



Medford2Medford: Run Across America

Medford, OR to Medford, MA

Days	Total Miles	Team Members	Total Miles	Avg. Miles / Day	Avg. Miles / Week
80	3452	1	3452.0	43.2	302.1
		2	1726.0	21.6	151.0
		3	1150.7	14.4	100.7
		4	863.0	10.8	75.5
		5	690.4	8.6	60.4
		6	575.3	7.2	50.3
		7	493.1	6.2	43.2
		8	431.5	5.4	37.8
		9	383.6	4.8	33.6
		10	345.2	4.3	30.2
		11	313.8	3.9	27.5
		12	287.7	3.6	25.2
		13	265.5	3.3	23.2
		14	246.6	3.1	21.6
		15	230.1	2.9	20.1
		16	215.8	2.7	18.9
		17	203.1	2.5	17.8
		18	191.8	2.4	16.8
		19	181.7	2.3	15.9
		20	172.6	2.2	15.1

TheMississippi2Medford: The Eastern States

Mt. Pleasant, IA to Medford, MA

Days	Total Miles	Team Members	Total Miles	Avg. Miles / Day	Avg. Miles / Week
80	1258	1	1258.0	15.7	110.1
		2	629.0	7.9	55.0
		3	419.3	5.2	36.7
		4	314.5	3.9	27.5
		5	251.6	3.1	22.0
		6	209.7	2.6	18.3
		7	179.7	2.2	15.7
		8	157.3	2.0	13.8
		9	139.8	1.7	12.2
		10	125.8	1.6	11.0

Massachusetts2Medford: The Home Stretch

Great Barrington, MA to Medford, MA

Days	Total Miles	Team Members	Total Miles	Avg. Miles / Day	Avg. Miles / Week
80	142	1	142.0	1.8	12.4
		2	71.0	0.9	6.2
		3	47.3	0.6	4.1
		4	35.5	0.4	3.1
		5	28.4	0.4	2.5