

Blue Ridge Relay Leg Summary Chart

2026 Ruck

Leg	Miles	Rating	Elevation + (ft)	Elevation - (ft)	Max Elev. (ft)	Min Elev. (ft)
1	3.9	Easy	20	-1029	4919	3901
2	7.5	Hard	406	-1537	3933	2774
3	5.2	Moderate	397	-476	3107	2690
4	6.9	Hard	753	-377	3125	2584
5	4.8	Moderate	406	-327	3164	2912
6	6.8	Very Hard	984	-990	3563	2987
7	2.2	Easy	193	-167	3226	3095
8	3.1	Easy	326	-378	3343	3061
9	4.6	Easy	193	-407	3134	2904
10	5.3	Easy	304	-155	3085	2918
11	2.8	Moderate	410	-226	3252	2974
12	5.2	Moderate	338	-430	3268	3037
13	4.4	Easy	131	-106	3121	3074
14	7.6	Hard	825	-387	3844	3120
15	6.2	Hard	532	-539	3874	3451
16	10.5	Very Hard	1207	-495	4311	3560
17	6.6	Moderate	272	-950	4284	3585
18	4.5	Moderate	596	-357	4071	3562
19	5.9	Moderate	44	-984	3837	2869
20	5.0	Easy	180	-284	2895	2763
21	6.7	Very Hard	994	-891	3209	2710
22	2.5	Easy	51	-352	2867	2494
23	5.1	Moderate	513	-363	2727	2504
24	5.8	Moderate	336	-597	2917	2436
25	4.3	Moderate	273	-230	2492	2290
26	4.4	Moderate	515	-583	2570	2187
27	9.3	Hard	552	-649	2513	2071
28	8.4	Hard	659	-249	2711	2332
29	4.1	Easy	335	-271	2825	2602
30	4.3	Moderate	398	-372	2861	2680
31	6.7	MG Hard	1405	-4	4263	2861
32	9.5	Very Hard	1	-2076	4264	2185
33	5.3	MG Hard	902	-671	3097	2188
34	4.5	Moderate	329	-284	2468	2187
35	4.1	Very Hard	1021	-351	3364	2468
36	8.9	Very Hard	687	-1684	3221	2030