

### Day 1 2024 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 8<sup>th</sup>)

- 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 2<sup>nd</sup> 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	Bib	Wave	Event
	<b>Abby and Sedona</b>	300	Wave 2: 7:45AM	
Abigail	Falta	300	Wave 2: 7:45AM	2 Person Relay Team
Sedona	Smith	300	Wave 2: 7:45AM	2 Person Relay Team
	<b>Agony of De Feet</b>	301	Wave 4: 8:00AM	
Dena	Steis	301	Wave 4: 8:00AM	2 Person Relay Team
Renee	Giardini-Fanton	301	Wave 4: 8:00AM	2 Person Relay Team
	<b>Bad Knee Bad Ankle</b>	302	Wave 4: 8:00AM	
Derek	Johnson	302	Wave 4: 8:00AM	2 Person Relay Team
Josh	Obrochta	302	Wave 4: 8:00AM	2 Person Relay Team
	<b>Bros</b>	303	Wave 4: 8:00AM	
Brandon	Rosettie	303	Wave 4: 8:00AM	2 Person Relay Team
Shannon	Oakes	303	Wave 4: 8:00AM	2 Person Relay Team
	<b>Cola Boys</b>	304	Wave 4: 8:00AM	
Frank	Colavecchia	304	Wave 4: 8:00AM	2 Person Relay Team
Jeff	Colavecchia	304	Wave 4: 8:00AM	2 Person Relay Team
	<b>Couples therapy</b>	305	Wave 4: 8:00AM	
Zeke	Given	305	Wave 4: 8:00AM	2 Person Relay Team
Amanda	Bisig	305	Wave 4: 8:00AM	2 Person Relay Team

	<b>Currit Toto Corde</b>	306	Wave 4: 8:00AM	
Beth	Watson	306	Wave 4: 8:00AM	2 Person Relay Team
Ruth	Goins	306	Wave 4: 8:00AM	2 Person Relay Team
	<b>Ferda Fern</b>	307	Wave 4: 8:00AM	
Daniel	Carey	307	Wave 4: 8:00AM	2 Person Relay Team
Rick	Mura	307	Wave 4: 8:00AM	2 Person Relay Team
	<b>Field Trippers</b>	308	Wave 4: 8:00AM	
Charlotte	Kimberly-Haag	308	Wave 4: 8:00AM	2 Person Relay Team
Melissa	Fredericks	308	Wave 4: 8:00AM	2 Person Relay Team
	<b>Geek Squad</b>	309	Wave 1: 7:30AM	
Tina	Pellegrin	309	Wave 1: 7:30AM	2 Person Relay Team
Scott	Laffer	309	Wave 1: 7:30AM	2 Person Relay Team
	<b>Girlfriend Made Me Do This</b>	310	Wave 4: 8:00AM	
Laura	Laidacker	310	Wave 4: 8:00AM	2 Person Relay Team
Steven	Larick	310	Wave 4: 8:00AM	2 Person Relay Team
	<b>Hauser</b>	311	Wave 2: 7:45AM	
Amy	Monachino	311	Wave 2: 7:45AM	2 Person Relay Team
Samuel	Hauser	311	Wave 2: 7:45AM	2 Person Relay Team
	<b>Injured Party</b>	312	Wave 4: 8:00AM	
Abigail	Selfridge	312	Wave 4: 8:00AM	2 Person Relay Team
Benjamin	Roosa	312	Wave 4: 8:00AM	2 Person Relay Team
	<b>Kingwraiths</b>	313	Wave 4: 8:00AM	
David	King	313	Wave 4: 8:00AM	2 Person Relay Team
Katrina	King Nicholson	313	Wave 4: 8:00AM	2 Person Relay Team
	<b>Leap Froggers</b>	314	Wave 1: 7:30AM	
Angela	Judd	314	Wave 1: 7:30AM	2 Person Relay Team
Kelli	Harmor	314	Wave 1: 7:30AM	2 Person Relay Team
	<b>Letchworth Lightning</b>	315	Wave 4: 8:00AM	
Morgan	Smith	315	Wave 3: 8:00AM	2 Person Relay Team
Ed	Hamilton	315	Wave 3: 8:00AM	2 Person Relay Team
	<b>LJ 2024</b>	316	Wave 2: 7:45AM	
Julie	Carey	316	Wave 2: 7:45AM	2 Person Relay Team
Lisa	Spencer	316	Wave 2: 7:45AM	2 Person Relay Team
	<b>Lost in the woods</b>	317	Wave 4: 8:00AM	
Erin	Zeller	317	Wave 4: 8:00AM	2 Person Relay Team
Max	Zeller	317	Wave 4: 8:00AM	2 Person Relay Team
	<b>Lost in the Woods - Sole Mates</b>	318	Wave 4: 8:00AM	
Jessica	Colavecchia	318	Wave 4: 8:00AM	2 Person Relay Team
Greg	Colavecchia	318	Wave 4: 8:00AM	2 Person Relay Team
	<b>Marmalade and Jelly</b>	319	Wave 4: 8:00AM	
Jeff	Chester	319	Wave 4: 8:00AM	2 Person Relay Team
Mary	Wojnowski	319	Wave 4: 8:00AM	2 Person Relay Team
	<b>McDermott's jihad</b>	320	Wave 4: 8:00AM	
Robert	Goins	320	Wave 4: 8:00AM	2 Person Relay Team
Stephen	Goins	320	Wave 4: 8:00AM	2 Person Relay Team
	<b>Mendon Goddesses</b>	321	Wave 4: 8:00AM	
Meredith	Davenport	321	Wave 4: 8:00AM	2 Person Relay Team
AMY	STEED	321	Wave 4: 8:00AM	2 Person Relay Team
	<b>Mountains and Valleys</b>	322	Wave 4: 8:00AM	
Jessica	Schreiter	322	Wave 4: 8:00AM	2 Person Relay Team
David	Schreiter	322	Wave 4: 8:00AM	2 Person Relay Team
	<b>Our other left</b>	323	Wave 1: 8:00AM	
Carrie	DiPasquale(Straw)	323	Wave 1: 8:00AM	2 Person Relay Team
Viki	Hogden	323	Wave 1: 8:00AM	2 Person Relay Team

	<b>Sehgabrohnda</b>	324	Wave 4: 8:00AM	
Mike	Harris	324	Wave 4: 8:00AM	2 Person Relay Team
Chris	Harris	324	Wave 4: 8:00AM	2 Person Relay Team
	<b>Stiff Kibler(s)</b>	325	Wave 4: 8:00AM	
Tiffany	Kibler	325	Wave 4: 8:00AM	2 Person Relay Team
Steven	Kibler	325	Wave 4: 8:00AM	2 Person Relay Team
	<b>Still Running</b>	326	Wave 2: 7:45AM	
Keith	Goins	326	Wave 2: 7:45AM	2 Person Relay Team
Marty	DeLong	326	Wave 2: 7:45AM	2 Person Relay Team
	<b>Team Stoltzfus</b>	327	Wave 4: 8:00AM	
Lyndsi	Stoltzfus	327	Wave 4: 8:00AM	2 Person Relay Team
Stephen	Stoltzfus	327	Wave 4: 8:00AM	2 Person Relay Team
	<b>The Hillwalkers</b>	328	Wave 4: 8:00AM	
Beth	Hazelton	328	Wave 4: 8:00AM	2 Person Relay Team
Nicholas	Miller	328	Wave 4: 8:00AM	2 Person Relay Team
	<b>The Powbillard Experience</b>	329	Wave 4: 8:00AM	
Mary	Powers	329	Wave 4: 8:00AM	2 Person Relay Team
Dennis	Robillard	329	Wave 4: 8:00AM	2 Person Relay Team
	<b>Trail Almonds Rerun</b>	330	Wave 4: 8:00AM	
Philip	Schierer	330	Wave 4: 8:00AM	2 Person Relay Team
Jesse	Smith	330	Wave 4: 8:00AM	2 Person Relay Team
	<b>White/Tan</b>	331	Wave 4: 8:00AM	
Steve	White	331	Wave 4: 8:00AM	2 Person Relay Team
Guangyu	Tan	331	Wave 4: 8:00AM	2 Person Relay Team