mapometer.com/running/route_4847939.html">https://us.mapometer.com/running/route_4847939.html</a>	4.6	250'	420'
3	Centreville DE	<a href="https://us.mapometer.com/running/route_4896470.html">https://us.mapometer.com/running/route_4896470.html</a>	4.1	490'	210'
4	Chadds Ford	<a href="https://us.mapometer.com/running/route_4908016.html">https://us.mapometer.com/running/route_4908016.html</a>	6.1	340'	610'
5	Longwood	<a href="https://us.mapometer.com/running/route_4896465.html">https://us.mapometer.com/running/route_4896465.html</a>	5.6	560'	260'
6	Kennett Square	<a href="https://us.mapometer.com/running/route_4896478.html">https://us.mapometer.com/running/route_4896478.html</a>	3.9	170'	340'
7	Hockessin	<a href="https://us.mapometer.com/running/route_4896481.html">https://us.mapometer.com/running/route_4896481.html</a>	7.2	540'	470'
8	White Clay Creek	<a href="https://us.mapometer.com/running/route_4736901.html">https://us.mapometer.com/running/route_4736901.html</a>	3.8	220'	440'
9	Newark	<a href="https://us.mapometer.com/running/route_4736922.html">https://us.mapometer.com/running/route_4736922.html</a>	5.8	490'	540'
10	Iron Hill	<a href="https://us.mapometer.com/running/route_4908096.html">https://us.mapometer.com/running/route_4908096.html</a>	3.0	210'	150'
11	Elkton	<a href="https://us.mapometer.com/running/route_4685541.html">https://us.mapometer.com/running/route_4685541.html</a>	4.1	130'	250'
12	Chesapeake City	<a href="https://us.mapometer.com/running/route_4764950.html">https://us.mapometer.com/running/route_4764950.html</a>	6.5	260'	280'
13	Hack's Point	<a href="https://us.mapometer.com/running/route_4764958.html">https://us.mapometer.com/running/route_4764958.html</a>	6.5	300'	220'
14	Cecilton	<a href="https://us.mapometer.com/running/route_4765414.html">https://us.mapometer.com/running/route_4765414.html</a>	4.7	160'	100'
15	Georgetown MD	<a href="https://us.mapometer.com/running/route_4896517.html">https://us.mapometer.com/running/route_4896517.html</a>	3.8	120'	140'
16	Harmony Corner	<a href="https://us.mapometer.com/running/route_4765420.html">https://us.mapometer.com/running/route_4765420.html</a>	7.3	250'	170'
17	Worton	<a href="https://us.mapometer.com/running/route_4896521.html">https://us.mapometer.com/running/route_4896521.html</a>	7.5	100'	90'
18	Chestertown	<a href="https://us.mapometer.com/running/route_4848020.html">https://us.mapometer.com/running/route_4848020.html</a>	5.4	80'	100'
19	Church Hill	<a href="https://us.mapometer.com/running/route_4765540.html">https://us.mapometer.com/running/route_4765540.html</a>	7.6	150'	160'
20	Centreville MD	<a href="https://us.mapometer.com/running/route_4896526.html">https://us.mapometer.com/running/route_4896526.html</a>	8.7	290'	300'
21	Ruthsburg	<a href="https://us.mapometer.com/running/route_4896528.html">https://us.mapometer.com/running/route_4896528.html</a>	3.2	100'	70'
22	Queen Anne	<a href="https://us.mapometer.com/running/route_4896529.html">https://us.mapometer.com/running/route_4896529.html</a>	9.4	120'	130'
23	Ridgely	<a href="https://us.mapometer.com/running/route_4764864.html">https://us.mapometer.com/running/route_4764864.html</a>	4.8	90'	90'
24	West Denton	<a href="https://us.mapometer.com/running/route_4695704.html">https://us.mapometer.com/running/route_4695704.html</a>	4.1	40'	60'



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25	Denton	<a href="https://us.mapometer.com/running/route_4697167.html">https://us.mapometer.com/running/route_4697167.html</a>	5.0	140'	130'
26	Woodenhawk	<a href="https://us.mapometer.com/running/route_4697170.html">https://us.mapometer.com/running/route_4697170.html</a>	8.5	80'	90'
27	Bridgeville	<a href="https://us.mapometer.com/running/route_4697171.html">https://us.mapometer.com/running/route_4697171.html</a>	8.1	80'	80'
28	Old Furnace	<a href="https://us.mapometer.com/running/route_4697186.html">https://us.mapometer.com/running/route_4697186.html</a>	5.1	30'	30'
29	Del Tech Comm Coll	<a href="https://us.mapometer.com/running/route_4697189.html">https://us.mapometer.com/running/route_4697189.html</a>	5.5	30'	20'
30	Georgetown DE	<a href="https://us.mapometer.com/running/route_4697195.html">https://us.mapometer.com/running/route_4697195.html</a>	3.4	30'	30'
31	Harbeson	<a href="https://us.mapometer.com/running/route_4685602.html">https://us.mapometer.com/running/route_4685602.html</a>	5.1	20'	40'
32	Nassau	<a href="https://us.mapometer.com/running/route_4695225.html">https://us.mapometer.com/running/route_4695225.html</a>	5.8	10'	20'
33	Lewes	<a href="https://us.mapometer.com/running/route_4695227.html">https://us.mapometer.com/running/route_4695227.html</a>	3.9	50'	60'
34	Cape Henlopen	<a href="https://us.mapometer.com/running/route_4695230.html">https://us.mapometer.com/running/route_4695230.html</a>	7.5	70'	70'
35	Dewey Beach	<a href="https://us.mapometer.com/running/route_4685487.html">https://us.mapometer.com/running/route_4685487.html</a>	4.3	50'	50'
36	Delaware Seashore	<a href="https://us.mapometer.com/running/route_4758795.html">https://us.mapometer.com/running/route_4758795.html</a>	6.6	60'	60'
<b>Delmarva Dash: Full Race Route</b>		<a href="https://us.mapometer.com/running/route_4896842.html">https://us.mapometer.com/running/route_4896842.html</a>	<b>199.7</b>	<b>6310'</b>	<b>6470'</b>

Runner	1	2	3	4	5	6	7	8	9	10	11	12
1st Leg	3.1	4.6	4.1	6.1	5.6	3.9	7.2	3.8	5.8	3.0	4.1	6.5
2nd Leg	6.5	4.7	3.8	7.3	7.5	5.4	7.6	8.7	3.2	9.4	4.8	4.1
3rd Leg	5.0	8.5	8.1	5.1	5.5	3.4	5.1	5.8	3.9	7.5	4.3	6.6
<b>Total Miles</b>	<b>14.6</b>	<b>17.8</b>	<b>16.0</b>	<b>18.5</b>	<b>18.6</b>	<b>12.7</b>	<b>19.9</b>	<b>18.3</b>	<b>12.9</b>	<b>19.9</b>	<b>13.2</b>	<b>17.2</b>
<b>Total Ascent</b>	<b>630'</b>	<b>490'</b>	<b>690'</b>	<b>620'</b>	<b>690'</b>	<b>280'</b>	<b>710'</b>	<b>520'</b>	<b>640'</b>	<b>400'</b>	<b>270'</b>	<b>360'</b>
<b>Total Descent</b>	<b>510'</b>	<b>610'</b>	<b>430'</b>	<b>810'</b>	<b>370'</b>	<b>470'</b>	<b>670'</b>	<b>760'</b>	<b>670'</b>	<b>350'</b>	<b>390'</b>	<b>400'</b>