

Day 1 2024 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 and 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

First Name	Last Name	Bib	Wave	Event
	Additionally Lost in the Woods	441	Wave 4: 8:00AM	4 Person Relay Team
Claire	Hamilton	441	Wave 4: 8:00AM	4 Person Relay Team
Hannah	Burke	441	Wave 4: 8:00AM	4 Person Relay Team
Eric	Thomas	441	Wave 4: 8:00AM	4 Person Relay Team
Cody	Rogers	441	Wave 4: 8:00AM	4 Person Relay Team
	Allegheny County's Pride	442	Wave 4: 8:00AM	4 Person Relay Team
Harold	Budinger	442	Wave 4: 8:00AM	4 Person Relay Team
Ian	Jones	442	Wave 4: 8:00AM	4 Person Relay Team
Peter	Degnan	442	Wave 4: 8:00AM	4 Person Relay Team
Brooke	Harris	442	Wave 4: 8:00AM	4 Person Relay Team
	Brothers of Thunder	443	Wave 3: 7:55AM	4 Person Relay Team
Andrew	Acello	443	Wave 3: 7:55AM	4 Person Relay Team
Adam	Heuseveldt	443	Wave 3: 7:55AM	4 Person Relay Team
Erik	Heuseveldt	443	Wave 3: 7:55AM	4 Person Relay Team
Aaron	Acello	443	Wave 3: 7:55AM	4 Person Relay Team
	Chafing the Dream	444	Wave 4: 8:00AM	4 Person Relay Team
Dianne	Clar	444	Wave 4: 8:00AM	4 Person Relay Team

Emilie	Lazenby	444	Wave 4: 8:00AM	4 Person Relay Team
Kaitlyn	Sennett	444	Wave 4: 8:00AM	4 Person Relay Team
Paige	Camp	444	Wave 4: 8:00AM	4 Person Relay Team
	Cirque de sore legs	445	Wave 1: 7:30AM	4 Person Relay Team
Alice	Suriani	445	Wave 1: 7:30AM	4 Person Relay Team
Kelly	Drobek	445	Wave 1: 7:30AM	4 Person Relay Team
Alex	O'Brien	445	Wave 1: 7:30AM	4 Person Relay Team
Brianne	Lawton-O'Brien	445	Wave 1: 7:30AM	4 Person Relay Team
	Deb's Birthday Team	446	Wave 4: 8:00AM	4 Person Relay Team
Floyd	Streeter	446	Wave 4: 8:00AM	4 Person Relay Team
Claire	Mann	446	Wave 4: 8:00AM	4 Person Relay Team
Adam	Streeter	446	Wave 4: 8:00AM	4 Person Relay Team
Grace	Thompson	446	Wave 4: 8:00AM	4 Person Relay Team
	Dog balls	447	Wave 4: 8:00AM	4 Person Relay Team
Brendan	McManus	447	Wave 4: 8:00AM	4 Person Relay Team
Michael	Miller	447	Wave 4: 8:00AM	4 Person Relay Team
Nick	Zabawa	447	Wave 4: 8:00AM	4 Person Relay Team
	Embrace the Suck	448	Wave 3: 7:55AM	4 Person Relay Team
Josiah	Catlin	448	Wave 3: 7:55AM	4 Person Relay Team
Luke	Catlin	448	Wave 3: 7:55AM	4 Person Relay Team
Isaac	Catlin	448	Wave 3: 7:55AM	4 Person Relay Team
Jesse	Lapp	448	Wave 3: 7:55AM	4 Person Relay Team
	Fairport Flash	449	Wave 3: 7:55AM	4 Person Relay Team
Bill	Weber	449	Wave 3: 7:55AM	4 Person Relay Team
Dylan	Scherer	449	Wave 3: 7:55AM	4 Person Relay Team
Bill	MacAllister	449	Wave 3: 7:55AM	4 Person Relay Team
Isaac	Cornfield	449	Wave 3: 7:55AM	4 Person Relay Team
	Four Friends from FLX	450	Wave 4: 8:00AM	4 Person Relay Team
Sarah	Whitcomb	450	Wave 4: 8:00AM	4 Person Relay Team
Natalie	Payne	450	Wave 4: 8:00AM	4 Person Relay Team
Angela	Lincoln	450	Wave 4: 8:00AM	4 Person Relay Team
Taryn	Windheim	450	Wave 4: 8:00AM	4 Person Relay Team
	Full Senny	451	Wave 3: 7:55AM	4 Person Relay Team
Miranda	Leo	451	Wave 3: 7:55AM	4 Person Relay Team
Carly	Hamilton	451	Wave 3: 7:55AM	4 Person Relay Team
Kathryn	Baker	451	Wave 3: 7:55AM	4 Person Relay Team
Lauren	Dunkle	451	Wave 3: 7:55AM	4 Person Relay Team
	Full Senny 2.0	452	Wave 3: 7:55AM	4 Person Relay Team
Michael	Petrosino	452	Wave 3: 7:55AM	4 Person Relay Team
Wes	Hamilton	452	Wave 3: 7:55AM	4 Person Relay Team
Ben	Dlugosh	452	Wave 3: 7:55AM	4 Person Relay Team
	Gang Runs a Race	453	Wave 4: 8:00AM	4 Person Relay Team
John	Ghidui	453	Wave 4: 8:00AM	4 Person Relay Team
Mark	Chadbourne	453	Wave 4: 8:00AM	4 Person Relay Team
Stephen	Crandall	453	Wave 4: 8:00AM	4 Person Relay Team
John	Arndt	453	Wave 4: 8:00AM	4 Person Relay Team
	Golden girls	454	Wave 4: 8:00AM	4 Person Relay Team
Monica	Hepler	454	Wave 4: 8:00AM	4 Person Relay Team
Darcy	Best	454	Wave 4: 8:00AM	4 Person Relay Team
Emilee	Parks	454	Wave 4: 8:00AM	4 Person Relay Team
Sabrina	Hepler	454	Wave 4: 8:00AM	4 Person Relay Team
	Here for the Beer	455	Wave 4: 8:00AM	4 Person Relay Team
Sara	Van Remmen	455	Wave 4: 8:00AM	4 Person Relay Team
Frank	Pickering	455	Wave 4: 8:00AM	4 Person Relay Team

Jenn	Sharpe	455	Wave 4: 8:00AM	4 Person Relay Team
Rick	Borosky	455	Wave 4: 8:00AM	4 Person Relay Team
	Hot Potato Soccer Marathon	456	Wave 4: 8:00AM	4 Person Relay Team
Matthew	McLeskey	456	Wave 4: 8:00AM	4 Person Relay Team
Lanh	Nguyen	456	Wave 4: 8:00AM	4 Person Relay Team
Paul	Durlak	456	Wave 4: 8:00AM	4 Person Relay Team
Elizabeth	Mohd Sani	456	Wave 4: 8:00AM	4 Person Relay Team
	LACTIC ACID RUSH	457	Wave 4: 8:00AM	4 Person Relay Team
Jose	Gonzalo Moreno	457	Wave 4: 8:00AM	4 Person Relay Team
FRANCISCO	CERRAJERO	457	Wave 4: 8:00AM	4 Person Relay Team
Antonio	Domingo	457	Wave 4: 8:00AM	4 Person Relay Team
Russell	VanTyle	457	Wave 4: 8:00AM	4 Person Relay Team
	Lady Trailblazers	458	Wave 3: 7:55AM	4 Person Relay Team
Rita	Prosperi	458	Wave 3: 7:55AM	4 Person Relay Team
Hillary	Bobys	458	Wave 3: 7:55AM	4 Person Relay Team
Cheri	Reed-Watt	458	Wave 3: 7:55AM	4 Person Relay Team
Felicia	Reed-Watt	458	Wave 3: 7:55AM	4 Person Relay Team
	Lock Roc and Roll	459	Wave 4: 8:00AM	4 Person Relay Team
Linda	Battaglia	459	Wave 4: 8:00AM	4 Person Relay Team
Kasey	Barton	459	Wave 4: 8:00AM	4 Person Relay Team
Coleen	Schofield	459	Wave 4: 8:00AM	4 Person Relay Team
Laura	Ciaio	459	Wave 4: 8:00AM	4 Person Relay Team
	Mammoth Running Team	460	Wave 3: 7:55AM	4 Person Relay Team
Michael	Santillo	460	Wave 3: 7:55AM	4 Person Relay Team
James	Warren	460	Wave 3: 7:55AM	4 Person Relay Team
Justin	Smith	460	Wave 3: 7:55AM	4 Person Relay Team
	Miner threat	461	Wave 2: 7:45AM	4 Person Relay Team
Scotty	Miner	461	Wave 2: 7:45AM	4 Person Relay Team
LEANNA	MINER	461	Wave 2: 7:45AM	4 Person Relay Team
Sean	Miner	461	Wave 2: 7:45AM	4 Person Relay Team
Scarlett	Miner	461	Wave 2: 7:45AM	4 Person Relay Team
	NotFastNotLast	462	Wave 4: 8:00AM	4 Person Relay Team
Bruce	Morton	462	Wave 4: 8:00AM	4 Person Relay Team
Mike	Meynadasy	462	Wave 4: 8:00AM	4 Person Relay Team
Naji	Anaizi	462	Wave 4: 8:00AM	4 Person Relay Team
Kenyon	Binns	462	Wave 4: 8:00AM	4 Person Relay Team
	Off-brand Hawks XC Parents	463	Wave 4: 8:00AM	4 Person Relay Team
Meg	Wukovitz	463	Wave 4: 8:00AM	4 Person Relay Team
Matthew	Wukovitz	463	Wave 4: 8:00AM	4 Person Relay Team
Geneva	Ballard	463	Wave 4: 8:00AM	4 Person Relay Team
Ryan	Harrington	463	Wave 4: 8:00AM	4 Person Relay Team
	Off-Brand Hawks XCTF	464	Wave 4: 8:00AM	4 Person Relay Team
Charlie	Wukovitz	464	Wave 4: 8:00AM	4 Person Relay Team
Isaac	BALLARD	464	Wave 4: 8:00AM	4 Person Relay Team
Andrew	Miller	464	Wave 4: 8:00AM	4 Person Relay Team
Connor	Harrington	464	Wave 4: 8:00AM	4 Person Relay Team
	Old Dads	465	Wave 4: 8:00AM	4 Person Relay Team
Jeremy	Mikels	465	Wave 4: 8:00AM	4 Person Relay Team
Deron	Johnson	465	Wave 4: 8:00AM	4 Person Relay Team
Andrew	Whitaker	465	Wave 4: 8:00AM	4 Person Relay Team
Bradley	Lape	465	Wave 4: 8:00AM	4 Person Relay Team
	Pills Mafia	466	Wave 1: 7:30AM	4 Person Relay Team
Vincent	DeRienzo	466	Wave 1: 7:30AM	4 Person Relay Team
Katie	Zelazny	466	Wave 1: 7:30AM	4 Person Relay Team

Maisie	Pipher	466	Wave 1: 7:30AM	4 Person Relay Team
Lee	Castellano	466	Wave 1: 7:30AM	4 Person Relay Team
	Repeat Offenders	467	Wave 4: 8:00AM	4 Person Relay Team
Jack	Fulton	467	Wave 4: 8:00AM	4 Person Relay Team
Stacey	Fulton	467	Wave 4: 8:00AM	4 Person Relay Team
Kaitlyn	Casey	467	Wave 4: 8:00AM	4 Person Relay Team
Evan	Fulton	467	Wave 4: 8:00AM	4 Person Relay Team
	Runamuckers	468	Wave 3: 7:55AM	4 Person Relay Team
Bonnie	Lindblom	468	Wave 3: 7:55AM	4 Person Relay Team
Colleen	Newman	468	Wave 3: 7:55AM	4 Person Relay Team
Kim	Goerlich	468	Wave 3: 7:55AM	4 Person Relay Team
Carol	Reif	468	Wave 3: 7:55AM	4 Person Relay Team
	Running From Responsibilities	469	Wave 3: 7:55AM	4 Person Relay Team
Austyn	Kelly	469	Wave 3: 7:55AM	4 Person Relay Team
Brett	Vanboden	469	Wave 3: 7:55AM	4 Person Relay Team
Clayton	Schneider	469	Wave 3: 7:55AM	4 Person Relay Team
Paige	Watkins	469	Wave 3: 7:55AM	4 Person Relay Team
	Running Red Endurance Medics	470	Wave 4: 8:00AM	4 Person Relay Team
Jenny	Bartholomay	470	Wave 4: 8:00AM	4 Person Relay Team
Jonathan	Pelletier	470	Wave 4: 8:00AM	4 Person Relay Team
Timothy	Kennel	470	Wave 4: 8:00AM	4 Person Relay Team
Audry	Mattle	470	Wave 4: 8:00AM	4 Person Relay Team
	Scrambled Legs	471	Wave 4: 8:00AM	4 Person Relay Team
Missy	Woodruff	471	Wave 4: 8:00AM	4 Person Relay Team
Dina	Brouse	471	Wave 4: 8:00AM	4 Person Relay Team
Mollie	Hamilton	471	Wave 4: 8:00AM	4 Person Relay Team
Annie	Millar	471	Wave 4: 8:00AM	4 Person Relay Team
	SOAR	472	Wave 4: 8:00AM	4 Person Relay Team
James	Lovell	472	Wave 4: 8:00AM	4 Person Relay Team
Abigail	Wagner	472	Wave 4: 8:00AM	4 Person Relay Team
Aaron	Skinkle	472	Wave 4: 8:00AM	4 Person Relay Team
Molly	Doran	472	Wave 4: 8:00AM	4 Person Relay Team
	Solitude Brewing Company	473	Wave 4: 8:00AM	4 Person Relay Team
Jessica	Hasler Southwell	473	Wave 4: 8:00AM	4 Person Relay Team
Cal	Hasler	473	Wave 4: 8:00AM	4 Person Relay Team
Carrie	Bihl	473	Wave 4: 8:00AM	4 Person Relay Team
Paul	Deagle	473	Wave 4: 8:00AM	4 Person Relay Team
	Steeley Bird	474	Wave 3: 7:55AM	4 Person Relay Team
Skye	Bird	474	Wave 3: 7:55AM	4 Person Relay Team
Kevin	Steeley	474	Wave 3: 7:55AM	4 Person Relay Team
Terry	Bird	474	Wave 3: 7:55AM	4 Person Relay Team
Iain	Bird	474	Wave 3: 7:55AM	4 Person Relay Team
	Strange Trails	475	Wave 4: 8:00AM	4 Person Relay Team
Kyle	Reynolds	475	Wave 4: 8:00AM	4 Person Relay Team
Chris	Shoemaker	475	Wave 4: 8:00AM	4 Person Relay Team
Michele	Wolcott	475	Wave 4: 8:00AM	4 Person Relay Team
	The Rascals	476	Wave 3: 7:55AM	4 Person Relay Team
Dave	Natarelli	476	Wave 3: 7:55AM	4 Person Relay Team
Louis	Iovoli	476	Wave 3: 7:55AM	4 Person Relay Team
Austin	Iovoli	476	Wave 3: 7:55AM	4 Person Relay Team
JoAnne	Iovoli	476	Wave 3: 7:55AM	4 Person Relay Team
	The Speed Bumps	477	Wave 4: 8:00AM	4 Person Relay Team
Adrielle	Watkins	477	Wave 4: 8:00AM	4 Person Relay Team
Kelsey	Mirabel	477	Wave 4: 8:00AM	4 Person Relay Team

Shawn	Lorraine	477	Wave 4: 8:00AM	4 Person Relay Team
Zac	Fox	477	Wave 4: 8:00AM	4 Person Relay Team
	Tough Mothers	478	Wave 4: 8:00AM	4 Person Relay Team
Amy	Mikels	478	Wave 4: 8:00AM	4 Person Relay Team
Kelly	Lape	478	Wave 4: 8:00AM	4 Person Relay Team
Dawn	Whitaker	478	Wave 4: 8:00AM	4 Person Relay Team
Kris	Graham	478	Wave 4: 8:00AM	4 Person Relay Team
	Trail Blazin Biatches	479	Wave 4: 8:00AM	4 Person Relay Team
Karen	Samis	479	Wave 4: 8:00AM	4 Person Relay Team
Vicki	McArdle	479	Wave 4: 8:00AM	4 Person Relay Team
Gina	Pestillo	479	Wave 4: 8:00AM	4 Person Relay Team
Tessa	Ocke	479	Wave 4: 8:00AM	4 Person Relay Team
	Trail Fail	480	Wave 4: 8:00AM	4 Person Relay Team
Joel	Kattermann	480	Wave 4: 8:00AM	4 Person Relay Team
Almin	Kreso	480	Wave 4: 8:00AM	4 Person Relay Team
Parry	Kitchner	480	Wave 4: 8:00AM	4 Person Relay Team
Larae	Kattermann	480	Wave 4: 8:00AM	4 Person Relay Team
	Unending Spin	481	Wave 4: 8:00AM	4 Person Relay Team
Emma	McDowell	481	Wave 4: 8:00AM	4 Person Relay Team
Benjamin	Lawton	481	Wave 4: 8:00AM	4 Person Relay Team
Heidi	Lawton	481	Wave 4: 8:00AM	4 Person Relay Team
Jerry	Winchell	481	Wave 4: 8:00AM	4 Person Relay Team
	Wait for us	481	Wave 1: 7:30AM	4 Person Relay Team
Reiner	Eschbach	482	Wave 1: 7:30AM	4 Person Relay Team
Angela	Eschbach	482	Wave 1: 7:30AM	4 Person Relay Team
Erik	Frisch	482	Wave 1: 7:30AM	4 Person Relay Team
Alexandra	Zobel	482	Wave 1: 7:30AM	4 Person Relay Team
	We Thought It Was A 5K	483	Wave 3: 7:55AM	4 Person Relay Team
Courtney	McDonough	483	Wave 3: 7:55AM	4 Person Relay Team
Jessica	Hines	483	Wave 3: 7:55AM	4 Person Relay Team
Wesley	Evans	483	Wave 3: 7:55AM	4 Person Relay Team
Drew	Beckeman	483	Wave 3: 7:55AM	4 Person Relay Team
	Yaaas	484	Wave 4: 8:00AM	4 Person Relay Team
Lani	Miller	484	Wave 4: 8:00AM	4 Person Relay Team
Laura	Johnson	484	Wave 4: 8:00AM	4 Person Relay Team
Bonnie	Jakubowski	484	Wave 4: 8:00AM	4 Person Relay Team
Laura	Strutz	484	Wave 4: 8:00AM	4 Person Relay Team