



## **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**