



2020 Delmarva Dash Race Legs

Leg #	Leg	Map	Distance (miles)	Ascent	Descent
1	Nemours	https://us.mapometer.com/running/route_4896457.html	3.1	190'	160'
2	Brandywine Creek	https://us.mapometer.com/running/route_4847939.html	4.6	250'	420'
3	Centreville DE	https://us.mapometer.com/running/route_4896470.html	4.4	580'	300'
4	Chadds Ford	https://us.mapometer.com/running/route_4908016.html	6.1	340'	610'
5	Longwood	https://us.mapometer.com/running/route_4896465.html	5.6	560'	260'
6	Kennett Square	https://us.mapometer.com/running/route_4896478.html	4.8	270'	430'
7	Hockessin	https://us.mapometer.com/running/route_4896481.html	7.2	540'	470'
8	White Clay Creek	https://us.mapometer.com/running/route_4736901.html	3.8	220'	440'
9	Newark	https://us.mapometer.com/running/route_4736922.html	5.8	490'	540'
10	Iron Hill	https://us.mapometer.com/running/route_4908096.html	3.0	210'	150'
11	Elkton	https://us.mapometer.com/running/route_4685541.html	4.1	130'	250'
12	Chesapeake City	https://us.mapometer.com/running/route_4764950.html	6.5	260'	280'
13	Hack's Point	https://us.mapometer.com/running/route_4764958.html	6.5	300'	220'
14	Cecilton	https://us.mapometer.com/running/route_4765414.html	4.7	160'	100'
15	Georgetown MD	https://us.mapometer.com/running/route_4896517.html	3.8	120'	140'
16	Harmony Corner	https://us.mapometer.com/running/route_4765420.html	7.3	250'	170'
17	Worton	https://us.mapometer.com/running/route_4896521.html	7.5	100'	90'
18	Chestertown	https://us.mapometer.com/running/route_4848020.html	5.4	80'	100'
19	Church Hill	https://us.mapometer.com/running/route_4765540.html	7.6	150'	160'
20	Centreville MD	https://us.mapometer.com/running/route_4896526.html	8.7	290'	300'
21	Ruthsburg	https://us.mapometer.com/running/route_4896528.html	3.2	100'	70'
22	Queen Anne	https://us.mapometer.com/running/route_4896529.html	9.4	120'	130'
23	Ridgely	https://us.mapometer.com/running/route_4764864.html	4.8	90'	90'
24	West Denton	https://us.mapometer.com/running/route_4695704.html	4.1	40'	60'



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25	Denton	https://us.mapometer.com/running/route_4697167.html	5.0	140'	130'
26	Woodenhawk	https://us.mapometer.com/running/route_4697170.html	8.5	80'	90'
27	Bridgeville	https://us.mapometer.com/running/route_4697171.html	8.1	80'	80'
28	Old Furnace	https://us.mapometer.com/running/route_4697186.html	5.1	30'	30'
29	Del Tech Comm Coll	https://us.mapometer.com/running/route_4697189.html	5.5	30'	20'
30	Georgetown DE	https://us.mapometer.com/running/route_4697195.html	3.4	30'	30'
31	Harbeson	https://us.mapometer.com/running/route_4685602.html	5.1	20'	40'
32	Nassau	https://us.mapometer.com/running/route_4695225.html	5.8	10'	20'
33	Lewes	https://us.mapometer.com/running/route_4695227.html	3.8	40'	60'
34	Cape Henlopen	https://us.mapometer.com/running/route_4695230.html	6.3	90'	90'
35	Dewey Beach	https://us.mapometer.com/running/route_4685487.html	4.3	50'	50'
36	Delaware Seashore	https://us.mapometer.com/running/route_4758795.html	6.6	60'	60'
Delmarva Dash: Full Race Route		https://us.mapometer.com/running/route_4939272.html	199.6	6510'	6670'

Runner	1	2	3	4	5	6	7	8	9	10	11	12
1st Leg	3.1	4.6	4.4	6.1	5.6	4.8	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	3.8	6.3	4.3	6.6
Total Miles	14.6	17.8	16.3	18.5	18.6	13.6	19.9	18.3	12.8	18.7	13.2	17.2
Total Ascent	630'	490'	780'	620'	690'	380'	710'	520'	630'	420'	270'	360'
Total Descent	510'	610'	520'	810'	370'	560'	670'	760'	670'	370'	390'	400'