



2020 Delmarva Dash Race Legs

Leg #	Leg	Map	Distance (miles)	Ascent	Descent
1	First State Nat'l Park	https://us.mapometer.com/running/route_4847939.html	6.3	360'	530'
2	Brandywine Creek S.P.	https://us.mapometer.com/running/route_4847954.html	4.6	460'	330'
3	Valley Garden Park	https://us.mapometer.com/running/route_4765481.html	4.9	590'	570'
4	Hockessin	https://us.mapometer.com/running/route_4765483.html	7.0	1140'	1190'
5	White Clay Creek S.P.	https://us.mapometer.com/running/route_4736901.html	5.6	600'	710'
6	University of Delaware	https://us.mapometer.com/running/route_4736922.html	5.8	490'	540'
7	Elkton	https://us.mapometer.com/running/route_4685541.html	7.6	590'	680'
8	Chesapeake City	https://us.mapometer.com/running/route_4764950.html	6.2	230'	230'
9	Hack Point	https://us.mapometer.com/running/route_4764958.html	7.8	330'	330'
10	Fredericktown	https://us.mapometer.com/running/route_4765414.html	7.4	190'	190'
11	Harmony Corner	https://us.mapometer.com/running/route_4765420.html	7.2	250'	170'
12	Chestertown	https://us.mapometer.com/running/route_4848020.html	9.4	280'	290'
13	Kingstown	https://us.mapometer.com/running/route_4765536.html	2.7	40'	80'
14	Church Hill	https://us.mapometer.com/running/route_4765540.html	5.0	130'	110'
15	Browns Corner	https://us.mapometer.com/running/route_4762654.html	5.3	180'	170'
16	Centreville	https://us.mapometer.com/running/route_4762661.html	3.4	90'	110'
17	Bountiful Farms	https://us.mapometer.com/running/route_4765545.html	2.6	120'	110'
18	Wye Mills	https://us.mapometer.com/running/route_4765565.html	5.2	110'	110'
19	Skipton	https://us.mapometer.com/running/route_4765571.html	5.1	160'	150'
20	Easton	https://us.mapometer.com/running/route_4765575.html	6.1	180'	190'
21	Chapel Station	https://us.mapometer.com/running/route_4764860.html	5.2	110'	80'
22	Queen Anne	https://us.mapometer.com/running/route_4764862.html	5.1	90'	130'
23	Ridgely	https://us.mapometer.com/running/route_4764864.html	4.6	90'	70'
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	3.2	110'	110'
26	Andersontown	https://us.mapometer.com/running/route_4697170.html	4.9	100'	70'
27	Adams Crossroads	https://us.mapometer.com/running/route_4697171.html	4.5	10'	40'
28	Bridgeville	https://us.mapometer.com/running/route_4697186.html	6.7	60'	50'
29	Collins Pond	https://us.mapometer.com/running/route_4697189.html	6.6	50'	60'
30	Georgetown	https://us.mapometer.com/running/route_4697195.html	5.6	30'	30'
31	Harbeson	https://us.mapometer.com/running/route_4685602.html	7.5	40'	50'
32	Nassau	https://us.mapometer.com/running/route_4695225.html	5.8	40'	60'
33	Lewes	https://us.mapometer.com/running/route_4695227.html	4.7	60'	70'
34	Cape Henlopen	https://us.mapometer.com/running/route_4695230.html	7.5	70'	70'
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'

Runner	1	2	3	4	5	6	7	8	9	10	11	12
1st Leg	6.3	4.6	4.9	7.0	5.6	5.8	7.6	6.2	7.8	7.4	7.2	9.4
2nd Leg	2.7	5.0	5.3	3.4	2.6	5.2	5.1	6.1	5.2	5.1	4.6	4.1
3rd Leg	3.2	4.9	4.5	6.7	6.6	5.6	7.5	5.8	4.7	7.5	4.3	6.6
Total Miles	12.2	14.5	14.7	17.1	14.8	16.6	20.2	18.1	17.7	20.0	16.1	20.1
Total Ascent	510'	690'	780'	1290'	770'	630'	790'	460'	500'	350'	390'	380'
Total Descent	720'	510'	780'	1350'	880'	680'	880'	480'	480'	390'	290'	410'