



*Figure 1: Relative elevation vs. elapsed time on a walk*

Figure 1 shows the relative elevation change as a function of elapsed time on a walk. The route is a loop which traverses a series of hills. A short initial descent and climb is followed by a 20-minute climb beginning around 10 minutes into the walk. After reaching the peak elevation, the route descends 35 meters to the minimum elevation of the walk, roughly 15 meters below the starting elevation. After reaching the lowest point of the walk, the route ascends three major climbs before returning to the start of the hike. The mirrored symmetry of the beginning and end of the elevation plot suggests that the first and last 10 minutes of the walk traversed the same route in opposite directions.