

Rise Feet	Body of 6' Golfer	Slope		
		for Run 100'	for Run 50' (2x)	for Run 25' (4x)
1'	Halfway up shin	1%	2%	4%
2'	Knees	2%	4%	8%
3'	Hips	3%	6%	12%
4'	Bottom of Sternum	4%	8%	16%
5'	Chin	5%	10%	20%
5.5'	Eyes	5.5%	11%	22%
6'	Top of Head	6%	12%	24%