

Profile

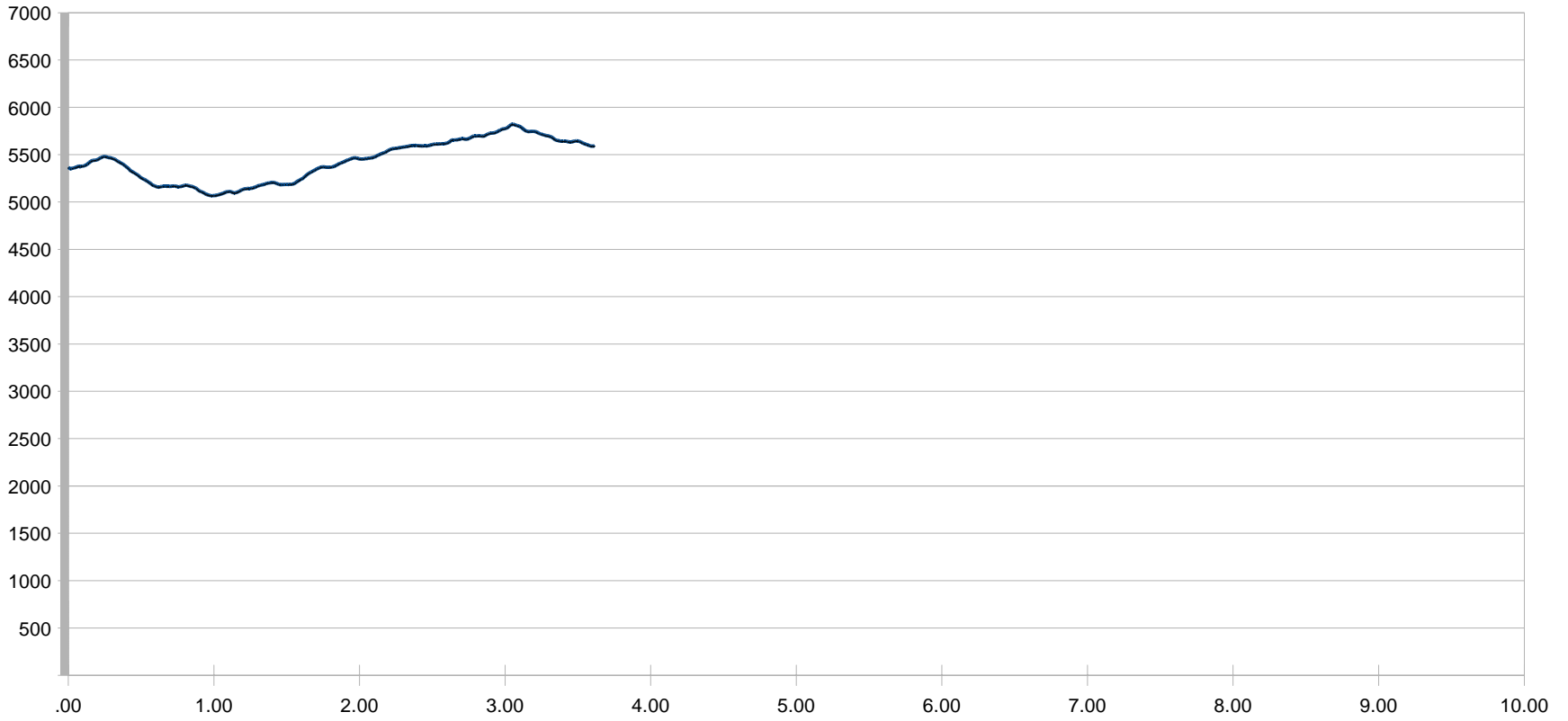
Aug 21, 2010

Total Ascent = 1015 ft.

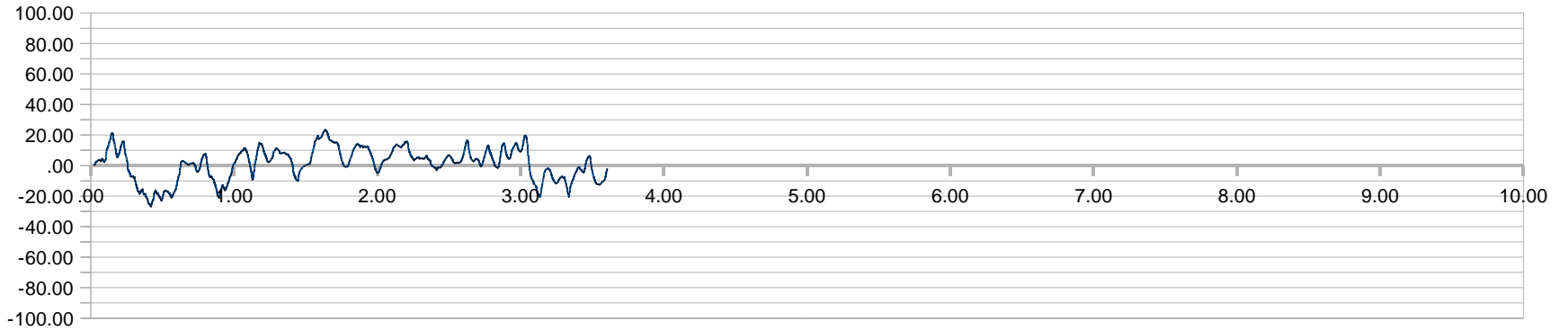
Total Descent = 787 ft.

Altitude:
Feet

vertical
axis is
exagger-
ated 4x



Percent Grade (steepness):



45 degree slope = 100 percent

15% is ideal maximum for maintaining a normal walking stride uphill.