



COURSE RATINGS

The ratings (E, M, H, or VH) in the handbook were a collaborative effort of four HTC veterans, each with roughly 23 years of experience participating in the event.

To determine leg ratings, distance was considered negligible, with elevation drops and gains considered the primary influence. Two reasons for this approach: 1) captains can easily share two pieces of information about a particular leg with their runners, and 2) this provides a side-by-side comparison of all 12 running assignments. While we don't expect unanimous agreement among every runner, we hope the ratings and information below will help captains make informed decisions about assigning legs.

The table below takes into account BOTH distance and terrain. The assumption is that in relation to an "E" leg, an "M" is 10% harder, an "H" is 20% harder, and a "VH" is 30% harder. (These ratings and distances were based on the known course as of the printing deadline of this handbook).

Leg	1st Leg		Leg	2nd Leg		Leg	3rd Leg		Total Miles	Mileage Ranking	Relative Difficulty	Difficulty Ranking
	Mileage	Rating		Mileage	Rating		Mileage	Rating				
1	5.64	VH	13	4.67	E	25	3.75	E	14.06	12	15.75	11
2	5.67	H	14	5.49	M	26	5.77	H	16.93	5	19.77	4
3	3.93	E	15	7.25	H	27	5.98	M	17.16	4	19.21	6
4	7.18	M	16	3.52	E	28	4.04	E	14.74	10	15.46	12
5	6.08	VH	17	5.69	M	29	6.14	VH	17.91	2	22.15	1
6	7.42	H	18	4.15	H	30	5.35	M	16.92	6	19.77	5
7	5.65	H	19	5.89	VH	31	4.00	M	15.54	9	18.84	7
8	4.55	E	20	5.75	VH	32	4.09	M	14.39	11	16.52	10
9	6.89	M	21	5.00	E	33	7.72	H	19.61	1	21.84	2
10	6.43	M	22	6.81	H	34	4.26	M	17.50	3	19.93	3
11	4.39	E	23	4.18	E	35	7.28	H	15.85	8	17.31	8
12	5.97	M	24	4.92	E	36	5.23	M	16.12	7	17.24	9

Besides distance and the ratings, captains should give consideration to the following variables:

- The time of day runners will encounter each leg
- The leg's exposure to the sun and/or wind
- Variable weather
- The runner's ability
- The runner's familiarity with the area
- Whether there is any van support on the leg
- A runner's willingness to run on a gravel (and potentially dusty) road

The combination of the first three of these is perhaps the most crucial. Some legs are notorious for brutal sun exposure on runners during the day. Several examples are Legs 5 and 6, where late afternoon running can be in direct sun, as well as Leg 35, which has little shade and no van support for the majority of the leg.