

Day 1 2023 Sehghahunda 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 (sent out week of 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 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	24	Wave 4: 8:00AM	Trail Marathon
Ryan	Allen-Parrot	25	Wave 2: 7:45AM	Trail Marathon
Katrina	Anderson	26	Wave 4: 8:00AM	Trail Marathon
Tory	Anderson	27	Wave 2: 7:45AM	Trail Marathon
Jeremiah	Bailey	2	Wave 2: 7:45AM	Sehghahunda 72
Conan	Bark	28	Wave 4: 8:00AM	Trail Marathon
Edward	Bark	29	Wave 4: 8:00AM	Trail Marathon

Nick	Bartolotti	30	Wave 4: 8:00AM	Trail Marathon
Ralph	Bean	31	Wave 4: 8:00AM	Trail Marathon
Ian	Beatty	3	Wave 2: 7:45AM	Sehgahunda 72
Vickey	Beaver	32	Wave 1: 7:30AM	Trail Marathon
Allison	Belanger	33	Wave 3: 7:55AM	Trail Marathon
Matthew	Bement	34	Wave 1: 7:30AM	Trail Marathon
Rick	Bennett	35	Wave 2: 7:45AM	Trail Marathon
Michelle	Blake	36	Wave 4: 8:00AM	Trail Marathon
Bill	Blessing	37	Wave 4: 8:00AM	Trail Marathon
Garrett	Blondell	38	Wave 2: 7:45AM	Trail Marathon
Iskra	Bonanno	39	Wave 2: 7:45AM	Trail Marathon
Sophie	Bowles	40	Wave 3: 7:55AM	Trail Marathon
Daniel	Brooks	41	Wave 2: 7:45AM	Trail Marathon
Michael	Brugnoni	42	Wave 1: 7:30AM	Trail Marathon
Ben	Brundage	4	Wave 3: 7:55AM	Sehgahunda 72
Dan	Brundage	43	Wave 1: 7:30AM	Trail Marathon
Roxanne	Buffone	44	Wave 1: 7:30AM	Trail Marathon
James	Burkhardt	45	Wave 4: 8:00AM	Trail Marathon
Colin	Busse	46	Wave 2: 7:45AM	Trail Marathon
Thomas	Butler	5	Wave 1: 7:30AM	Sehgahunda 72
Samantha	Buzzelli	47	Wave 2: 7:45AM	Trail Marathon
Christopher	Cammilleri	48	Wave 3: 7:55AM	Trail Marathon
Jen	Campanella	49	Wave 2: 7:45AM	Trail Marathon
Xeno	Carpenter-New	50	Wave 2: 7:45AM	Trail Marathon
Jake	Chard	51	Wave 2: 7:45AM	Trail Marathon
Patrick	Ciambrone	52	Wave 3: 7:55AM	Trail Marathon
Timothy	Ciancione	53	Wave 2: 7:45AM	Trail Marathon
Joseph	Ciecierega	54	Wave 4: 8:00AM	Trail Marathon
Ian	Clayton	6	Wave 2: 7:45AM	Sehgahunda 72
Damian	Clemons	7	Wave 2: 7:45AM	Sehgahunda 72
Alexander	Cocco	55	Wave 3: 7:55AM	Trail Marathon
Wendy	Cody	56	Wave 3: 7:55AM	Trail Marathon
Sean	Conlon	57	Wave 4: 8:00AM	Trail Marathon
Tracy	Conmy	8	Wave 3: 7:55AM	Sehgahunda 72
Selina	Cowan	58	Wave 2: 7:45AM	Trail Marathon
Josh	Crocker	59	Wave 3: 7:55AM	Trail Marathon
Luke	Curley	60	Wave 2: 7:45AM	Trail Marathon
Kevin	Curtin	61	Wave 4: 8:00AM	Trail Marathon

Todd	Dappen Sr.	9	Wave 3: 7:55AM	Sehgahunda 72
Keith	Dello	62	Wave 4: 8:00AM	Trail Marathon
Michelle	Desio	63	Wave 2: 7:45AM	Trail Marathon
Adam	Devincentis	64	Wave 3: 7:55AM	Trail Marathon
Kristy	DeVincentis	10	Wave 2: 7:45AM	Sehgahunda 72
Rhonda	Diehl	65	Wave 2: 7:45AM	Trail Marathon
Rheannin	Diselrod	66	Wave 3: 7:55AM	Trail Marathon
David	Dodell-Feder	67	Wave 3: 7:55AM	Trail Marathon
Scott	Dodge	68	Wave 4: 8:00AM	Trail Marathon
Kristen	Dombroski	69	Wave 2: 7:45AM	Trail Marathon
Cody	Donahue	70	Wave 3: 7:55AM	Trail Marathon
Eddie	Doyle	71	Wave 3: 7:55AM	Trail Marathon
Josiah	Dutcher	11	Wave 2: 7:45AM	Sehgahunda 72
Jacob	Duvall	72	Wave 2: 7:45AM	Trail Marathon
Theodore	Dyment	73	Wave 2: 7:45AM	Trail Marathon
Adam	Eckert	74	Wave 3: 7:55AM	Trail Marathon
Michele	Edwards	75	Wave 1: 7:30AM	Trail Marathon
Jackie	Ellwood	76	Wave 2: 7:45AM	Trail Marathon
Kevin	Etzkorn	77	Wave 3: 7:55AM	Trail Marathon
Zachary	Falta	78	Wave 3: 7:55AM	Trail Marathon
Jen	Faso	79	Wave 4: 8:00AM	Trail Marathon
Danielle	Feligno	80	Wave 4: 8:00AM	Trail Marathon
Mike	Ferris	81	Wave 4: 8:00AM	Trail Marathon
David	Fires	82	Wave 1: 7:30AM	Trail Marathon
Bob	Fischer	83	Wave 2: 7:45AM	Trail Marathon
Andy	Frank	84	Wave 2: 7:45AM	Trail Marathon
Peter	Franz	85	Wave 2: 7:45AM	Trail Marathon
Ethan	Fulton	86	Wave 3: 7:55AM	Trail Marathon
Renee	Giardini-Fanton	87	Wave 2: 7:45AM	Trail Marathon
Keith	Goergen	88	Wave 3: 7:55AM	Trail Marathon
Keith	Goins	89	Wave 4: 8:00AM	Trail Marathon
Peter	Goins	90	Wave 2: 7:45AM	Trail Marathon
Robert	Goins	91	Wave 2: 7:45AM	Trail Marathon
Stephen	Goins	92	Wave 3: 7:55AM	Trail Marathon
Bradley	Good	93	Wave 4: 8:00AM	Trail Marathon
Chris	Greene	94	Wave 4: 8:00AM	Trail Marathon
Nick	Gula	95	Wave 2: 7:45AM	Trail Marathon
Jeff	Gunn	96	Wave 2: 7:45AM	Trail Marathon

Michael	Gunn	97	Wave 4: 8:00AM	Trail Marathon
Vishal	Gupta	98	Wave 2: 7:45AM	Trail Marathon
Edwin	Hach	99	Wave 3: 7:55AM	Trail Marathon
Jesse	Hall	100	Wave 4: 8:00AM	Trail Marathon
Kari	Hall	101	Wave 1: 7:30AM	Trail Marathon
William	Hall	102	Wave 2: 7:45AM	Trail Marathon
Jonathan	Hanna	103	Wave 2: 7:45AM	Trail Marathon
Joseph	Hanna	104	Wave 3: 7:55AM	Trail Marathon
Shanna	Hansen	105	Wave 4: 8:00AM	Trail Marathon
Jason	Harasimowicz	106	Wave 2: 7:45AM	Trail Marathon
Mark	Harasimowicz	107	Wave 3: 7:55AM	Trail Marathon
Mark	Harrington	108	Wave 4: 8:00AM	Trail Marathon
Nathan	Hayes	109	Wave 2: 7:45AM	Trail Marathon
Jonathan	Healy	110	Wave 1: 7:30AM	Trail Marathon
Lincoln	Healy	111	Wave 1: 7:30AM	Trail Marathon
Clint	Homer	113	Wave 4: 8:00AM	Trail Marathon
Kristen	Hopfinger	114	Wave 2: 7:45AM	Trail Marathon
Joseph	Hornak	115	Wave 1: 7:30AM	Trail Marathon
Garth	Howell	116	Wave 3: 7:55AM	Trail Marathon
Bruce	Huzyk	117	Wave 3: 7:55AM	Trail Marathon
Kara	Izzo	118	Wave 4: 8:00AM	Trail Marathon
Robert	Jaeger	119	Wave 3: 7:55AM	Trail Marathon
Gary	Johnson	120	Wave 2: 7:45AM	Trail Marathon
Joshua	Judkins	121	Wave 2: 7:45AM	Trail Marathon
John	Kattato	122	Wave 4: 8:00AM	Trail Marathon
Thomas	Kelly	123	Wave 3: 7:55AM	Trail Marathon
Angie	Kettell	124	Wave 4: 8:00AM	Trail Marathon
Aaron	King	12	Wave 2: 7:45AM	Sehgahunda 72
Steve	Knutson	13	Wave 4: 8:00AM	Sehgahunda 72
Kyle	Krzywicki	125	Wave 4: 8:00AM	Trail Marathon
Lynne	Leary	126	Wave 4: 8:00AM	Trail Marathon
Shane	Leary	127	Wave 3: 7:55AM	Trail Marathon
Michael	LeGault	128	Wave 3: 7:55AM	Trail Marathon
Meridith	Leubner	129	Wave 4: 8:00AM	Trail Marathon
Bliss	Lillis	130	Wave 4: 8:00AM	Trail Marathon
William	Linsner	131	Wave 4: 8:00AM	Trail Marathon
Bob	Lonsberry	132	Wave 4: 8:00AM	Trail Marathon
Lee	Lonsberry	14	Wave 3: 7:55AM	Sehgahunda 72

Hannah	Lonsberry-Chen	133	Wave 4: 8:00AM	Trail Marathon
Charlie	LoTempio	134	Wave 2: 7:45AM	Trail Marathon
Kevin	Lowe	135	Wave 1: 7:30AM	Trail Marathon
Jonathan	Loyche	136	Wave 2: 7:45AM	Trail Marathon
Jennifer	Lynch	137	Wave 1: 7:30AM	Trail Marathon
Eamon M.	Lyons	15	Wave 3: 7:55AM	Sehgahunda 72
Lindsey	Macyauski	138	Wave 4: 8:00AM	Trail Marathon
Ashley	Madura	139	Wave 2: 7:45AM	Trail Marathon
David	Mager	140	Wave 4: 8:00AM	Trail Marathon
Justin	Mapes	141	Wave 1: 7:30AM	Trail Marathon
Big Al	Marciano	142	Wave 1: 7:30AM	Trail Marathon
Cody	May	143	Wave 3: 7:55AM	Trail Marathon
Danielle	May	144	Wave 3: 7:55AM	Trail Marathon
Patrick	McAfee	145	Wave 4: 8:00AM	Trail Marathon
Carly	McCabe	146	Wave 1: 7:30AM	Trail Marathon
Jeffrey	McCabe	147	Wave 4: 8:00AM	Trail Marathon
Katie	McCall	148	Wave 3: 7:55AM	Trail Marathon
Margaret	McCracken	149	Wave 1: 7:30AM	Trail Marathon
Ian	McDougall	150	Wave 3: 7:55AM	Trail Marathon
Aaron	Mentkowski	151	Wave 3: 7:55AM	Trail Marathon
Adam	Michaels	152	Wave 4: 8:00AM	Trail Marathon
Justin	Miller	153	Wave 3: 7:55AM	Trail Marathon
James	Miner	154	Wave 3: 7:55AM	Trail Marathon
Scotty	Miner	155	Wave 2: 7:45AM	Trail Marathon
Krista	Mitchell	156	Wave 4: 8:00AM	Trail Marathon
Taylor	Mooney-Acevedo	157	Wave 2: 7:45AM	Trail Marathon
Mike	Moran	158	Wave 2: 7:45AM	Trail Marathon
ERIC	MOREHOUSE	159	Wave 3: 7:55AM	Trail Marathon
Daniel	Mruzek	160	Wave 3: 7:55AM	Trail Marathon
Marco	Muoio	161	Wave 2: 7:45AM	Trail Marathon
Susan	Naccarella	162	Wave 1: 7:30AM	Trail Marathon
Jay	Nadeau	16	Wave 1: 7:30AM	Sehgahunda 72
Joshua	Nagy	163	Wave 4: 8:00AM	Trail Marathon
John	Natale	164	Wave 3: 7:55AM	Trail Marathon
Philip	Nesbitt	165	Wave 2: 7:45AM	Trail Marathon
Nicholas	Norvell	166	Wave 3: 7:55AM	Trail Marathon
Liam	O'Boyle	17	Wave 4: 8:00AM	Sehgahunda 72
Andy	OBrien	167	Wave 4: 8:00AM	Trail Marathon

Kirsten	Ohara	168	Wave 4: 8:00AM	Trail Marathon
Ryan	Orton	169	Wave 3: 7:55AM	Trail Marathon
Jim	Palamar	170	Wave 4: 8:00AM	Trail Marathon
Kelly	Palamar	171	Wave 4: 8:00AM	Trail Marathon
Mark	Palamar	172	Wave 2: 7:45AM	Trail Marathon
Thomas	Pasqualucci	173	Wave 3: 7:55AM	Trail Marathon
Tina	Pellegrin	174	Wave 1: 7:30AM	Trail Marathon
Aaninguag	Peterson	175	Wave 4: 8:00AM	Trail Marathon
Michael	Petrosino	176	Wave 2: 7:45AM	Trail Marathon
Steven	Philips	177	Wave 4: 8:00AM	Trail Marathon
Jillian	Pica	178	Wave 3: 7:55AM	Trail Marathon
Tim	Potter	179	Wave 3: 7:55AM	Trail Marathon
Dan	Prince	180	Wave 2: 7:45AM	Trail Marathon
Jennifer	Rappleye	181	Wave 3: 7:55AM	Trail Marathon
Jessica	Rautenstrauch	182	Wave 1: 7:30AM	Trail Marathon
Scott	Reed	183	Wave 4: 8:00AM	Trail Marathon
Teal	Reeves	184	Wave 3: 7:55AM	Trail Marathon
Michelle	Restivo	185	Wave 4: 8:00AM	Trail Marathon
Thomas	Reynolds	186	Wave 4: 8:00AM	Trail Marathon
Deana	Richard	187	Wave 4: 8:00AM	Trail Marathon
Heather	Robinson	112	Wave 3: 7:55AM	Trail Marathon
Michael	Robinson	188	Wave 2: 7:45AM	Trail Marathon
Kristin	Ruminski	189	Wave 4: 8:00AM	Trail Marathon
Jonathon	Ryan	190	Wave 2: 7:45AM	Trail Marathon
Ana	Santelli	191	Wave 3: 7:55AM	Trail Marathon
Brian	Santora	192	Wave 3: 7:55AM	Trail Marathon
Ian	Santora	193	Wave 3: 7:55AM	Trail Marathon
Jenn	Sargent	194	Wave 4: 8:00AM	Trail Marathon
Holly	Savage	195	Wave 2: 7:45AM	Trail Marathon
William	Schifferli	196	Wave 3: 7:55AM	Trail Marathon
Steve	Scott	18	Wave 2: 7:45AM	Sehgahunda 72
Zachary	Scott	197	Wave 2: 7:45AM	Trail Marathon
Jason	Shumaker	198	Wave 4: 8:00AM	Trail Marathon
Daniel	Sinnott	199	Wave 3: 7:55AM	Trail Marathon
Kelly	Sinnott	200	Wave 4: 8:00AM	Trail Marathon
Amanda	Siy	201	Wave 4: 8:00AM	Trail Marathon
Kyle	Siy	202	Wave 4: 8:00AM	Trail Marathon
Jennifer	Smith	203	Wave 2: 7:45AM	Trail Marathon

Brian	Smithley	204	Wave 2: 7:45AM	Trail Marathon
Aaron	Smykowski	205	Wave 4: 8:00AM	Trail Marathon
Douglas	Sokolowski	206	Wave 3: 7:55AM	Trail Marathon
Mary	Spahn	207	Wave 1: 7:30AM	Trail Marathon
Scott	Spahn	208	Wave 1: 7:30AM	Trail Marathon
Joel	Sprague	209	Wave 4: 8:00AM	Trail Marathon
Charlotte	Starks	210	Wave 4: 8:00AM	Trail Marathon
Kira	Steinwandt	19	Wave 3: 7:55AM	Sehgahunda 72
Joseph	Stevenson	211	Wave 2: 7:45AM	Trail Marathon
Denise	Straub	212	Wave 3: 7:55AM	Trail Marathon
Kyle	Suffoletto	213	Wave 2: 7:45AM	Trail Marathon
Luke	Sworts	214	Wave 2: 7:45AM	Trail Marathon
Adam	Szablewski	20	Wave 1: 7:30AM	Sehgahunda 72
Billie	Szablewski	21	Wave 1: 7:30AM	Sehgahunda 72
Gary	Thompson	215	Wave 4: 8:00AM	Trail Marathon
Trista	Thorn	216	Wave 1: 7:30AM	Trail Marathon
Alexander	Tosto	217	Wave 2: 7:45AM	Trail Marathon
Becca	Townsend	218	Wave 1: 7:30AM	Trail Marathon
Al	Tricomi	219	Wave 2: 7:45AM	Trail Marathon
Bill	Trondsen	220	Wave 4: 8:00AM	Trail Marathon
Marc	Uhteg	22	Wave 3: 7:55AM	Sehgahunda 72
Alex	Valverde	221	Wave 4: 8:00AM	Trail Marathon
Fred	Van Riper	222	Wave 3: 7:55AM	Trail Marathon
Bryan	VanHall	223	Wave 2: 7:45AM	Trail Marathon
Nick	Vermeulen	224	Wave 2: 7:45AM	Trail Marathon
Valerie	Vermeulen	225	Wave 1: 7:30AM	Trail Marathon
Ron	Viavada	226	Wave 4: 8:00AM	Trail Marathon
Allen	Vongunden	227	Wave 3: 7:55AM	Trail Marathon
Cody	Webb	228	Wave 4: 8:00AM	Trail Marathon
Jessica	Weinman	229	Wave 2: 7:45AM	Trail Marathon
Jonathan	Westfall	230	Wave 4: 8:00AM	Trail Marathon
Robert	Wheater	231	Wave 2: 7:45AM	Trail Marathon
Steve	White	232	Wave 3: 7:55AM	Trail Marathon
Kelly	Wichtendahl	233	Wave 3: 7:55AM	Trail Marathon
Todd	Wilson	234	Wave 3: 7:55AM	Trail Marathon
Shawn	Witkowski	23	Wave 2: 7:45AM	Sehgahunda 72
Dana	Wood	235	Wave 2: 7:45AM	Trail Marathon
Sarah	Zeitler	236	Wave 1: 7:30AM	Trail Marathon

Team Waves by Event then Team Name

First Name	Last Name	Wave	Event	Team Name
Bill	Hunt	Wave 3: 7:55AM	2 Person	Back again
Christopher	Kumar	Wave 3: 7:55AM	2 Person	Back again
Derek	Johnson	Wave 3: 7:55AM	2 Person	Bad Knee Bad Ankle
Jen	Kuhrt	Wave 3: 7:55AM	2 Person	Bad Knee Bad Ankle
Elizabeth	Canfield	Wave 2: 7:45AM	2 Person	Can Hackett
Paul	Hackett	Wave 2: 7:45AM	2 Person	Can Hackett
Claire	Mann	Wave 4: 8:00AM	2 Person	Deb's Birthday Team
Floyd	Streeter	Wave 4: 8:00AM	2 Person	Deb's Birthday Team
Brendan	McManus	Wave 3: 7:55AM	2 Person	Dog Balls
Michael	Miller	Wave 3: 7:55AM	2 Person	Dog Balls
Steven	Dillsworth	Wave 2: 7:45AM	2 Person	Duders
Matthew	Grinder	Wave 2: 7:45AM	2 Person	Duders
Beth	Hazelton	Wave 4: 8:00AM	2 Person	Hazeller
Nicholas	Miller	Wave 4: 8:00AM	2 Person	Hazeller
Julie	Carey	Wave 2: 7:45AM	2 Person	JC
Cheryl	Mack	Wave 2: 7:45AM	2 Person	JC
Larry	Judd	Wave 1: 7:30AM	2 Person	K&L Trail Runners
Kaye	Treanor	Wave 1: 7:30AM	2 Person	K&L Trail Runners
Jamie	Curry	Wave 3: 7:55AM	2 Person	Lopin' Lasagnas
Peter	Lanphear	Wave 3: 7:55AM	2 Person	Lopin' Lasagnas
Charles	Anderson	Wave 2: 7:45AM	2 Person	MMNT
Katie	Myers	Wave 2: 7:45AM	2 Person	MMNT
Adam	Cornwell	Wave 3: 7:55AM	2 Person	Mobilizing Many Mitochondria
Rachel	Piselli	Wave 3: 7:55AM	2 Person	Mobilizing Many Mitochondria
Jessica	Schreiter	Wave 4: 8:00AM	2 Person	Mountains and Valleys
David	Schreiter	Wave 4: 8:00AM	2 Person	Mountains and Valleys
Daniel	Carey	Wave 2: 7:45AM	2 Person	Nice Run Partsie
Kyle	Fazio	Wave 2: 7:45AM	2 Person	Nice Run Partsie
Melissa	Buchanan	Wave 4: 8:00AM	2 Person	No Payne no gain
Natalie	Payne	Wave 4: 8:00AM	2 Person	No Payne no gain
April	DePriest	Wave 2: 7:45AM	2 Person	Oh \$#!t!
Michael	Iwankow	Wave 2: 7:45AM	2 Person	Oh \$#!t!
Bonnie	Lindblom	Wave 3: 7:55AM	2 Person	Pete & RePete
Colleen	Newman	Wave 3: 7:55AM	2 Person	Pete & RePete
Ian	McCracken	Wave 3: 7:55AM	2 Person	Rocky Mountain Rednecks
Liz	Ryan	Wave 3: 7:55AM	2 Person	Rocky Mountain Rednecks

Maureen	Bayer	Wave 3: 7:55AM	2 Person	Run like a Bayer
Mary	Bayer	Wave 3: 7:55AM	2 Person	Run like a Bayer
Brenda	Myrthil	Wave 1: 7:30AM	2 Person	Sean likes Us best
Scott	Winslow	Wave 1: 7:30AM	2 Person	Sean likes Us best
Meredith	Davenport	Wave 4: 8:00AM	2 Person	Steed/Davenport
AMY	STEED	Wave 4: 8:00AM	2 Person	Steed/Davenport
Teresa	O'Connor	Wave 1: 7:30AM	2 Person	Team CANTERBURY
Jacque	Turbett	Wave 1: 7:30AM	2 Person	Team CANTERBURY
Karyn	Ehmann	Wave 3: 7:55AM	2 Person	Team Zaryn
Zach	Cox	Wave 3: 7:55AM	2 Person	Team Zaryn
Philip	Schierer	Wave 3: 7:55AM	2 Person	Trail Almonds
Jesse	Smith	Wave 3: 7:55AM	2 Person	Trail Almonds
Luke	detrick	Wave 3: 7:55AM	2 Person	Trail Blazers
Ashley	Perry	Wave 3: 7:55AM	2 Person	Trail Blazers
Kelli	Harmor	Wave 1: 7:30AM	2 Person	What The Hill
Angela	Judd	Wave 1: 7:30AM	2 Person	What The Hill
Lawrence	Hoffman	Wave 4: 8:00AM	2 Person	What were we thinking
Victoria	Johnson	Wave 4: 8:00AM	2 Person	What were we thinking
Laura	Johnson	Wave 4: 8:00AM	2 Person	Yaaas
Lani	Miller	Wave 4: 8:00AM	2 Person	Yaaas
Callie	Murray	Wave 3: 7:55AM	4 Person	#WEARESOAR
Hadley	Murray	Wave 3: 7:55AM	4 Person	#WEARESOAR
Lorelei	Strong	Wave 3: 7:55AM	4 Person	#WEARESOAR
Elsa	Wood	Wave 3: 7:55AM	4 Person	#WEARESOAR
Damian	Clemons	Wave 2: 7:45AM	4 Person	Abtex 1
Josh	Kinsey	Wave 2: 7:45AM	4 Person	Abtex 1
Jason	Saner	Wave 2: 7:45AM	4 Person	Abtex 1
John	Roman	Wave 2: 7:45AM	4 Person	Abtex 1
Nick	Hoover	Wave 3: 7:55AM	4 Person	Abtex 2
Brandon	Sherman	Wave 3: 7:55AM	4 Person	Abtex 2
Rafael	Colon	Wave 3: 7:55AM	4 Person	Abtex 2
Tyler	Maule	Wave 3: 7:55AM	4 Person	Abtex 2
Vincent	Black	Wave 2: 7:45AM	4 Person	Billievers
Megan	Zuchlewski	Wave 2: 7:45AM	4 Person	Billievers
Talon	Zuchlewski	Wave 2: 7:45AM	4 Person	Billievers
Whitney	Black	Wave 3: 7:55AM	4 Person	Billievers
Marybeth	Fortunato	Wave 4: 8:00AM	4 Person	Can't Feel Our Legs
Melissa	McCarthy	Wave 4: 8:00AM	4 Person	Can't Feel Our Legs

Sean	Parry	Wave 4: 8:00AM	4 Person	Can't Feel Our Legs
Jennifer	Rosen	Wave 4: 8:00AM	4 Person	Can't Feel Our Legs
Autumn	Cyr	Wave 1: 7:30AM	4 Person	Connecticut Cruisers
Jamie	Johnson	Wave 1: 7:30AM	4 Person	Connecticut Cruisers
Jeff	Pike	Wave 1: 7:30AM	4 Person	Connecticut Cruisers
Sebby	Randazzo	Wave 1: 7:30AM	4 Person	Connecticut Cruisers
Randy	Dunham	Wave 3: 7:55AM	4 Person	Dunham Team
Caleb	Dunham	Wave 3: 7:55AM	4 Person	Dunham Team
Chad	Dunham	Wave 3: 7:55AM	4 Person	Dunham Team
Cyril	Dunham	Wave 3: 7:55AM	4 Person	Dunham Team
John	Ghidiu	Wave 4: 8:00AM	4 Person	Gang Runs a Race
Mark	Chadbourn	Wave 4: 8:00AM	4 Person	Gang Runs a Race
Stephen	Crandall	Wave 4: 8:00AM	4 Person	Gang Runs a Race
Joseph	Leitten III	Wave 4: 8:00AM	4 Person	Gang Runs a Race
Heidi	Lawton	Wave 3: 7:55AM	4 Person	Heidi's Angels
Benjamin	Lawton	Wave 3: 7:55AM	4 Person	Heidi's Angels
Eric	McDowell	Wave 3: 7:55AM	4 Person	Heidi's Angels
Jerry	Winchell	Wave 3: 7:55AM	4 Person	Heidi's Angels
Alex	Georgiev	Wave 2: 7:45AM	4 Person	Jengine and the Lope-ologists
Rob	Fornataro	Wave 2: 7:45AM	4 Person	Jengine and the Lope-ologists
Christopher	Lopez	Wave 2: 7:45AM	4 Person	Jengine and the Lope-ologists
Jen	Nguyen	Wave 2: 7:45AM	4 Person	Jengine and the Lope-ologists
David	King	Wave 3: 7:55AM	4 Person	Kingwraiths
Lydia	King	Wave 3: 7:55AM	4 Person	Kingwraiths
Marlene	King	Wave 3: 7:55AM	4 Person	Kingwraiths
Katrina	King Nicholson	Wave 3: 7:55AM	4 Person	Kingwraiths
Zach	Anderson	Wave 3: 7:55AM	4 Person	Kozand
David	Hardenbrook	Wave 3: 7:55AM	4 Person	Kozand
Dan	Hards	Wave 3: 7:55AM	4 Person	Kozand
Andrew	Kosa	Wave 3: 7:55AM	4 Person	Kozand
Natalie	Lowes	Wave 4: 8:00AM	4 Person	Let's see what happens
Joe	Hall	Wave 4: 8:00AM	4 Person	Let's see what happens
Chris	Lotti	Wave 4: 8:00AM	4 Person	Let's see what happens
Holly	Turner	Wave 4: 8:00AM	4 Person	Lock Roc and Roll (Those Ankles)
Linda	Battaglia	Wave 4: 8:00AM	4 Person	Lock Roc and Roll (Those Ankles)
Coleen	Schofield	Wave 4: 8:00AM	4 Person	Lock Roc and Roll (Those Ankles)
Victoria	Taylor	Wave 4: 8:00AM	4 Person	Lock Roc and Roll (Those Ankles)
Claire	Hamilton	Wave 4: 8:00AM	4 Person	Lost In the Woods

Mary	Powers	Wave 4: 8:00AM	4 Person	Lost In the Woods
Erin	Zeller	Wave 4: 8:00AM	4 Person	Lost In the Woods
Max	Zeller	Wave 4: 8:00AM	4 Person	Lost In the Woods
Bethany	Crocker	Wave 3: 7:55AM	4 Person	Mama Mafia
Brigitte	FitzGerald	Wave 3: 7:55AM	4 Person	Mama Mafia
Stephanie	Hanna	Wave 3: 7:55AM	4 Person	Mama Mafia
Amy	Kauffman	Wave 3: 7:55AM	4 Person	Mama Mafia
Carrie	DiPasquale(Straw)	Wave 1: 7:30AM	4 Person	Messy sole mates
Viki	Hogden	Wave 1: 7:30AM	4 Person	Messy sole mates
Charlotte	Kimberly-Haag	Wave 1: 7:30AM	4 Person	Messy sole mates
Rita	Prosperi	Wave 1: 7:30AM	4 Person	Messy sole mates
Sarah	Caveglia	Wave 3: 7:55AM	4 Person	Patty Cakers
Wayne	Evans	Wave 3: 7:55AM	4 Person	Patty Cakers
Jenna	Evans	Wave 3: 7:55AM	4 Person	Patty Cakers
Jessica	Hoffman	Wave 3: 7:55AM	4 Person	Patty Cakers
Lauren	Magin	Wave 3: 7:55AM	4 Person	Ride or Die Biotches
Sean	Magin	Wave 3: 7:55AM	4 Person	Ride or Die Biotches
Joe	Maloney	Wave 3: 7:55AM	4 Person	Ride or Die Biotches
Christopher	Palumbo	Wave 3: 7:55AM	4 Person	Ride or Die Biotches
Erin	Johnstone	Wave 2: 7:45AM	4 Person	Rpd/Mcso
Katie	Thomas	Wave 2: 7:45AM	4 Person	Rpd/Mcso
Michael	Ottley	Wave 2: 7:45AM	4 Person	Rpd/Mcso
Mike	Thomas	Wave 2: 7:45AM	4 Person	Rpd/Mcso
Caleb	Cutting	Wave 2: 7:45AM	4 Person	RWT
Mitchell	McGee	Wave 2: 7:45AM	4 Person	RWT
Jason	Page	Wave 2: 7:45AM	4 Person	RWT
Menzo	Peck	Wave 2: 7:45AM	4 Person	RWT
Dina	Brouse	Wave 4: 8:00AM	4 Person	Scrambled Legs
Mollie	Hamilton	Wave 4: 8:00AM	4 Person	Scrambled Legs
Erin	Schneider	Wave 4: 8:00AM	4 Person	Scrambled Legs
Missy	Woodruff	Wave 4: 8:00AM	4 Person	Scrambled Legs
Lauren	Chiavaroli	Wave 2: 7:45AM	4 Person	Sexy Sehga's
Kyle	Dacey	Wave 2: 7:45AM	4 Person	Sexy Sehga's
Clare	Rupp	Wave 2: 7:45AM	4 Person	Sexy Sehga's
Robert	Rupp	Wave 2: 7:45AM	4 Person	Sexy Sehga's
Bella	Beres	Wave 3: 7:55AM	4 Person	SOAR Rocks
Jessica	Smith	Wave 3: 7:55AM	4 Person	SOAR Rocks
Ann	Vargeson	Wave 3: 7:55AM	4 Person	SOAR Rocks

Meg	Wukovitz	Wave 3: 7:55AM	4 Person	SOAR Rocks
Rebecca	Copp	Wave 3: 7:55AM	4 Person	SOAR Running Club
Joshua	Copp	Wave 3: 7:55AM	4 Person	SOAR Running Club
Reagan	VanGorden	Wave 3: 7:55AM	4 Person	SOAR Running Club
Kenedy	VanGorden	Wave 3: 7:55AM	4 Person	SOAR Running Club
James	Lovell	Wave 3: 7:55AM	4 Person	SOAR Trail Blazers
Abigail	Wagner	Wave 3: 7:55AM	4 Person	SOAR Trail Blazers
Charlie	Wukovitz	Wave 3: 7:55AM	4 Person	SOAR Trail Blazers
Matthew	Wukovitz	Wave 3: 7:55AM	4 Person	SOAR Trail Blazers
Leah	Murray	Wave 3: 7:55AM	4 Person	SOAR with the best
Carolyn	Whyland	Wave 3: 7:55AM	4 Person	SOAR with the best
Zach	Andrews	Wave 3: 7:55AM	4 Person	Tangible Buttholes
Gabe	Andrews	Wave 3: 7:55AM	4 Person	Tangible Buttholes
Joe	Laib	Wave 3: 7:55AM	4 Person	Tangible Buttholes
Keith	Swartz	Wave 3: 7:55AM	4 Person	Tangible Buttholes
Kaitlyn	Casey	Wave 1: 7:30AM	4 Person	The BM's
Stacey	Fulton	Wave 1: 7:30AM	4 Person	The BM's
Evan	Fulton	Wave 1: 7:30AM	4 Person	The BM's
Jack	Fulton	Wave 1: 7:30AM	4 Person	The BM's
William	Rautenstrauch	Wave 1: 7:30AM	4 Person	The Kids
Julia	Rautenstrauch	Wave 1: 7:30AM	4 Person	The Kids
Kate	Rautenstrauch	Wave 1: 7:30AM	4 Person	The Kids
Lilly	Rautenstrauch	Wave 1: 7:30AM	4 Person	The Kids
Paul	Durlak	Wave 2: 7:45AM	4 Person	The Mighty Quynhs
Matthew	Liquori	Wave 2: 7:45AM	4 Person	The Mighty Quynhs
Matthew	McLeskey	Wave 2: 7:45AM	4 Person	The Mighty Quynhs
Lanh	Nguyen	Wave 2: 7:45AM	4 Person	The Mighty Quynhs
Jill	Graham	Wave 2: 7:45AM	4 Person	Tough Mothers
Kelly	Lape	Wave 2: 7:45AM	4 Person	Tough Mothers
Amy	Mikels	Wave 2: 7:45AM	4 Person	Tough Mothers
Dawn	Whitaker	Wave 2: 7:45AM	4 Person	Tough Mothers
Michael	Helfer	Wave 1: 7:30AM	4 Person	Wedidntlearnanything
Shannon	Smith	Wave 1: 7:30AM	4 Person	Wedidntlearnanything
Melissa	Stein	Wave 1: 7:30AM	4 Person	Wedidntlearnanything
Christine	Tascione	Wave 1: 7:30AM	4 Person	Wedidntlearnanything
Brandon	Agnello	Wave 3: 7:55AM	4 Person	What Did We Do?!
Angela	Lincoln	Wave 3: 7:55AM	4 Person	What Did We Do?!
Chris	Pugsley	Wave 3: 7:55AM	4 Person	What Did We Do?!

Kathee	Tyo	Wave 3: 7:55AM	4 Person	What Did We Do?!
Bill	Cavallaro	Wave 3: 7:55AM	4 Person	Youngsters
Carlos	Cavallaro	Wave 3: 7:55AM	4 Person	Youngsters
Ethan	Desko	Wave 3: 7:55AM	4 Person	Youngsters
David	Soule	Wave 3: 7:55AM	4 Person	Youngsters