

Day 1 Sehghunda Race Waves and 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 (forthcoming)
 - 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 Wave Lists Below

There is one for Solo/72 Participants in alpha order by last name

There is one for Teams by 2 or 4 person and alpha by team name

SOLO & 72 Participant Waves in Alpha Order by Last Name

First Name	Last Name	Bib	Wave	Event
David	Aleksandrowicz	25	Wave 3 - 7:55AM	Trail Marathon
Charles	Anderson	26	Wave 2 - 7:45AM	Trail Marathon
Katrina	Anderson	27	Wave 2 - 7:45AM	Trail Marathon
Tory	Anderson	28	Wave 2 - 7:45AM	Trail Marathon
Angel	Aparicio	29	Wave 3 - 7:55AM	Trail Marathon
Derek	Backus	30	Wave 3 - 7:55AM	Trail Marathon
Jeremiah	Bailey	2	Wave 2 - 7:45AM	Sehghunda 72
Mandy	Baldwin	31	Wave 3 - 7:55AM	Trail Marathon

Erin	Barbeto	32	Wave 1 - 7:30AM	Trail Marathon
Conan	Bark	33	Wave 1 - 7:30AM	Trail Marathon
Edward	Bark	34	Wave 1 - 7:30AM	Trail Marathon
Ian	Beatty	35	Wave 2 - 7:45AM	Trail Marathon
Matthew	Bement	36	Wave 2 - 7:45AM	Trail Marathon
Rick	Bennett	37	Wave 3 - 7:55AM	Trail Marathon
Miranda	Betances	38	Wave 2 - 7:45AM	Trail Marathon
Rachel	Betts	39	Wave 4 - 8:00AM	Trail Marathon
Heather	Biondolillo	40	Wave 4 - 8:00AM	Trail Marathon
Mark	Biondolillo	41	Wave 4 - 8:00AM	Trail Marathon
Kimberlee	Blik	42	Wave 3 - 7:55AM	Trail Marathon
Jason	Bodnar	43	Wave 3 - 7:55AM	Trail Marathon
Josh	Bodnar	44	Wave 2 - 7:45AM	Trail Marathon
Roger	Bolton	45	Wave 2 - 7:45AM	Trail Marathon
Iskra	Bonanno	46	Wave 2 - 7:45AM	Trail Marathon
Joseph	Bos	47	Wave 1 - 7:30AM	Trail Marathon
Michael	Bray	48	Wave 2 - 7:45AM	Trail Marathon
Oliver	Brett	49	Wave 2 - 7:45AM	Trail Marathon
Carey	Brown	50	Wave 3 - 7:55AM	Trail Marathon
Michael	Brugnoni	51	Wave 4 - 8:00AM	Trail Marathon
Ben	Brundage	52	Wave 1 - 7:30AM	Trail Marathon
Sarah	Brundage	53	Wave 1 - 7:30AM	Trail Marathon
Roxanne	Buffone	54	Wave 1 - 7:30AM	Trail Marathon
Jeremy	Bundy	55	Wave 3 - 7:55AM	Trail Marathon
James	Burkhardt	56	Wave 4 - 8:00AM	Trail Marathon
Thomas	Butler	3	Wave 1 - 7:30AM	Sehghunda 72
Christopher	Cammilleri	57	Wave 2 - 7:45AM	Trail Marathon
Jake	Chard	58	Wave 3 - 7:55AM	Trail Marathon
Mike	Childs	59	Wave 2 - 7:45AM	Trail Marathon
Joseph	Ciecierega	60	Wave 2 - 7:45AM	Trail Marathon
Sean	Conlon	61	Wave 3 - 7:55AM	Trail Marathon
Tracy	Conmy	4	Wave 4 - 8:00AM	Sehghunda 72
John	Connors	62	Wave 3 - 7:55AM	Trail Marathon
Katie	Corey	63	Wave 3 - 7:55AM	Trail Marathon
Josh	Crocker	64	Wave 3 - 7:55AM	Trail Marathon
Rick	Cronise	65	Wave 1 - 7:30AM	Trail Marathon
Stephen	Cullum	66	Wave 2 - 7:45AM	Trail Marathon
Luke	Curley	67	Wave 2 - 7:45AM	Trail Marathon
Todd	Dappen Sr.	5	Wave 3 - 7:55AM	Sehghunda 72
Marcy	Davis-McHugh	68	Wave 3 - 7:55AM	Trail Marathon
John	Del Rosario	69	Wave 3 - 7:55AM	Trail Marathon
Adam	DeVincentis	70	Wave 3 - 7:55AM	Trail Marathon
Kristy	DeVincentis	71	Wave 3 - 7:55AM	Trail Marathon
Michael	DiCaprio	72	Wave 2 - 7:45AM	Trail Marathon
Meredith	Dickerson	73	Wave 3 - 7:55AM	Trail Marathon
Adriane	Divens	6	Wave 1 - 7:30AM	Sehghunda 72

David	Dodell-Feder	74	Wave 2 - 7:45AM	Trail Marathon
Scott	Dodge	75	Wave 4 - 8:00AM	Trail Marathon
Rachel	Dowling	76	Wave 3 - 7:55AM	Trail Marathon
Jacob	Duvall	77	Wave 2 - 7:45AM	Trail Marathon
Vicki	Earle	78	Wave 1 - 7:30AM	Trail Marathon
Elisha	Earley	79	Wave 4 - 8:00AM	Trail Marathon
Adam	Eckert	80	Wave 2 - 7:45AM	Trail Marathon
Michele	Edwards	81	Wave 4 - 8:00AM	Trail Marathon
Jackie	Ellwood	82	Wave 2 - 7:45AM	Trail Marathon
Kevin	Etzkorn	83	Wave 3 - 7:55AM	Trail Marathon
John	Fabian	84	Wave 3 - 7:55AM	Trail Marathon
Holly	Fanning	85	Wave 3 - 7:55AM	Trail Marathon
Ethan	Feder	86	Wave 2 - 7:45AM	Trail Marathon
Danielle	Feligno	87	Wave 4 - 8:00AM	Trail Marathon
Mike	Ferris	88	Wave 4 - 8:00AM	Trail Marathon
Joshua	Frankel	89	Wave 2 - 7:45AM	Trail Marathon
Peter	Franz	90	Wave 2 - 7:45AM	Trail Marathon
Ethan	Fulton	91	Wave 3 - 7:55AM	Trail Marathon
Thomas	Gaborski	92	Wave 2 - 7:45AM	Trail Marathon
Katie	Gailey	93	Wave 3 - 7:55AM	Trail Marathon
John	Ghidiu	94	Wave 2 - 7:45AM	Trail Marathon
Renee	Giardini-Fanton	95	Wave 2 - 7:45AM	Trail Marathon
Matt	Gleason	96	Wave 4 - 8:00AM	Trail Marathon
Frank	Golojuch	97	Wave 2 - 7:45AM	Trail Marathon
Jose	Gonzalo Moreno	98	Wave 3 - 7:55AM	Trail Marathon
Liz	Goss	99	Wave 4 - 8:00AM	Trail Marathon
John	Guarino	100	Wave 1 - 7:30AM	Trail Marathon
Nick	Gula	101	Wave 3 - 7:55AM	Trail Marathon
jeff	gunn	102	Wave 2 - 7:45AM	Trail Marathon
Meghan	Hake	103	Wave 3 - 7:55AM	Trail Marathon
William	Hall	104	Wave 2 - 7:45AM	Trail Marathon
Stephen	Hallgren	7	Wave 2 - 7:45AM	Sehghunda 72
Jonathan	Hanna	105	Wave 2 - 7:45AM	Trail Marathon
Joseph	Hanna	106	Wave 3 - 7:55AM	Trail Marathon
Shanna	Hansen	107	Wave 4 - 8:00AM	Trail Marathon
Jason	Harasimowicz	108	Wave 2 - 7:45AM	Trail Marathon
Tracy	Hardes	109	Wave 4 - 8:00AM	Trail Marathon
Jessica	Harper	110	Wave 2 - 7:45AM	Trail Marathon
Kathleen	Hartigan	111	Wave 4 - 8:00AM	Trail Marathon
Stephen	Hassett	112	Wave 3 - 7:55AM	Trail Marathon
Monica	Hepler	113	Wave 2 - 7:45AM	Trail Marathon
Chris	Herman	8	Wave 3 - 7:55AM	Sehghunda 72
Shane	Hewitson	114	Wave 3 - 7:55AM	Trail Marathon
Lawrence	Hoffman	115	Wave 4 - 8:00AM	Trail Marathon
Clint	Homer	116	Wave 3 - 7:55AM	Trail Marathon
Kristen	Hopfinger	117	Wave 2 - 7:45AM	Trail Marathon

Bruce	Huzyk	118	Wave 3 - 7:55AM	Trail Marathon
Daniel	Johnson	119	Wave 2 - 7:45AM	Trail Marathon
Doug	Johnson	120	Wave 2 - 7:45AM	Trail Marathon
Athumani	Jonathan	121	Wave 4 - 8:00AM	Trail Marathon
Valerie	Kean	122	Wave 1 - 7:30AM	Trail Marathon
Kevin	Kehoe	123	Wave 4 - 8:00AM	Trail Marathon
Sean	Kelley	124	Wave 4 - 8:00AM	Trail Marathon
Rick	Kent	125	Wave 1 - 7:30AM	Trail Marathon
Tamica	Kenyon	126	Wave 3 - 7:55AM	Trail Marathon
Alexander	King	127	Wave 1 - 7:30AM	Trail Marathon
Steve	Knutson	9	Wave 3 - 7:55AM	Sehghunda 72
Stephen	Konieczny	128	Wave 2 - 7:45AM	Trail Marathon
Daniel	Kress	129	Wave 1 - 7:30AM	Trail Marathon
Bob	Kuhn	130	Wave 3 - 7:55AM	Trail Marathon
Matthew	Latawiec	131	Wave 2 - 7:45AM	Trail Marathon
Julia	Lehman	132	Wave 3 - 7:55AM	Trail Marathon
Joseph	Leitten III	133	Wave 3 - 7:55AM	Trail Marathon
Jason	Liddle	134	Wave 2 - 7:45AM	Trail Marathon
Alan	Lonsberry	135	Wave 1 - 7:30AM	Trail Marathon
Bob	Lonsberry	136	Wave 4 - 8:00AM	Trail Marathon
Lee	Lonsberry	10	Wave 3 - 7:55AM	Sehghunda 72
Lindsey	Loosen	137	Wave 2 - 7:45AM	Trail Marathon
Sean	Loosen	138	Wave 2 - 7:45AM	Trail Marathon
Charlie	LoTempio	139	Wave 2 - 7:45AM	Trail Marathon
Jonathan	Loyche	140	Wave 2 - 7:45AM	Trail Marathon
Eamon M.	Lyons	11	Wave 3 - 7:55AM	Sehghunda 72
David	Mager	141	Wave 4 - 8:00AM	Trail Marathon
Stacy	Maier	142	Wave 3 - 7:55AM	Trail Marathon
Mark	Manacle	143	Wave 4 - 8:00AM	Trail Marathon
Eric	Marasco	144	Wave 2 - 7:45AM	Trail Marathon
Kevin	Martin	145	Wave 1 - 7:30AM	Trail Marathon
Bob	McAleavey	146	Wave 3 - 7:55AM	Trail Marathon
Carly	McCabe	147	Wave 4 - 8:00AM	Trail Marathon
Tom	McCarthy	148	Wave 4 - 8:00AM	Trail Marathon
Margaret	McCracken	149	Wave 1 - 7:30AM	Trail Marathon
Jon	McDonough	150	Wave 4 - 8:00AM	Trail Marathon
Ian	McDougall	151	Wave 3 - 7:55AM	Trail Marathon
Jessica	McKnight	152	Wave 3 - 7:55AM	Trail Marathon
Ryley	McKnight	153	Wave 2 - 7:45AM	Trail Marathon
Adam	Michaels	154	Wave 3 - 7:55AM	Trail Marathon
Justin	Miller	155	Wave 4 - 8:00AM	Trail Marathon
Mike	Miller	12	Wave 2 - 7:45AM	Sehghunda 72
James	Miner	156	Wave 3 - 7:55AM	Trail Marathon
Scotty	Miner	157	Wave 2 - 7:45AM	Trail Marathon
Jeff	Mirt	158	Wave 2 - 7:45AM	Trail Marathon
ERIC	MOREHOUSE	159	Wave 2 - 7:45AM	Trail Marathon

Leah	Murray	160	Wave 4 - 8:00AM	Trail Marathon
Jay	Nadeau	13	Wave 1 - 7:30AM	Sehghunda 72
Jaynie	Nafziger	161	Wave 3 - 7:55AM	Trail Marathon
Gina	Nobes	162	Wave 4 - 8:00AM	Trail Marathon
Adam	Northrop	14	Wave 3 - 7:55AM	Sehghunda 72
Nicholas	Norvell	163	Wave 3 - 7:55AM	Trail Marathon
Peggy	Nowakowski	164	Wave 4 - 8:00AM	Trail Marathon
Liam	O'Boyle	165	Wave 4 - 8:00AM	Trail Marathon
Andy	OBrien	166	Wave 3 - 7:55AM	Trail Marathon
Jim	Palamar	167	Wave 4 - 8:00AM	Trail Marathon
Jocelyn	Paolozzi	168	Wave 4 - 8:00AM	Trail Marathon
Keith	Pedzich	15	Wave 4 - 8:00AM	Sehghunda 72
Tina	Pellegrin	169	Wave 1 - 7:30AM	Trail Marathon
Steven	Philips	16	Wave 2 - 7:45AM	Sehghunda 72
Maya	Polashenski	170	Wave 3 - 7:55AM	Trail Marathon
Tim	Potter	171	Wave 3 - 7:55AM	Trail Marathon
Katie	Progno	172	Wave 4 - 8:00AM	Trail Marathon
Susan	Prutsman	173	Wave 4 - 8:00AM	Trail Marathon
Jennifer	Rappleeye	174	Wave 3 - 7:55AM	Trail Marathon
Jessica	Rautenstrauch	175	Wave 3 - 7:55AM	Trail Marathon
Scott	Reed	176	Wave 4 - 8:00AM	Trail Marathon
Andrew	Remillard	177	Wave 4 - 8:00AM	Trail Marathon
Phillip	Rodriguez	178	Wave 4 - 8:00AM	Trail Marathon
Selina	Rodriguez	179	Wave 1 - 7:30AM	Trail Marathon
David	Rothrock	180	Wave 4 - 8:00AM	Trail Marathon
Kristin	Ruminski	181	Wave 3 - 7:55AM	Trail Marathon
Rokhsanna	Sadeghi	182	Wave 3 - 7:55AM	Trail Marathon
Brian	Santora	183	Wave 3 - 7:55AM	Trail Marathon
Justin	Scheid	184	Wave 2 - 7:45AM	Trail Marathon
Philip	Schierer	185	Wave 3 - 7:55AM	Trail Marathon
William	Schifferli	186	Wave 4 - 8:00AM	Trail Marathon
Steve	Scott	17	Wave 2 - 7:45AM	Sehghunda 72
glen	shoup	187	Wave 3 - 7:55AM	Trail Marathon
Daniel	Sinnott	188	Wave 3 - 7:55AM	Trail Marathon
Kelly	Sinnott	189	Wave 4 - 8:00AM	Trail Marathon
Jennifer	Skerrett	190	Wave 4 - 8:00AM	Trail Marathon
Scott	Smith	191	Wave 3 - 7:55AM	Trail Marathon
Brian	Smithley	192	Wave 2 - 7:45AM	Trail Marathon
Ryan	Snyder	193	Wave 3 - 7:55AM	Trail Marathon
Christopher	Sohn	194	Wave 2 - 7:45AM	Trail Marathon
Doug	Sokolowski	195	Wave 4 - 8:00AM	Trail Marathon
David	Soule	196	Wave 2 - 7:45AM	Trail Marathon
Joel	Sprague	197	Wave 1 - 7:30AM	Trail Marathon
Tammi	Steinberg	198	Wave 4 - 8:00AM	Trail Marathon
Joseph	Stevenson	199	Wave 3 - 7:55AM	Trail Marathon
Tyler	Sweeting	200	Wave 3 - 7:55AM	Trail Marathon

Luke	Sworts	201	Wave 2 - 7:45AM	Trail Marathon
John	Tarduno	202	Wave 4 - 8:00AM	Trail Marathon
Marcus	Taylor	203	Wave 3 - 7:55AM	Trail Marathon
Glenn	Tegeger	204	Wave 3 - 7:55AM	Trail Marathon
Gary	Thompson	205	Wave 4 - 8:00AM	Trail Marathon
Kevin	Tompsett	206	Wave 4 - 8:00AM	Trail Marathon
Alexander	Tosto	207	Wave 2 - 7:45AM	Trail Marathon
Corey	Trahan	208	Wave 4 - 8:00AM	Trail Marathon
Ethan	Trischler	209	Wave 3 - 7:55AM	Trail Marathon
Bill	Trondsen	210	Wave 3 - 7:55AM	Trail Marathon
Sarah	Tubbs	211	Wave 3 - 7:55AM	Trail Marathon
Alicia	Tyler	212	Wave 3 - 7:55AM	Trail Marathon
Marc	Uhteg	18	Wave 3 - 7:55AM	Sehghunda 72
Alex	Valverde	213	Wave 3 - 7:55AM	Trail Marathon
Henry	Vanburen	214	Wave 4 - 8:00AM	Trail Marathon
Ron	Viavada	215	Wave 4 - 8:00AM	Trail Marathon
Jason	Vislay	19	Wave 2 - 7:45AM	Sehghunda 72
Michael	Viterise	216	Wave 2 - 7:45AM	Trail Marathon
Elizabeth	Wade	217	Wave 4 - 8:00AM	Trail Marathon
Robert	Wagmiller	218	Wave 2 - 7:45AM	Trail Marathon
Aaron	Wagner	219	Wave 2 - 7:45AM	Trail Marathon
Tyrone	Wallace	220	Wave 4 - 8:00AM	Trail Marathon
Allison	Watkins	20	Wave 4 - 8:00AM	Sehghunda 72
Jessica	Weinman	21	Wave 2 - 7:45AM	Sehghunda 72
Jon	White	22	Wave 4 - 8:00AM	Sehghunda 72
Rebecca	White	23	Wave 3 - 7:55AM	Sehghunda 72
Steve	White	221	Wave 2 - 7:45AM	Trail Marathon
Simon	Whitehouse	222	Wave 3 - 7:55AM	Trail Marathon
Carolyn	Whyland	223	Wave 4 - 8:00AM	Trail Marathon
Rob	Wilder	224	Wave 3 - 7:55AM	Trail Marathon
Shawn	Witkowski	24	Wave 2 - 7:45AM	Sehghunda 72
Dana	Wood	225	Wave 2 - 7:45AM	Trail Marathon
Scott	Woodruff	226	Wave 1 - 7:30AM	Trail Marathon
Darryl	Yaddaw	227	Wave 1 - 7:30AM	Trail Marathon
Luke	Zamoyski	228	Wave 2 - 7:45AM	Trail Marathon
IMANOL	ZUNIGA ELEJABEITIA	229	Wave 2 - 7:45AM	Trail Marathon
Agnieszka	Zyrek	230	Wave 3 - 7:55AM	Trail Marathon

Team Waves by Team Type then Team Name

First Name	Last Name	Wave	Event	Race Group
Amanda	Muster	Wave 4 - 8:00AM	2 Person	Amanda and Missy
Melissa	Panzarella	Wave 4 - 8:00AM	2 Person	Amanda and Missy
Derek	Johnson	Wave 2 - 7:45AM	2 Person	Bad Knee Bad Ankle
Josh	Obrochta	Wave 2 - 7:45AM	2 Person	Bad Knee Bad Ankle

Shawn	Goss	Wave 4 - 8:00AM	2 Person	BAMF Ninjas
Mark	Wood	Wave 4 - 8:00AM	2 Person	BAMF Ninjas
Kristen	Love	Wave 2 - 7:45AM	2 Person	Bear Party
Belinda	O'Brien	Wave 2 - 7:45AM	2 Person	Bear Party
Kyle	Krzywicki	Wave 4 - 8:00AM	2 Person	BeersAfter
Jeffrey	McCabe	Wave 4 - 8:00AM	2 Person	BeersAfter
SOPHIA	NAFZIGER	Wave 3 - 7:55AM	2 Person	Bev & Sophie
Beverly	Shutts	Wave 3 - 7:55AM	2 Person	Bev & Sophie
Sean	Parry	Wave 2 - 7:45AM	2 Person	Boots Likes Us Best
Scott	Winslow	Wave 2 - 7:45AM	2 Person	Boots Likes Us Best
James	Crocker	Wave 2 - 7:45AM	2 Person	Crock-n-Roll
Ryan	Crocker	Wave 2 - 7:45AM	2 Person	Crock-n-Roll
Joseph	Konwinski	Wave 3 - 7:55AM	2 Person	Dragged In.
John	Sawyko	Wave 3 - 7:55AM	2 Person	Dragged In.
Justin	Marcus	Wave 2 - 7:45AM	2 Person	Dusty Miselli
Rachel	Piselli	Wave 2 - 7:45AM	2 Person	Dusty Miselli
Larry	Judd	Wave 1 - 7:30AM	2 Person	Fond-O-Hondas
Kaye	Treanor	Wave 1 - 7:30AM	2 Person	Fond-O-Hondas
Monica	Reagan	Wave 4 - 8:00AM	2 Person	Go GO Gadget Legs!
Valerie	Sawyko	Wave 4 - 8:00AM	2 Person	Go GO Gadget Legs!
Allie	Thut	Wave 4 - 8:00AM	2 Person	Go Pack Go
Nick	Vermeulen	Wave 4 - 8:00AM	2 Person	Go Pack Go
Jonathan	Healy	Wave 1 - 7:30AM	2 Person	Healy
Lincoln	Healy	Wave 1 - 7:30AM	2 Person	Healy
Duane	Johnson	Wave 4 - 8:00AM	2 Person	Junior JFZ
Kelly	Wichtendahl	Wave 4 - 8:00AM	2 Person	Junior JFZ
Kate	Rogers	Wave 2 - 7:45AM	2 Person	Kate & Sara
Sara	Van Remmen	Wave 2 - 7:45AM	2 Person	Kate & Sara
Michelle	Restivo	Wave 4 - 8:00AM	2 Person	Lost In The Woods
Aaron	Smykowski	Wave 4 - 8:00AM	2 Person	Lost In The Woods
Jeff	Chester	Wave 3 - 7:55AM	2 Person	Marmalade and Jelly
Mary	Wojnowski	Wave 3 - 7:55AM	2 Person	Marmalade and Jelly
Sophie	Bowles	Wave 4 - 8:00AM	2 Person	mother daughter
Darla	Lonsberry	Wave 4 - 8:00AM	2 Person	mother daughter
Carl	Camille	Wave 4 - 8:00AM	2 Person	Moving as Fast As Possible
James	Norris	Wave 4 - 8:00AM	2 Person	Moving as Fast As Possible
Edgar	Betances	Wave 4 - 8:00AM	2 Person	Muckalucka's
Daniel	Taylor	Wave 4 - 8:00AM	2 Person	Muckalucka's
Erin	Zeller	Wave 4 - 8:00AM	2 Person	Not Lost In The Woods
Max	Zeller	Wave 4 - 8:00AM	2 Person	Not Lost In The Woods
Jeff	Polino	Wave 2 - 7:45AM	2 Person	On the Rocks!
Tiffany	Polino	Wave 2 - 7:45AM	2 Person	On the Rocks!
Patrick	Ciambrone	Wave 2 - 7:45AM	2 Person	Pat and Steve's Excellent Adventure!
Stephen	Cramb	Wave 2 - 7:45AM	2 Person	Pat and Steve's Excellent Adventure!
Paul	DiCola	Wave 2 - 7:45AM	2 Person	Real Gamers
Charity	Willett	Wave 2 - 7:45AM	2 Person	Real Gamers

Jason	Page	Wave 3 - 7:55AM	2 Person	RWT
Menzo	Peck	Wave 3 - 7:55AM	2 Person	RWT
Valeria	Antonetty	Wave 4 - 8:00AM	2 Person	Scrambled Ankles
Katie	Konieczny	Wave 4 - 8:00AM	2 Person	Scrambled Ankles
Gabriel	Abdella	Wave 2 - 7:45AM	2 Person	SLAA
Chad	Minuto	Wave 2 - 7:45AM	2 Person	SLAA
Kaitlyn	Casey	Wave 3 - 7:55AM	2 Person	Step Up 2: Hank's Heroes
Evan	Fulton	Wave 3 - 7:55AM	2 Person	Step Up 2: Hank's Heroes
LEANNA	MINER	Wave 3 - 7:55AM	2 Person	Sunshine Twins
Jocelyn	Wittstein	Wave 3 - 7:55AM	2 Person	Sunshine Twins
Sarah	Ernst	Wave 4 - 8:00AM	2 Person	Taggy Sits
Jenn	Sargent	Wave 4 - 8:00AM	2 Person	Taggy Sits
Robert	Elder	Wave 3 - 7:55AM	2 Person	Team Glacier
Phil	Morgan	Wave 3 - 7:55AM	2 Person	Team Glacier
Michelle	Abdella	Wave 3 - 7:55AM	2 Person	Team Kara
Trey	Abdella	Wave 3 - 7:55AM	2 Person	Team Kara
Matthew	Mariano	Wave 2 - 7:45AM	2 Person	Team Stone/Mariano
Mark	Stone	Wave 2 - 7:45AM	2 Person	Team Stone/Mariano
Jason	Weiss	Wave 3 - 7:55AM	2 Person	TeamZilla
Josh	Weiss	Wave 3 - 7:55AM	2 Person	TeamZilla
Kristin	Ackerman	Wave 1 - 7:30AM	2 Person	The Dead Trails
Jeri	Olson	Wave 1 - 7:30AM	2 Person	The Dead Trails
Jeb	Bobseine	Wave 2 - 7:45AM	2 Person	The Hamburglers
Matt	Bourke	Wave 2 - 7:45AM	2 Person	The Hamburglers
Shannon	Oakes	Wave 3 - 7:55AM	2 Person	This is the relay name
Brandon	Rosettie	Wave 3 - 7:55AM	2 Person	This is the relay name
Andrew	DeBuyser	Wave 2 - 7:45AM	2 Person	Toenails are for Sissies 1
John	Resch	Wave 2 - 7:45AM	2 Person	Toenails are for Sissies 1
Keri	Adams	Wave 2 - 7:45AM	2 Person	Toenails are for Sissies 2
Shiloh	Wormley	Wave 2 - 7:45AM	2 Person	Toenails are for Sissies 2
Rachael	DellaPietra	Wave 3 - 7:55AM	2 Person	Turtle Twins
Chad	Skarzynski	Wave 3 - 7:55AM	2 Person	Turtle Twins
Myra	Gurecki	Wave 4 - 8:00AM	2 Person	Twisted Sisters
Missy	Kelley	Wave 4 - 8:00AM	2 Person	Twisted Sisters
Raymond	Goulet	Wave 4 - 8:00AM	2 Person	Wannarun
Eric	Marks	Wave 2 - 7:45AM	2 Person	Warriors
Nate	Wintringer	Wave 2 - 7:45AM	2 Person	Warriors
Megan	Critelli	Wave 1 - 7:30AM	2 Person	We Got This
Jessica	Ziomek	Wave 1 - 7:30AM	2 Person	We Got This
Susan	Naccarella	Wave 1 - 7:30AM	2 Person	Weirdos
Mary	Spahn	Wave 1 - 7:30AM	2 Person	Weirdos
Andy	Trahan	Wave 2 - 7:45AM	2 Person	Werhans
Jesse	Werzinger	Wave 2 - 7:45AM	2 Person	Werhans
Jay	Anzellotti	Wave 2 - 7:45AM	2 Person	Westland Goats
Mike	Koelemay	Wave 2 - 7:45AM	2 Person	Westland Goats
Melissa	D'Arcangelo	Wave 4 - 8:00AM	2 Person	Why Not?

Erik	Hoertz	Wave 4 - 8:00AM	2 Person	Why Not?
Laura	Johnson	Wave 4 - 8:00AM	2 Person	Yaaas
Lani	Miller	Wave 4 - 8:00AM	2 Person	Yaaas
Dave	King	Wave 4 - 8:00AM	2 Person	Zero Dogs
Tara	Otto	Wave 4 - 8:00AM	2 Person	Zero Dogs
Colleen	Czubinski	Wave 1 - 7:30AM	4 Person	4 crazy mother runners
Jennifer	Gaudino	Wave 1 - 7:30AM	4 Person	4 crazy mother runners
Angela	Judd	Wave 1 - 7:30AM	4 Person	4 crazy mother runners
Rita	Prosperi	Wave 1 - 7:30AM	4 Person	4 crazy mother runners
Lochlan	Cahoon	Wave 1 - 7:30AM	4 Person	BioWorks Running
Jeffrey	Luke	Wave 1 - 7:30AM	4 Person	BioWorks Running
Maddie	Maynor	Wave 1 - 7:30AM	4 Person	BioWorks Running
Chris	Rose	Wave 1 - 7:30AM	4 Person	BioWorks Running
Brennan	Briggs	Wave 2 - 7:45AM	4 Person	BP Tent Company
Justine	Briggs	Wave 2 - 7:45AM	4 Person	BP Tent Company
James	Patric	Wave 2 - 7:45AM	4 Person	BP Tent Company
Jillian	Patric	Wave 2 - 7:45AM	4 Person	BP Tent Company
Keith	Johnson	Wave 2 - 7:45AM	4 Person	Caballo Blanco
Thomas	Lattanzi	Wave 2 - 7:45AM	4 Person	Caballo Blanco
Gary	Moore	Wave 2 - 7:45AM	4 Person	Caballo Blanco
Jordan	Rusek	Wave 2 - 7:45AM	4 Person	Caballo Blanco
Christina	Nesbitt	Wave 3 - 7:55AM	4 Person	Chafing the Dream
Lynn	Pellitteri	Wave 3 - 7:55AM	4 Person	Chafing the Dream
Cassandra	Petty	Wave 3 - 7:55AM	4 Person	Chafing the Dream
Nancy	Salen	Wave 3 - 7:55AM	4 Person	Chafing the Dream
Loring	Hill	Wave 4 - 8:00AM	4 Person	Crazy Crew
Olivia	Martin	Wave 4 - 8:00AM	4 Person	Crazy Crew
Melissa	McCarthy	Wave 4 - 8:00AM	4 Person	Crazy Crew
Jason	Shumaker	Wave 4 - 8:00AM	4 Person	Crazy Crew
Bill	Hunt	Wave 4 - 8:00AM	4 Person	Easier Said Than Run
Christopher	Kumar	Wave 4 - 8:00AM	4 Person	Easier Said Than Run
Beth	Luckey	Wave 4 - 8:00AM	4 Person	Easier Said Than Run
Karen	Samis	Wave 4 - 8:00AM	4 Person	Easier Said Than Run
Shelli	Altopp-Miller	Wave 4 - 8:00AM	4 Person	Feet Don't Fail Me Now
Patty	Barnes	Wave 4 - 8:00AM	4 Person	Feet Don't Fail Me Now
Liz	Dormer	Wave 4 - 8:00AM	4 Person	Feet Don't Fail Me Now
Vera	Smith	Wave 4 - 8:00AM	4 Person	Feet Don't Fail Me Now
Christopher	O'brien	Wave 4 - 8:00AM	4 Person	HENE Hustlers
Alexandria	Stoltman	Wave 4 - 8:00AM	4 Person	HENE Hustlers
Darren	Fanton	Wave 4 - 8:00AM	4 Person	If there's hills, I'm Christopher Walken
Janet	Ofano	Wave 4 - 8:00AM	4 Person	If there's hills, I'm Christopher Walken
Denise	Straub	Wave 4 - 8:00AM	4 Person	If there's hills, I'm Christopher Walken
Maddie	Straub	Wave 4 - 8:00AM	4 Person	If there's hills, I'm Christopher Walken

Beth	Hazelton	Wave 4 - 8:00AM	4 Person	Lady and the Tramps
Nicholas	Miller	Wave 4 - 8:00AM	4 Person	Lady and the Tramps
John	Rowley	Wave 4 - 8:00AM	4 Person	Lady and the Tramps
Marc	Smithers	Wave 4 - 8:00AM	4 Person	Lady and the Tramps
Ginger	Black	Wave 2 - 7:45AM	4 Person	Let's see what happens
Joe	Hall	Wave 2 - 7:45AM	4 Person	Let's see what happens
Chris	Lotti	Wave 2 - 7:45AM	4 Person	Let's see what happens
Natalie	Lowes	Wave 2 - 7:45AM	4 Person	Let's see what happens
Catherine	Carroll-Edwards	Wave 4 - 8:00AM	4 Person	Lost in the Woods Again
Greg	Colavecchia	Wave 4 - 8:00AM	4 Person	Lost in the Woods Again
Jessica	Colavecchia	Wave 4 - 8:00AM	4 Person	Lost in the Woods Again
Angela	Messenger	Wave 4 - 8:00AM	4 Person	Lost in the Woods Again
Amber	Bantle	Wave 4 - 8:00AM	4 Person	Mama Mafia
Bethany	Crocker	Wave 4 - 8:00AM	4 Person	Mama Mafia
Stephanie	Hanna	Wave 4 - 8:00AM	4 Person	Mama Mafia
Amy	Kauffman	Wave 4 - 8:00AM	4 Person	Mama Mafia
Carrie	DiPasquale(Straw)	Wave 4 - 8:00AM	4 Person	Messy Soul Mates
Kelli	Harmor	Wave 4 - 8:00AM	4 Person	Messy Soul Mates
Viki	Hogden	Wave 4 - 8:00AM	4 Person	Messy Soul Mates
Tracy	Smith	Wave 4 - 8:00AM	4 Person	Messy Soul Mates
Mike	Burling	Wave 2 - 7:45AM	4 Person	Off On Watson
AJ	Hameline	Wave 2 - 7:45AM	4 Person	Off On Watson
Elizabeth	Matthews	Wave 2 - 7:45AM	4 Person	Off On Watson
Jack Joseph	Stout	Wave 2 - 7:45AM	4 Person	Off On Watson
Monica	Albizu	Wave 3 - 7:55AM	4 Person	Patty Cakers
Sarah	Caveglia	Wave 3 - 7:55AM	4 Person	Patty Cakers
Wayne	Evans	Wave 3 - 7:55AM	4 Person	Patty Cakers
Russell	Glor	Wave 3 - 7:55AM	4 Person	Patty Cakers
Melanie	Mykins	Wave 3 - 7:55AM	4 Person	Peer Pressured and guilty
Sarah	Wilkinson	Wave 3 - 7:55AM	4 Person	Peer Pressured and guilty
Carissa	Childs	Wave 2 - 7:45AM	4 Person	Peppers
Ted	Merkel	Wave 2 - 7:45AM	4 Person	Peppers
Tate	Tischner	Wave 2 - 7:45AM	4 Person	Peppers
andrew	zappia	Wave 2 - 7:45AM	4 Person	Peppers
Kelly	Dietrick	Wave 2 - 7:45AM	4 Person	Riders with Running Problem
Amanda	Reid	Wave 2 - 7:45AM	4 Person	Riders with Running Problem
David	Valvo	Wave 2 - 7:45AM	4 Person	Riders with Running Problem
Leah	Valvo	Wave 2 - 7:45AM	4 Person	Riders with Running Problem
Coraline	Falco	Wave 3 - 7:55AM	4 Person	Rungry Racers
Kimberly	Goerlich	Wave 3 - 7:55AM	4 Person	Rungry Racers
Bonnie	Lindblom	Wave 3 - 7:55AM	4 Person	Rungry Racers
Kirsten	Weeks	Wave 3 - 7:55AM	4 Person	Rungry Racers
Luke	Albano	Wave 4 - 8:00AM	4 Person	Running albaño
Richard	Albano	Wave 4 - 8:00AM	4 Person	Running albaño
Sophia	Albano	Wave 4 - 8:00AM	4 Person	Running albaño
Wendy	Dwyer Albano	Wave 4 - 8:00AM	4 Person	Running albaño

Dina	Brouse	Wave 4 - 8:00AM	4 Person	Scrambled Legs
Erin	Schneider	Wave 4 - 8:00AM	4 Person	Scrambled Legs
AIMEE	TASSONE	Wave 4 - 8:00AM	4 Person	Scrambled Legs
Missy	Woodruff	Wave 4 - 8:00AM	4 Person	Scrambled Legs
Lauren	Magin	Wave 2 - 7:45AM	4 Person	Sehghunda Thunda
Sean	Magin	Wave 2 - 7:45AM	4 Person	Sehghunda Thunda
Christopher	Palumbo	Wave 2 - 7:45AM	4 Person	Sehghunda Thunda
Carolynne	Pouliot	Wave 2 - 7:45AM	4 Person	Sehghunda Thunda
Andrea	Alvarez	Wave 1 - 7:30AM	4 Person	Sloth Running Club
Jeff	Blando	Wave 1 - 7:30AM	4 Person	Sloth Running Club
Kelly	Petrie	Wave 1 - 7:30AM	4 Person	Sloth Running Club
Jay	Schwartzkopf	Wave 1 - 7:30AM	4 Person	Sloth Running Club
James	Lovell	Wave 3 - 7:55AM	4 Person	SOAR
Charlie	Wukovitz	Wave 3 - 7:55AM	4 Person	SOAR
Matt	Wukovitz	Wave 3 - 7:55AM	4 Person	SOAR
Meg	Wukovitz	Wave 3 - 7:55AM	4 Person	SOAR
Josh	Beres	Wave 3 - 7:55AM	4 Person	SOAR Rocks
Nick	Bonsignore	Wave 3 - 7:55AM	4 Person	SOAR Rocks
Greg	Homa	Wave 3 - 7:55AM	4 Person	SOAR Rocks
Michele	Lovell	Wave 3 - 7:55AM	4 Person	SOAR Rocks
Callie	Murray	Wave 4 - 8:00AM	4 Person	SOAR segahundadeeznuts
Hadley	Murray	Wave 4 - 8:00AM	4 Person	SOAR segahundadeeznuts
Lorelei	Strong	Wave 4 - 8:00AM	4 Person	SOAR segahundadeeznuts
Elsa	Wood	Wave 4 - 8:00AM	4 Person	SOAR segahundadeeznuts
Megan	Ehrhart	Wave 3 - 7:55AM	4 Person	SOAR Trail Blazers
Jaydan	Jackson	Wave 3 - 7:55AM	4 Person	SOAR Trail Blazers
Chris	Shoemaker	Wave 3 - 7:55AM	4 Person	SOAR Trail Blazers
Liam	Smith	Wave 3 - 7:55AM	4 Person	SOAR Trail Blazers
Bella	Beres	Wave 3 - 7:55AM	4 Person	SOARing through the woods
Reagan	VanGorden	Wave 3 - 7:55AM	4 Person	SOARing through the woods
Abigail	Wagner	Wave 3 - 7:55AM	4 Person	SOARing through the woods
Steve	Wagner	Wave 3 - 7:55AM	4 Person	SOARing through the woods
Paul	Kreher	Wave 2 - 7:45AM	4 Person	Sole Brothers
Dan	Sullivan	Wave 2 - 7:45AM	4 Person	Sole Brothers
Jack	Sullivan	Wave 2 - 7:45AM	4 Person	Sole Brothers
Kevin	Vandernaald	Wave 2 - 7:45AM	4 Person	Sole Brothers
Jane	Csaszar	Wave 4 - 8:00AM	4 Person	Stripes
Brenda	Myrthil	Wave 4 - 8:00AM	4 Person	Stripes
Teresa	O'Connor	Wave 4 - 8:00AM	4 Person	Stripes
Jacque	Turbett	Wave 4 - 8:00AM	4 Person	Stripes
Abigail	Santora	Wave 3 - 7:55AM	4 Person	Team Santora
Andrew	Santora	Wave 3 - 7:55AM	4 Person	Team Santora
Harold	Santora	Wave 3 - 7:55AM	4 Person	Team Santora
Maggie	Santora	Wave 3 - 7:55AM	4 Person	Team Santora
Matthew	Smith	Wave 4 - 8:00AM	4 Person	Three Women and a Baby
Shannon	Smith	Wave 4 - 8:00AM	4 Person	Three Women and a Baby

Melissa	Stein	Wave 4 - 8:00AM	4 Person	Three Women and a Baby
Christine	Tascione	Wave 4 - 8:00AM	4 Person	Three Women and a Baby
Danielle	Bucior	Wave 2 - 7:45AM	4 Person	Tired Health Care Workers
Hannah	Clark	Wave 2 - 7:45AM	4 Person	Tired Health Care Workers
Francine	Folderman	Wave 2 - 7:45AM	4 Person	Tired Health Care Workers
Colette	Piasecki-masters	Wave 2 - 7:45AM	4 Person	Tired Health Care Workers
Amanda	Hoy	Wave 4 - 8:00AM	4 Person	Trail Blazers
Alison	Zybczynski	Wave 4 - 8:00AM	4 Person	Trail Blazers
Tasha	Akins	Wave 4 - 8:00AM	4 Person	Trail Gals
Lauren	Gauvin	Wave 4 - 8:00AM	4 Person	Trail Gals
Andrea	Hassett	Wave 4 - 8:00AM	4 Person	Trail Gals
Megan	Holloway	Wave 4 - 8:00AM	4 Person	Trail Gals
Paula	Brooks	Wave 4 - 8:00AM	4 Person	Trail Mix
Carole	Knoepfler	Wave 4 - 8:00AM	4 Person	Trail Mix
Angela	Kohlmeier	Wave 4 - 8:00AM	4 Person	Trail Mix
Julie	Wilder	Wave 4 - 8:00AM	4 Person	Trail Mix
David	Goodsell	Wave 4 - 8:00AM	4 Person	Wny runners
Holly	Hackmer	Wave 4 - 8:00AM	4 Person	Wny runners
Sarah	Pitzrick	Wave 4 - 8:00AM	4 Person	Wny runners
Susanne	Teator	Wave 4 - 8:00AM	4 Person	Wny runners
Victoria	Begy	Wave 4 - 8:00AM	4 Person	Wonder Woman Rocks
Linda	Carter	Wave 4 - 8:00AM	4 Person	Wonder Woman Rocks
Danielle	Rice	Wave 4 - 8:00AM	4 Person	Wonder Woman Rocks
Elizabeth	Ward	Wave 4 - 8:00AM	4 Person	Wonder Woman Rocks