

Day 1 2025 Sehghunda Solo & 72 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 Solo/72 Participant Wave/Bus Lists Below in alpha order by last name

Bus Waves and Details

Below is the precise roster of who is on what bus and the departure time of each bus. (Sehghunda participants had until May 6th to sign up for the bus.)

Keep in mind this is a ONE WAY Bus from the Finish Line Parade Grounds Area to the Start at Mt Morris Dam.

On Sehghunda Race Morning at the Parade Grounds, Ellen Brenner will be managing the bus loading.

You can only get on the bus when Ellen says you can get on the bus so we can keep things organized. She will be checking everyone in individually and by bus

If you arrive early, please form a line outside your bus. Please note, it is advised to arrive early. The Bus Number will be on the front right hand side passenger window. The doors will be closed until Ellen gets there to check you in and invite you on.

- You will be sharing seats
- **There is no switching busses. The Bus assignments are based on your Wave Start Time. Some busses have mixed waves.**
- When Ellen is ready to have you enter the bus please have your bib number and last name ready for me to check you off the list. If you don't have bib yet, name is fine.
- When exiting the bus, you will go to your designated Wave start area.
- Please do not forget your bib, hydration, nutrition and anything you need for race day.
- The Bus Leaves exactly at the time noted below. We do not hold busses.
- Please be nice to the Bus Driver and each other!

Below is the list of who is on what bus and its respective Departure time. Ellen will send busses off one by one. If you are not at your bus by the time it leaves you will need to determine an alternate method to get to the start.

On the bus, revel in the beauty of your surroundings and enjoy the serenity!

6:30am - Bus 1 leaves Parade Grounds for the Start Line **** DO NOT WAIT TO GET ON BUSES - if you are late you'll need a Plan B to get to start

6:35am - Bus 2 leaves Parade Grounds for Start Line **** DO NOT WAIT TO GET ON BUSES - if you are late you'll need a Plan B to get to start

6:40am - Bus 3 leaves Parade Grounds for the Start Line **** DO NOT WAIT TO GET ON BUSES - if you are late you'll need a Plan B to get to start

First Name	Last Name	Bib	Event	Wave	Bus Time
Scott	Alread	1000	72	Wave 3: 7:55AM	Bus 2: 6:35AM
Mike	Anderson	1027	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Joseph	Andolina	1028	Solo	Wave 3: 7:55AM	
Brent	Baginski	1029	Solo	Wave 3: 7:55AM	Bus 1: 6:30AM
Jeremiah	Bailey	1001	72	Wave 2: 7:45AM	Bus 1: 6:30AM
Conan	Bark	1030	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Aaron	Bellomo	1031	Solo	Wave 2: 7:45AM	
Mark	Bloxsom	1002	72	Wave 1: 7:30AM	Bus 1: 6:30AM
Mike	Bonarski	1032	Solo	Wave 2: 7:45AM	
Nick	Brokx	1033	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Ben	Brundage	1003	72	Wave 3: 7:55AM	

Roxanne	Buffone	1034	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Thomas	Butler	1004	72	Wave 1: 7:30AM	Bus 1: 6:30AM
Samantha	Buzzelli	1035	Solo	Wave 3: 7:55AM	
Carl	Camille	1036	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Christopher	Cammilleri	1037	Solo	Wave 3: 7:55AM	Bus 1: 6:30AM
Ferdinand	cevallos	1005	72	Wave 3: 7:55AM	
Kat	Chrysler	1038	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Patrick	Ciambrone	1039	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Greta	Cicero	1040	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Joseph	Ciecierega	1041	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Damian	Clemons	1042	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Alexander	Cocco	1043	Solo	Wave 2: 7:45AM	
Jeff	Colavecchia	1044	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Shea	Coleman	1045	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Patricia	Colton	1006	72	Wave 3: 7:55AM	Bus 2: 6:35AM
Jacob	Cone	1046	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Tracy	Conmy	1007	72	Wave 3: 7:55AM	Bus 2: 6:35AM
Stephen	Cramb	1047	Solo	Wave 3: 7:55AM	Bus 1: 6:30AM
Stephen	Crandall	1048	Solo	Wave 3: 7:55AM	
Jane	Csaszar	1049	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Luke	Curley	1050	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Colleen	Czubinski	1051	Solo	Wave 1: 7:30AM	
Kyle	Dacey	1008	72	Wave 2: 7:45AM	
Roger	Dahl	1053	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Steven	Dailey	1054	Solo	Wave 2: 7:45AM	
Marc	D'Amico	1052	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Todd	Dappen Sr.	1009	72	Wave 1: 7:30AM	Bus 1: 6:30AM
Joddie	Decker	1055	Solo	Wave 1: 7:30AM	
Patrick	Dennie	1056	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Michelle	Desio	1057	Solo	Wave 1: 7:30AM	
David	Dodell-Feder	1058	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Scott	Dodge	1059	Solo	Wave 4: 8:00AM	
Tim	Dodge	1060	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Shendal	Drake	1061	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jacob	Duvall	1062	Solo	Wave 2: 7:45AM	
Theodore	Dyment	1063	Solo	Wave 2: 7:45AM	
Elisha	Earley	1064	Solo	Wave 4: 8:00AM	
Adam	Eckert	1065	Solo	Wave 3: 7:55AM	
Jackie	Ellwood	1066	Solo	Wave 3: 7:55AM	
Angela	Eschbach	1067	Solo	Wave 1: 7:30AM	
Christer	Everly	1068	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jeremy	Everts	1069	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
John	Farrell	1070	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM

Jen	Faso	1071	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Danielle	Feligno	1010	72	Wave 3: 7:55AM	Bus 3: 6:40AM
Matthew	Fernaays	1072	Solo	Wave 4: 8:00AM	
Jonathan	Fladd	1073	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Patrick	Flint	1074	Solo	Wave 3: 7:55AM	
Kristopher	Fonte	1075	Solo	Wave 3: 7:55AM	
Joshua	Frankel	1076	Solo	Wave 2: 7:45AM	
Peter	Franz	1077	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Ethan	Fulton	1078	Solo	Wave 4: 8:00AM	
Melisa	Garland	1079	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jessie	George	1011	72	Wave 2: 7:45AM	
John	Ghidu	1080	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Andrew	Gleason	1081	Solo	Wave 4: 8:00AM	
Matt	Gleason	1082	Solo	Wave 4: 8:00AM	
Joseph	Grosso	1083	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Andy	Hamilton	1084	Solo	Wave 3: 7:55AM	
Nathan	Hand	1085	Solo	Wave 3: 7:55AM	
Stephen	Hassett	1086	Solo	Wave 3: 7:55AM	
Anita	Hawley	1087	Solo	Wave 3: 7:55AM	Bus 3: 6:40AM
Lincoln	Healy	1088	Solo	Wave 3: 7:55AM	
Bethany	Heath	1089	Solo	Wave 3: 7:55AM	
Jamie	Hobbs	1090	Solo	Wave 2: 7:45AM	
Robert	Jaeger	1091	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Larry	Judd	1012	72	Wave 4: 8:00AM	Bus 3: 6:40AM
Austin	Kader	1092	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Ayden	Kader	1093	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Bryar	Kader	1094	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Patrick	Kader	1095	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
John	Kattato	1096	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Rebecca	Kelly	1097	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Stephen	Kendall	1098	Solo	Wave 3: 7:55AM	
Steve	Knutson	1013	72	Wave 3: 7:55AM	Bus 2: 6:35AM
Eric	Kolpack	1099	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Kyle	Krzywicki	1100	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Prem	Kumar	1101	Solo	Wave 3: 7:55AM	
Edward	Kuppinger	1102	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Joseph	Leitten III	1103	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Meridith	Leubner	1104	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Scott	Leubner	1105	Solo	Wave 3: 7:55AM	
Bob	Lonsberry	1106	Solo	Wave 1: 7:30AM	
Sean	Loosen	1107	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Charlie	LoTempio	1108	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
David	Mager	1109	Solo	Wave 3: 7:55AM	

Mark	Manacle	1110	Solo	Wave 3: 7:55AM	
Rosemary	Manacle	1111	Solo	Wave 3: 7:55AM	
Isaac	Manly	1014	72	Wave 2: 7:45AM	
Jeremy	Mapes	1112	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Big Al	Marciano	1015	72	Wave 1: 7:30AM	Bus 1: 6:30AM
Lucy	Marotta	1113	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Kevin	Martin	1114	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Sarah	Mastro	1115	Solo	Wave 3: 7:55AM	Bus 3: 6:40AM
Steve	Mastro	1116	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Carly	McCabe	1117	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Ian	McDougall	1118	Solo	Wave 3: 7:55AM	
Adam	Michaels	1119	Solo	Wave 3: 7:55AM	Bus 1: 6:30AM
Martin	Michelson	1120	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
John	Miklasz	1121	Solo	Wave 3: 7:55AM	
Eric	Miller	1122	Solo	Wave 3: 7:55AM	Bus 1: 6:30AM
James	Miner	1123	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Scotty	Miner	1124	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Krista	Mitchell	1125	Solo	Wave 3: 7:55AM	
Jim	Mollosky	1016	72	Wave 2: 7:45AM	Bus 1: 6:30AM
William	Moore	1126	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
ERIC	MOREHOUSE	1127	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
SHAWN	MORGAN	1128	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jake	Moshier	1129	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Lucas	Moshier	1130	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Brenda	Myrthil	1131	Solo	Wave 1: 7:30AM	
Susan	Naccarella	1132	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Jay	Nadeau	1017	72	Wave 4: 8:00AM	
Philip	Nesbitt	1133	Solo	Wave 2: 7:45AM	
Nicholas	Norvell	1018	72	Wave 3: 7:55AM	
Liam	O'Boyle	1134	Solo	Wave 4: 8:00AM	
Teresa	O'Connor	1135	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Roy	Osberg	1136	Solo	Wave 4: 8:00AM	
Ben	Overslaugh	1137	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jim	Palamar	1138	Solo	Wave 4: 8:00AM	
Kelly	Palamar	1139	Solo	Wave 4: 8:00AM	
Chris	Palumbo	1140	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Joe	Piehler	1141	Solo	Wave 3: 7:55AM	
steven	pike	1142	Solo	Wave 3: 7:55AM	
Michael	Pinch	1143	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Tim	Potter	1144	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jesse	Pritchard	1145	Solo	Wave 3: 7:55AM	
PJ	Rakoski	1146	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Roshan	Rana	1147	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM

Bruce	Rasmusson	1148	Solo	Wave 3: 7:55AM	
Thomas	Reynolds	1149	Solo	Wave 4: 8:00AM	
Ron	Richards	1150	Solo	Wave 4: 8:00AM	
Oscar	Robalino	1151	Solo	Wave 1: 7:30AM	Bus 1: 6:30AM
Heather	Robinson	1152	Solo	Wave 3: 7:55AM	
Michael	Robinson	1153	Solo	Wave 3: 7:55AM	
Kate	Rogers	1154	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Kristin	Ruminski	1155	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Erick	Santiago	1156	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Don	Schaefer	1157	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
David	Schreiter	1019	72	Wave 4: 8:00AM	
Jessica	Schreiter	1020	72	Wave 4: 8:00AM	
Michael	Schwarz	1158	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Steve	Scott	1159	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Blake	Shipp	1160	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Alec	Shobe	1161	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Jady	Simmons	1162	Solo	Wave 4: 8:00AM	
McKenna	Simmons	1163	Solo	Wave 4: 8:00AM	
Brendan	Smith	1164	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Chad	Smith	1165	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Sedona	Smith	1166	Solo	Wave 3: 7:55AM	
Joseph	Stevenson	1167	Solo	Wave 2: 7:45AM	
Samantha	Stone	1168	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Taylor	Stuart	1169	Solo	Wave 3: 7:55AM	Bus 3: 6:40AM
Gene	Sullivan	1021	72	Wave 4: 8:00AM	
Adam	Szablewski	1022	72	Wave 4: 8:00AM	Bus 3: 6:40AM
Billie	Szablewski	1023	72	Wave 1: 7:30AM	Bus 1: 6:30AM
Katie	Thomas	1170	Solo	Wave 2: 7:45AM	
Michael	Thomas	1171	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Kristine	Thompson	1172	Solo	Wave 4: 8:00AM	Bus 3: 6:40AM
Bill	Trondsen	1173	Solo	Wave 3: 7:55AM	Bus 3: 6:40AM
Marc	Uhteg	1024	72	Wave 3: 7:55AM	
Chris	Van Kirk	1174	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM
Christian	Vivadelli	1175	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Cody	Webb	1176	Solo	Wave 4: 8:00AM	
Jessica	Weinman	1177	Solo	Wave 3: 7:55AM	
Robert	Wheater	1025	72	Wave 2: 7:45AM	
Simon	Whitehouse	1178	Solo	Wave 3: 7:55AM	
Ethan	Witherington	1179	Solo	Wave 2: 7:45AM	Bus 1: 6:30AM
Shawn	Witkowski	1026	72	Wave 2: 7:45AM	
Missy	Woodruff	1180	Solo	Wave 3: 7:55AM	Bus 3: 6:40AM
Meg	Wukovitz	1181	Solo	Wave 1: 7:30AM	
Mark	Yesilevskiy	1182	Solo	Wave 3: 7:55AM	Bus 2: 6:35AM

Jenn	Zambuto	1183	Solo	Wave 2: 7:45AM	
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