



## SNEAKER RATING

**1 Sneaker** – Easy pace, mostly ramps, few, or no stairs    **2 Sneakers** – Moderate Pace, 1-2 flights of stairs, few inclines

**3 Sneakers** – Steady Pace, 1-2 flights of stairs, some inclines    **4 Sneakers** – Periods of intense pace, uneven terrain

**5 Sneakers** - Periods of strenuous pace, rough terrain conditions