

Day 1 2025 Sehguhunda 2 Person Relay Race Waves and Bus Details

- Everyone is assigned to a wave.
- All waves are based on the projected finish time you submitted on the registration form
- You CANNOT adjust your wave.

As per the Athlete Guide (sent out May 8th)

- Wave 1 starts at 7:30 am
- Wave 2 starts at 7:45am
- Wave 3 starts at 7:55am
- Wave 4 starts at 8:00 am
- Start location is the Mount Morris Dam Visitor Center.
- Waves will be mixed, male/female and Solo and Relay Teams based on projected finish times provided during registration to reduce passing on the trails.
- If you miss your start wave the clock is ticking
- If you start in a wave EARLIER than you were assigned you will be disqualified
- If you start in a wave LATER than you were assigned your time will not be adjusted

Everyone will need to check into their wave just before their wave starts. We are going to do our best with the space provided to segregate so the start does not get crowded, so please help us with the following. We ask Wave 4 to hang out the farthest away from the start area. Wave 3, please hang out 2nd farthest away. Wave 2, hang out a good distance behind Wave 1 and Wave 1 please hang out closest to the start area so we can check you in and you will be ready to go at 7:30AM. We will bring each group up as the starts begin. Be ready to tell the staff your last name then first name and show your bib which has your wave on it so we can check you in. Please stand in an orderly line and once checked in please move to the start. Each Bib has what wave you are supposed to be in on the label. Only those Starting Leg 1 are permitted at the Mt Morris Dam Start Area. No other Team Members or Spectators. This honestly helps for maneuvering and ability to expedite starting the race.

Bibs **must** be visible on the FRONT of your BODY. We repeat - **Bibs must be visible on the FRONT of your BODY.** Do not have it blocked by anything including hydration pack or jacket.

| First Name | Last Name | Team Bib | Event | Wave | Bus Time |
|--------------------------------------|------------|----------|-------|----------------|----------|
| Adulting is Stupid | | 300 | 2PT | Wave 4: 8:00AM | |
| Jon | Hardy | 300 | 2PT | Wave 4: 8:00AM | |
| Laura | Robbins | 300 | 2PT | Wave 4: 8:00AM | |
| Always Chasing Frank | | 301 | 2PT | Wave 1: 7:30AM | |
| Matthew | Underwood | 301 | 2PT | Wave 1: 7:30AM | |
| Nancy | Underwood | 301 | 2PT | Wave 1: 7:30AM | |
| Bad Knee, Bad Ankle, Bad Back | | 302 | 2PT | Wave 4: 8:00AM | |
| Derek | Johnson | 302 | 2PT | Wave 4: 8:00AM | |
| Josh | Obrochta | 302 | 2PT | Wave 4: 8:00AM | |
| Couples therapy | | 303 | 2PT | Wave 4: 8:00AM | |
| Amanda | Bisig | 303 | 2PT | Wave 4: 8:00AM | |
| Zeke | Given | 303 | 2PT | Wave 4: 8:00AM | |
| DillsWert | | 304 | 2PT | Wave 2: 7:45PM | |
| Steven | Dillsworth | 304 | 2PT | Wave 2: 7:45PM | |
| David | Wert | 304 | 2PT | Wave 2: 7:45PM | |
| Dreaming Trees | | 305 | 2PT | Wave 4: 8:00AM | |
| Daniel | Sinnott | 305 | 2PT | Wave 4: 8:00AM | |
| Kelly | Sinnott | 305 | 2PT | Wave 4: 8:00AM | |
| Fartlickers | | 306 | 2PT | Wave 4: 8:00AM | |

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| Ryan | Harrington | 306 | 2PT | Wave 4: 8:00AM | |
| Matthew | Wukovitz | 306 | 2PT | Wave 4: 8:00AM | |
| Grit Girls | | 307 | 2PT | Wave 4: 8:00AM | |
| Rachel | Dowling | 307 | 2PT | Wave 4: 8:00AM | |
| Melissa | Fredericks | 307 | 2PT | Wave 4: 8:00AM | |
| I flew from Seattle for this? | | 307 | 2PT | Wave 4: 8:00AM | |
| Jack | Pedlow | 307 | 2PT | Wave 4: 8:00AM | |
| Matt | Pedlow | 307 | 2PT | Wave 4: 8:00AM | Bus 3: 6:40AM |
| Kate & Kate's Mom | | 309 | 2PT | Wave 4: 8:00AM | |
| Kate | Barry | 309 | 2PT | Wave 4: 8:00AM | |
| Lori | Riley | 309 | 2PT | Wave 4: 8:00AM | |
| Leave it in the woods | | 310 | 2PT | Wave 4: 8:00AM | |
| Meredith | Davenport | 310 | 2PT | Wave 4: 8:00AM | |
| Amy | Steed | 310 | 2PT | Wave 4: 8:00AM | |
| Lost in the Woods (2 Person) | | 311 | 2PT | Wave 4: 8:00AM | |
| Erin | Zeller | 311 | 2PT | Wave 4: 8:00AM | |
| Max | Zeller | 311 | 2PT | Wave 4: 8:00AM | |
| McLean | | 312 | 2PT | Wave 2: 7:45PM | |
| Becky | McLean | 312 | 2PT | Wave 2: 7:45PM | Bus 1: 6:30AM |
| Ryan | McLean | 312 | 2PT | Wave 2: 7:45PM | |
| Monkey's Uncle | | 313 | 2PT | Wave 4: 8:00AM | |
| Jesse | Lapp | 313 | 2PT | Wave 4: 8:00AM | |
| Silas | Riehl | 313 | 2PT | Wave 4: 8:00AM | |
| Muddy Mamas | | 314 | 2PT | Wave 4: 8:00AM | |
| Paige | Camp | 314 | 2PT | Wave 4: 8:00AM | |
| Kaitlyn | Sennett | 314 | 2PT | Wave 4: 8:00AM | |
| Not the hip FLXr's | | 315 | 2PT | Wave 2: 7:45PM | |
| Josh | Brechbill | 315 | 2PT | Wave 2: 7:45PM | |
| Jeremiah | Smoker | 315 | 2PT | Wave 2: 7:45PM | |
| Sole Mates | | 316 | 2PT | Wave 4: 8:00AM | |
| Cassandra | MacUmber | 316 | 2PT | Wave 4: 8:00AM | Bus 3: 6:40AM |
| Robert | Stoops | 316 | 2PT | Wave 4: 8:00AM | |
| Team-Miller | | 317 | 2PT | Wave 2: 7:45PM | |
| Liam | Miller | 317 | 2PT | Wave 2: 7:45PM | |
| Mike | Miller | 317 | 2PT | Wave 2: 7:45PM | |
| The Powbillard Experience | | 318 | 2PT | Wave 2: 7:45PM | |
| Mary | Powers | 318 | 2PT | Wave 2: 7:45PM | |
| Dennis | Robillard | 318 | 2PT | Wave 2: 7:45PM | |
| The Relentless Turtles | | 319 | 2PT | Wave 1: 7:30AM | |
| Kaitlyn | Casey | 319 | 2PT | Wave 1: 7:30AM | |
| Ethan | Fulton | 319 | 2PT | Wave 1: 7:30AM | |
| The Riehl Plan | | 320 | 2PT | Wave 2: 7:45PM | |
| Thomas | Plan | 320 | 2PT | Wave 2: 7:45PM | |
| Justin | Riehl | 320 | 2PT | Wave 2: 7:45PM | |
| The Trail Blazers | | 321 | 2PT | Wave 4: 8:00AM | |
| Rodney | Egli | 321 | 2PT | Wave 4: 8:00AM | |
| Pamela | Pangrazio | 321 | 2PT | Wave 4: 8:00AM | |
| Trail Almonds Triple | | 322 | 2PT | Wave 2: 7:45PM | |
| Philip | Schierer | 322 | 2PT | Wave 2: 7:45PM | |
| Jesse | Smith | 322 | 2PT | Wave 2: 7:45PM | |
| Treble on the Trail | | 323 | 2PT | Wave 1: 7:30AM | |
| Nicholas | Parente | 323 | 2PT | Wave 1: 7:30AM | |
| Tina | Pellegrin | 323 | 2PT | Wave 1: 7:30AM | |
| Tripped Up | | 324 | 2PT | Wave 1: 7:30AM | |

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| Kelli | Harmor | 324 | 2PT | Wave 1: 7:30AM | |
| Viki | Hogden | 324 | 2PT | Wave 1: 7:30AM | |
| Westland Goats | | 325 | 2PT | Wave 2: 7:45PM | |
| Jay | Anzellotti | 325 | 2PT | Wave 2: 7:45PM | |
| Mike | Koelemay | 325 | 2PT | Wave 2: 7:45PM | |
| Willpower Warriors | | 326 | 2PT | Wave 4: 8:00AM | |
| Courtney | Cawley | 326 | 2PT | Wave 4: 8:00AM | |
| Dianne | Clar | 326 | 2PT | Wave 4: 8:00AM | |
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