

Day 1 2025 Sehghunda 4 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.

See 4 Person Relay Participant Wave/Bus Lists Below in alpha order by team name

Bus Waves and Details

See Bus Waves Document

First Name	Last Name	Team Bib	Event	Wave	Bus Time
#notfast#notlast		450	4PT	Wave 4: 8:00AM	
Naji	Anaizi	450	4PT	Wave 4: 8:00AM	
Kenyon	Binns	450	4PT	Wave 4: 8:00AM	
Michael	Meynadasy	450	4PT	Wave 4: 8:00AM	
Bruce	Morton	450	4PT	Wave 4: 8:00AM	

Back Again!		451	4PT	Wave 2: 7:45AM	
Austin	Iovoli	451	4PT	Wave 2: 7:45AM	
JoAnne	Iovoli	451	4PT	Wave 2: 7:45AM	
Louis	Iovoli	451	4PT	Wave 2: 7:45AM	
Dave	Natarelli	451	4PT	Wave 2: 7:45AM	
Back the Blue		452	4PT	Wave 4: 8:00AM	
Todd	Baxter	452	4PT	Wave 4: 8:00AM	
Korey	Brown	452	4PT	Wave 4: 8:00AM	
SHAUN	LECLAIR	452	4PT	Wave 4: 8:00AM	
Rebecca	Tufano	452	4PT	Wave 4: 8:00AM	
Charlotte's Angels		453	4PT	Wave 2: 7:45AM	
Benjamin	Lawton	453	4PT	Wave 2: 7:45AM	
Heidi	Lawton	453	4PT	Wave 2: 7:45AM	
Jerry	Winchell	453	4PT	Wave 2: 7:45AM	
Jonathan	Young	453	4PT	Wave 2: 7:45AM	
Dam Runners		454	4PT	Wave 4: 8:00AM	
Neil	Miller	454	4PT	Wave 4: 8:00AM	
Brianna	Pollard	454	4PT	Wave 4: 8:00AM	
Evan	Squier	454	4PT	Wave 4: 8:00AM	
Stephen	Winslow	454	4PT	Wave 4: 8:00AM	
Dirt to Daytona		455	4PT	Wave 4: 8:00AM	
Leah	Appleton	455	4PT	Wave 4: 8:00AM	
Evan	Herring	455	4PT	Wave 4: 8:00AM	
Jason	Herring	455	4PT	Wave 4: 8:00AM	
Nathan	Herring	455	4PT	Wave 4: 8:00AM	
Feral Femme Posse		456	4PT	Wave 4: 8:00AM	
Jessica	DiPonzio	456	4PT	Wave 4: 8:00AM	
Celia	Molnar	456	4PT	Wave 4: 8:00AM	
Rachel	Prince	456	4PT	Wave 4: 8:00AM	
Jami	Treese	456	4PT	Wave 4: 8:00AM	
flying redheads		457	4PT	Wave 4: 8:00AM	
bill	cavallaro	457	4PT	Wave 4: 8:00AM	
david	desko	457	4PT	Wave 4: 8:00AM	
ethan	desko	457	4PT	Wave 4: 8:00AM	
david	soule	457	4PT	Wave 4: 8:00AM	
Full Senny		458	4PT	Wave 2: 7:45AM	
Benjamin	Dlugosh	458	4PT	Wave 2: 7:45AM	
Lauren	Dunkle Dlugosh	458	4PT	Wave 2: 7:45AM	
Miranda	Leo	458	4PT	Wave 2: 7:45AM	
Michael	Petrosino	458	4PT	Wave 2: 7:45AM	
Gorge GOATs		459	4PT	Wave 4: 8:00AM	
John	Arndt	459	4PT	Wave 4: 8:00AM	
Mark	Chadbourne	459	4PT	Wave 4: 8:00AM	
Jeremy	Scott	459	4PT	Wave 4: 8:00AM	
Nate	Weldon	459	4PT	Wave 4: 8:00AM	
Gump's prodigies		460	4PT	Wave 4: 8:00AM	
Brendan	Mcmanus	460	4PT	Wave 4: 8:00AM	
Dylan	Mcmanus	460	4PT	Wave 4: 8:00AM	
John	Miller	460	4PT	Wave 4: 8:00AM	
Michael	Miller	460	4PT	Wave 4: 8:00AM	
Here for the Beer		461	4PT	Wave 4: 8:00AM	
Rick	Borosky	461	4PT	Wave 4: 8:00AM	
Abby	Guzzino	461	4PT	Wave 4: 8:00AM	
Nicole	Kunda	461	4PT	Wave 4: 8:00AM	

Sara	Van Remmen	461	4PT	Wave 4: 8:00AM	
Here Four the Beer Again		462	4PT	Wave 2: 7:45AM	
Amanda	Janosky	462	4PT	Wave 2: 7:45AM	
Joe	Silliman	462	4PT	Wave 2: 7:45AM	
Heidi	Strauss	462	4PT	Wave 2: 7:45AM	
Scott	Thompson	462	4PT	Wave 2: 7:45AM	
HereforFrank		463	4PT	Wave 4: 8:00AM	
Bonnie	Jakubowski	463	4PT	Wave 4: 8:00AM	
Laura	Johnson	463	4PT	Wave 4: 8:00AM	
Lani	Miller	463	4PT	Wave 4: 8:00AM	
Laura	Strutz	463	4PT	Wave 4: 8:00AM	
I thought they said RUM		464	4PT	Wave 1: 7:30AM	
Carrie	DiPasquale(Straw)	464	4PT	Wave 1: 7:30AM	
Angela	Judd	464	4PT	Wave 1: 7:30AM	
Christopher	Judd	464	4PT	Wave 1: 7:30AM	
Tracy	Smith	464	4PT	Wave 1: 7:30AM	
Lactic Acid Rush		465	4PT	Wave 4: 8:00AM	
FRANCISCO	CERRAJERO	465	4PT	Wave 4: 8:00AM	
Antonio	Domingo	465	4PT	Wave 4: 8:00AM	
Jose	Gonzalo Moreno	465	4PT	Wave 4: 8:00AM	
Russell	VanTyle	465	4PT	Wave 4: 8:00AM	
Lost In The Woods (4 Person)		466	4PT	Wave 4: 8:00AM	
Justin	Baca	466	4PT	Wave 4: 8:00AM	
Erin	Eno	466	4PT	Wave 4: 8:00AM	
Parry	Kitchner	466	4PT	Wave 4: 8:00AM	
Almin	Kreso	466	4PT	Wave 4: 8:00AM	
Mateo's Mighty Misfits		467	4PT	Wave 4: 8:00AM	
Paul	Durlak	467	4PT	Wave 4: 8:00AM	
Matthew	McLeskey	467	4PT	Wave 4: 8:00AM	
Elizabeth	Mohd Sani	467	4PT	Wave 4: 8:00AM	
Andrew	Phillips	467	4PT	Wave 4: 8:00AM	
Muddy Buddies		468	4PT	Wave 4: 8:00AM	
Deron	Johnson	468	4PT	Wave 4: 8:00AM	
Joel	Kattermann	468	4PT	Wave 4: 8:00AM	
Larae	Kattermann	468	4PT	Wave 4: 8:00AM	
Matthew	Young	468	4PT	Wave 4: 8:00AM	
Off Brand Hawks		469	4PT	Wave 2: 7:45AM	
Isaac	Ballard	469	4PT	Wave 2: 7:45AM	
Connor	Harrington	469	4PT	Wave 2: 7:45AM	
Andrew	Miller	469	4PT	Wave 2: 7:45AM	
Charlie	Wukovitz	469	4PT	Wave 2: 7:45AM	
Off Brand Hawks 2		470	4PT	Wave 4: 8:00AM	
Evan	Harrington	470	4PT	Wave 4: 8:00AM	
Gabriella	Hurd	470	4PT	Wave 4: 8:00AM	
Mark	Miller	470	4PT	Wave 4: 8:00AM	
Abigail	Wagner	470	4PT	Wave 4: 8:00AM	
PACED OUR PRIME		471	4PT	Wave 4: 8:00AM	
Justin	Jakubowski	471	4PT	Wave 4: 8:00AM	
Clint	Miller	471	4PT	Wave 4: 8:00AM	
Galen	Snyder	471	4PT	Wave 4: 8:00AM	
Garrett	Tuchrello	471	4PT	Wave 4: 8:00AM	
PAJA Team		472	4PT	Wave 2: 7:45AM	
JOSUE	ESTEBAN	472	4PT	Wave 2: 7:45AM	
SARA	MORENO MORENO	472	4PT	Wave 2: 7:45AM	

Alberto	Perez Casas	472	4PT	Wave 2: 7:45AM	
Pedro	Taboso	472	4PT	Wave 2: 7:45AM	
Ruckhouse Athletics		473	4PT	Wave 4: 8:00AM	
Nick	Bartolotti	473	4PT	Wave 4: 8:00AM	
Adam	Devincentis	473	4PT	Wave 4: 8:00AM	
Kristy	DeVincentis	473	4PT	Wave 4: 8:00AM	
Meredith	Dickerson	473	4PT	Wave 4: 8:00AM	
RuckRunners		474	4PT	Wave 2: 7:45AM	
Mark	Harrington	474	4PT	Wave 2: 7:45AM	
Katie	McCall	474	4PT	Wave 2: 7:45AM	
Marissa	McDowell	474	4PT	Wave 2: 7:45AM	
Todd	Wilson	474	4PT	Wave 2: 7:45AM	Bus 1: 6:30AM
Run Fast or Die Trying		475	4PT	Wave 4: 8:00AM	
Joshua	Brabon	475	4PT	Wave 4: 8:00AM	
Jason	Harasimowicz	475	4PT	Wave 4: 8:00AM	
Mike	Miller	475	4PT	Wave 4: 8:00AM	
Chad	Minuto	475	4PT	Wave 4: 8:00AM	
Run Like the Winded		476	4PT	Wave 4: 8:00AM	
Abel	Catlin	476	4PT	Wave 4: 8:00AM	
Isaac	Catlin	476	4PT	Wave 4: 8:00AM	
Josiah	Catlin	476	4PT	Wave 4: 8:00AM	
Luke	Catlin	476	4PT	Wave 4: 8:00AM	
Runamuckers		477	4PT	Wave 4: 8:00AM	
Kim	Goerlich	477	4PT	Wave 4: 8:00AM	
Bonnie	Lindblom	477	4PT	Wave 4: 8:00AM	
Colleen	Newman	477	4PT	Wave 4: 8:00AM	
Carol	Reif	477	4PT	Wave 4: 8:00AM	
Solitude Brewing Co.		478	4PT	Wave 2: 7:45AM	
Carrie	Bihl	478	4PT	Wave 2: 7:45AM	
Cal	Hasler	478	4PT	Wave 2: 7:45AM	
Jess	Hasler Southwell	478	4PT	Wave 2: 7:45AM	
Squatchin Thru The Woods		479	4PT	Wave 4: 8:00AM	
Dave	Blake	479	4PT	Wave 4: 8:00AM	
Alyssa	Antinore	479	4PT	Wave 4: 8:00AM	
Kristi	Tretter	479	4PT	Wave 4: 8:00AM	
Carol	Vanderberg	479	4PT	Wave 4: 8:00AM	
Teenage Mutant Ninja Turtles		480	4PT	Wave 4: 8:00AM	
Will	Greenfield	480	4PT	Wave 4: 8:00AM	
Catie	Reynolds	480	4PT	Wave 4: 8:00AM	
Natalie	Zabawa	480	4PT	Wave 4: 8:00AM	
NICK	ZABAWA	480	4PT	Wave 4: 8:00AM	
The Over the Hill Gang		481	4PT	Wave 4: 8:00AM	
Rick	Kent	481	4PT	Wave 4: 8:00AM	
John	Schrenker	481	4PT	Wave 4: 8:00AM	
Lori	Schrenker	481	4PT	Wave 4: 8:00AM	
Nathan	Varland	481	4PT	Wave 4: 8:00AM	
The peoples runners		482	4PT	Wave 4: 8:00AM	
Mike	Hartman	482	4PT	Wave 4: 8:00AM	
Ken	Mescall	482	4PT	Wave 4: 8:00AM	
Joe	Sleeman	482	4PT	Wave 4: 8:00AM	
Neil	Streiff	482	4PT	Wave 4: 8:00AM	
The Ridge Runners		483	4PT	Wave 4: 8:00AM	
Robbie	Lonsberry	483	4PT	Wave 4: 8:00AM	
Scott	Lonsberry	483	4PT	Wave 4: 8:00AM	

Yasael	Perez	483	4PT	Wave 4: 8:00AM	
James	Wildey	483	4PT	Wave 4: 8:00AM	
Trail Trash 1		484	4PT	Wave 2: 7:45AM	
Kevin	Kendall	484	4PT	Wave 2: 7:45AM	
Scott	Kendall	484	4PT	Wave 2: 7:45AM	
Tanner	Kendall	484	4PT	Wave 2: 7:45AM	
James	Morrow	484	4PT	Wave 2: 7:45AM	
Varied Velocity		485	4PT	Wave 4: 8:00AM	
Debby	Reynolds	485	4PT	Wave 4: 8:00AM	
Kyle	Reynolds	485	4PT	Wave 4: 8:00AM	
Chris	Shoemaker	485	4PT	Wave 4: 8:00AM	
Michele	Wolcott	485	4PT	Wave 4: 8:00AM	
Wait For Us		486	4PT	Wave 1: 7:30AM	
Reiner	Eschbach	486	4PT	Wave 1: 7:30AM	
Erik	Frisch	486	4PT	Wave 1: 7:30AM	
Jan	Meinen	486	4PT	Wave 1: 7:30AM	
Alexandra	Zobel	486	4PT	Wave 1: 7:30AM	