

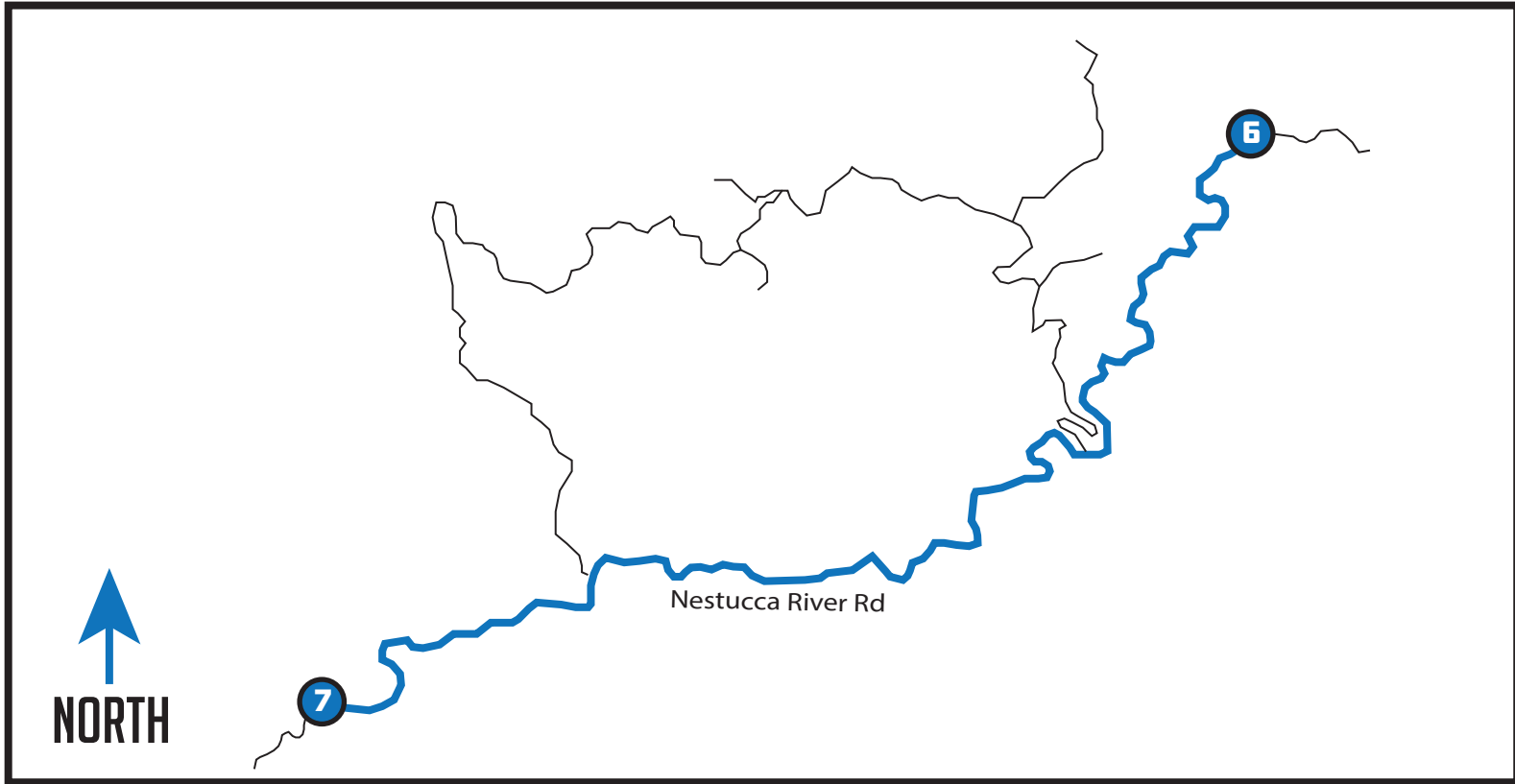


LEG 7 8.28 MI | VERY HARD

LEG DESCRIPTION: Leg 7 is a long, slightly downhill route with a second half trail run

EXCHANGE 7 ADDRESS: N/A- Use GPS Coordinates

EXCHANGE 7 GPS: 45.271103, -123.572136



DIRECTIONS

8.28 Arrive at Exchange 7

Total Elevation Gain: 369
Total Elevation Loss: 997
Net Elevation: -628

