

Day 1 2024 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 Lists Below in alpha order by last name

First Name	Last Name	Bib	Wave	Event
Gabriel	Abdella	2	Wave 3: 7:55AM	Sehghunda 72
Brandon	Agnello	34	Wave 3: 7:55AM	Trail Marathon
Katrina	Anderson	35	Wave 3: 7:55AM	Trail Marathon

Tory	Anderson	36	Wave 2: 7:45AM	Trail Marathon
Leah	Appleton	37	Wave 3: 7:55AM	Trail Marathon
Derek	Argust	38	Wave 3: 7:55AM	Trail Marathon
Jeremiah	Bailey	3	Wave 2: 7:45AM	Sehghunda 72
Craig	Baisley	39	Wave 3: 7:55AM	Trail Marathon
James	Baisley	40	Wave 2: 7:45AM	Trail Marathon
Jeremiah	Baisley	41	Wave 2: 7:45AM	Trail Marathon
Conan	Bark	42	Wave 3: 7:55AM	Trail Marathon
Edward	Bark	43	Wave 4: 8:00AM	Trail Marathon
Aryn	Baxter	44	Wave 4: 8:00AM	Trail Marathon
William	Bearce	45	Wave 2: 7:45AM	Trail Marathon
Wesley	Bedford	46	Wave 2: 7:45AM	Trail Marathon
Rick	Bennett	47	Wave 3: 7:55AM	Trail Marathon
Kira	Bloxsom	4	Wave 1: 7:30AM	Sehghunda 72
Mark	Bloxsom	5	Wave 1: 7:30AM	Sehghunda 72
Marek	Borowiec	48	Wave 2: 7:45AM	Trail Marathon
Laura	Borrelli	6	Wave 3: 7:55AM	Sehghunda 72
shelley	brautigam	49	Wave 3: 7:55AM	Trail Marathon
Laurie	Brinkerhoff	50	Wave 4: 8:00AM	Trail Marathon
Michael	Brinkerhoff	51	Wave 4: 8:00AM	Trail Marathon
Stephen	Brooks	52	Wave 3: 7:55AM	Trail Marathon
Ben	Brundage	7	Wave 3: 7:55AM	Sehghunda 72
Roxanne	Buffone	53	Wave 1: 7:30AM	Trail Marathon
Michael	Burke	54	Wave 3: 7:55AM	Trail Marathon
Christine	Burkey-Kelly	55	Wave 4: 8:00AM	Trail Marathon
colin	busse	56	Wave 2: 7:45AM	Trail Marathon
Thomas	Butler	8	Wave 1: 7:30AM	Sehghunda 72
Samantha	Buzzelli	57	Wave 3: 7:55AM	Trail Marathon
Christopher	Cammilleri	58	Wave 3: 7:55AM	Trail Marathon
Jake	Chard	59	Wave 2: 7:45AM	Trail Marathon
Andrew	Ciaio	60	Wave 3: 7:55AM	Trail Marathon
Patrick	Ciambrone	61	Wave 2: 7:45AM	Trail Marathon
Joseph	Ciecierega	62	Wave 4: 8:00AM	Trail Marathon
Chris	Cody	63	Wave 3: 7:55AM	Trail Marathon
Patricia	Colton	64	Wave 3: 7:55AM	Trail Marathon
Sean	Conlon	65	Wave 4: 8:00AM	Trail Marathon
Tracy	Conmy	9	Wave 3: 7:55AM	Sehghunda 72
Alexander	Cornhill	66	Wave 2: 7:45AM	Trail Marathon
Lace	Coughlin	10	Wave 3: 7:55AM	Sehghunda 72
Lace	Coughlin	67	Wave 3: 7:55AM	Trail Marathon
Michael	Crisona	68	Wave 2: 7:45AM	Trail Marathon
Josh	Crocker	69	Wave 3: 7:55AM	Trail Marathon
Christopher	Cummings	70	Wave 4: 8:00AM	Trail Marathon
Luke	Curley	71	Wave 3: 7:55AM	Trail Marathon
Colleen	Czubinski	11	Wave 1: 7:30AM	Sehghunda 72
Amanda	Dando	12	Wave 3: 7:55AM	Sehghunda 72
Todd	Dappen Sr.	13	Wave 3: 7:55AM	Sehghunda 72

Michael	Davio	72	Wave 4: 8:00AM	Trail Marathon
James	Dawson	73	Wave 2: 7:45AM	Trail Marathon
Keith	Dello	74	Wave 3: 7:55AM	Trail Marathon
Michelle	Desio	75	Wave 4: 8:00AM	Trail Marathon
Adam	Devincentis	76	Wave 3: 7:55AM	Trail Marathon
Kristy	DeVincentis	14	Wave 3: 7:55AM	Sehghunda 72
Scott	Dodge	77	Wave 4: 8:00AM	Trail Marathon
Jacob	Duvall	78	Wave 2: 7:45AM	Trail Marathon
Theodore	Dyment	79	Wave 2: 7:45AM	Trail Marathon
Vicki	Earle	80	Wave 1: 7:30AM	Trail Marathon
Adam	Eckert	81	Wave 3: 7:55AM	Trail Marathon
Douglas	Ehmann	82	Wave 3: 7:55AM	Trail Marathon
Jackie	Ellwood	83	Wave 2: 7:45AM	Trail Marathon
Kevin	Etzkorn	84	Wave 3: 7:55AM	Trail Marathon
John	Fabian	85	Wave 4: 8:00AM	Trail Marathon
Joseph	Falta	86	Wave 3: 7:55AM	Trail Marathon
Zachary	Falta	87	Wave 2: 7:45AM	Trail Marathon
John	Farrell	88	Wave 2: 7:45AM	Trail Marathon
Marc	Farrell	89	Wave 2: 7:45AM	Trail Marathon
Danielle	Feligno	90	Wave 3: 7:55AM	Trail Marathon
Andy	Frank	91	Wave 2: 7:45AM	Trail Marathon
Ethan	Fulton	92	Wave 3: 7:55AM	Trail Marathon
Christine	Georgakakos	93	Wave 3: 7:55AM	Trail Marathon
Matt	Gleason	94	Wave 3: 7:55AM	Trail Marathon
Nick	Gula	95	Wave 2: 7:45AM	Trail Marathon
John	Hackbarth	96	Wave 2: 7:45AM	Trail Marathon
Jesse	Hall	97	Wave 3: 7:55AM	Trail Marathon
Kari	Hall	98	Wave 4: 8:00AM	Trail Marathon
Andy	Hamilton	99	Wave 2: 7:45AM	Trail Marathon
Jonathan	Hanna	100	Wave 2: 7:45AM	Trail Marathon
Joseph	Hanna	101	Wave 3: 7:55AM	Trail Marathon
Jason	Harasimowicz	102	Wave 2: 7:45AM	Trail Marathon
Mark	Harasimowicz	103	Wave 3: 7:55AM	Trail Marathon
Lincoln	Healy	104	Wave 3: 7:55AM	Trail Marathon
Alan	HIGGINS	106	Wave 4: 8:00AM	Trail Marathon
Laura	Higgins	107	Wave 2: 7:45AM	Trail Marathon
Clint	Homer	108	Wave 4: 8:00AM	Trail Marathon
Matthew	Hosmer	109	Wave 3: 7:55AM	Trail Marathon
Robert	Jaeger	110	Wave 3: 7:55AM	Trail Marathon
Bonnie	Jakubowski	111	Wave 4: 8:00AM	Trail Marathon
Larry	Judd	15	Wave 4: 8:00AM	Sehghunda 72
Austin	Kader	112	Wave 3: 7:55AM	Trail Marathon
Patrick	Kader	113	Wave 3: 7:55AM	Trail Marathon
Ohad	Katz	16	Wave 2: 7:45AM	Sehghunda 72
John	Kelley	114	Wave 3: 7:55AM	Trail Marathon
Thomas	Kelly	115	Wave 3: 7:55AM	Trail Marathon
Josh	Kinsey	116	Wave 2: 7:45AM	Trail Marathon

Lindsay	Klemmer	117	Wave 3: 7:55AM	Trail Marathon
Steve	Knutson	17	Wave 3: 7:55AM	Sehghunda 72
Eric	Kolpack	118	Wave 2: 7:45AM	Trail Marathon
Stephen	Konieczny	18	Wave 2: 7:45AM	Sehghunda 72
Jennifer	Kostera	119	Wave 3: 7:55AM	Trail Marathon
Alan	Krzywicki	120	Wave 4: 8:00AM	Trail Marathon
Kyle	Krzywicki	121	Wave 4: 8:00AM	Trail Marathon
Erin	Ladenheim	19	Wave 2: 7:45AM	Sehghunda 72
ANDREW	LAVIN	122	Wave 2: 7:45AM	Trail Marathon
Lynne	Leary	123	Wave 3: 7:55AM	Trail Marathon
Meridith	Leubner	124	Wave 3: 7:55AM	Trail Marathon
Andrew	Lipp	125	Wave 3: 7:55AM	Trail Marathon
Matthew	Liquori	126	Wave 4: 8:00AM	Trail Marathon
Bob	Lonsberry	127	Wave 4: 8:00AM	Trail Marathon
Charlie	LoTempio	128	Wave 2: 7:45AM	Trail Marathon
Jonathan	Loyche	129	Wave 2: 7:45AM	Trail Marathon
Eamon M.	Lyons	20	Wave 4: 8:00AM	Sehghunda 72
David	Mager	130	Wave 4: 8:00AM	Trail Marathon
Big Al	Marciano	131	Wave 1: 7:30AM	Trail Marathon
Kevin	Martin	132	Wave 1: 7:30AM	Trail Marathon
Tyler	Maule	133	Wave 2: 7:45AM	Trail Marathon
Tommy	McAndrew	134	Wave 2: 7:45AM	Trail Marathon
Carly	McCabe	135	Wave 1: 7:30AM	Trail Marathon
Jeffrey	McCabe	136	Wave 3: 7:55AM	Trail Marathon
Ian	McDougall	137	Wave 3: 7:55AM	Trail Marathon
Aaron	Mentkowski	138	Wave 4: 8:00AM	Trail Marathon
James	Miner	139	Wave 3: 7:55AM	Trail Marathon
Scotty	Miner	140	Wave 2: 7:45AM	Trail Marathon
William	Minks	141	Wave 3: 7:55AM	Trail Marathon
Krista	Mitchell	142	Wave 3: 7:55AM	Trail Marathon
Lillian	Moncman	143	Wave 3: 7:55AM	Trail Marathon
ERIC	MOREHOUSE	144	Wave 3: 7:55AM	Trail Marathon
Leah	Murray	145	Wave 4: 8:00AM	Trail Marathon
Brenda	Myrthil	146	Wave 1: 7:30AM	Trail Marathon
Jay	Nadeau	21	Wave 1: 7:30AM	Sehghunda 72
Jaynie	Nafziger	147	Wave 3: 7:55AM	Trail Marathon
SOPHIA	NAFZIGER	148	Wave 3: 7:55AM	Trail Marathon
Philip	Nesbitt	149	Wave 2: 7:45AM	Trail Marathon
Marjorie	Norlund	150	Wave 4: 8:00AM	Trail Marathon
Grace	Norvell	151	Wave 3: 7:55AM	Trail Marathon
Grace	Norvell	152	Wave 4: 8:00AM	Trail Marathon
Nicholas	Norvell	22	Wave 4: 8:00AM	Sehghunda 72
Liam	O'Boyle	153	Wave 3: 7:55AM	Trail Marathon
Andy	OBrien	154	Wave 3: 7:55AM	Trail Marathon
Roy	Osberg	155	Wave 4: 8:00AM	Trail Marathon
Chris	Palumbo	156	Wave 2: 7:45AM	Trail Marathon
David	Parsons	157	Wave 4: 8:00AM	Trail Marathon

Joyce	Parsons	158	Wave 4: 8:00AM	Trail Marathon
Brianna	Pietropaolo	159	Wave 3: 7:55AM	Trail Marathon
Alex	Pirnie	160	Wave 1: 7:30AM	Trail Marathon
Patricia	Pirnie	161	Wave 4: 8:00AM	Trail Marathon
Ashley	Pittman	23	Wave 4: 8:00AM	Sehgahunda 72
Gregory	Pochron	162	Wave 2: 7:45AM	Trail Marathon
Tim	Potter	163	Wave 3: 7:55AM	Trail Marathon
Ian	Priestley	164	Wave 2: 7:45AM	Trail Marathon
Chris	Pugsley	165	Wave 2: 7:45AM	Trail Marathon
Jim	Purtell	24	Wave 2: 7:45AM	Sehgahunda 72
Jonathan	Rabey	25	Wave 2: 7:45AM	Sehgahunda 72
Chris	Raby	166	Wave 2: 7:45AM	Trail Marathon
PJ	Rakoski	167	Wave 2: 7:45AM	Trail Marathon
Bruce	Rasmusson	168	Wave 4: 8:00AM	Trail Marathon
Jesse	Readlynn	169	Wave 2: 7:45AM	Trail Marathon
Christopher	Reckner	170	Wave 3: 7:55AM	Trail Marathon
Scott	Reed	171	Wave 1: 7:30AM	Trail Marathon
Thomas	Reynolds	172	Wave 3: 7:55AM	Trail Marathon
Ron	Richards	173	Wave 3: 7:55AM	Trail Marathon
Heather	Robinson	105	Wave 4: 8:00AM	Trail Marathon
Michael	Robinson	174	Wave 2: 7:45AM	Trail Marathon
David	Rudroff	26	Wave 2: 7:45AM	Sehgahunda 72
Jonathon	Ryan	175	Wave 2: 7:45AM	Trail Marathon
Steven	Sangiovanni	27	Wave 1: 7:30AM	Sehgahunda 72
Brian	Santora	176	Wave 4: 8:00AM	Trail Marathon
Ian	Santora	177	Wave 2: 7:45AM	Trail Marathon
Jessica	Schreiter	28	Wave 1: 7:30AM	Sehgahunda 72
Steve	Scott	178	Wave 4: 8:00AM	Trail Marathon
Addison	Shipp	179	Wave 4: 8:00AM	Trail Marathon
Blake	Shipp	180	Wave 3: 7:55AM	Trail Marathon
Daniel	Sinnott	181	Wave 3: 7:55AM	Trail Marathon
Kelly	Sinnott	182	Wave 4: 8:00AM	Trail Marathon
Amanda	Siy	183	Wave 4: 8:00AM	Trail Marathon
Kyle	Siy	184	Wave 4: 8:00AM	Trail Marathon
Jennifer	Skerrett	185	Wave 4: 8:00AM	Trail Marathon
Kayla	Slater	29	Wave 2: 7:45AM	Sehgahunda 72
Brett	Sobieraski	186	Wave 2: 7:45AM	Trail Marathon
Douglas	Sokolowski	187	Wave 3: 7:55AM	Trail Marathon
David	Soule	188	Wave 3: 7:55AM	Trail Marathon
Ahren	Spaker	189	Wave 2: 7:45AM	Trail Marathon
Alia	Spaker	190	Wave 3: 7:55AM	Trail Marathon
Erich	Spaker	191	Wave 2: 7:45AM	Trail Marathon
Ryan	Spaker	192	Wave 3: 7:55AM	Trail Marathon
Joel	Sprague	193	Wave 4: 8:00AM	Trail Marathon
Joseph	Stevenson	194	Wave 2: 7:45AM	Trail Marathon
Ryan	Sutherland	195	Wave 2: 7:45AM	Trail Marathon
Kyle	Syck	196	Wave 4: 8:00AM	Trail Marathon

chad	taylor	197	Wave 2: 7:45AM	Trail Marathon
Glenn	Tegeuder	198	Wave 4: 8:00AM	Trail Marathon
Charles	Thompson	199	Wave 1: 7:30AM	Trail Marathon
Gary	Thompson	200	Wave 3: 7:55AM	Trail Marathon
Brian	Towner	30	Wave 4: 8:00AM	Sehgahunda 72
Bill	Trondsen	201	Wave 3: 7:55AM	Trail Marathon
Jenny	Trumble	31	Wave 3: 7:55AM	Sehgahunda 72
Alex	Valverde	202	Wave 3: 7:55AM	Trail Marathon
Robert	Wagmiller	203	Wave 4: 8:00AM	Trail Marathon
Jacob	Warner	204	Wave 4: 8:00AM	Trail Marathon
Jessica	Weinman	205	Wave 3: 7:55AM	Trail Marathon
Robert	Wheater	206	Wave 2: 7:45AM	Trail Marathon
Simon	Whitehouse	207	Wave 3: 7:55AM	Trail Marathon
Carolyn	Whyland	208	Wave 4: 8:00AM	Trail Marathon
Kelly	Wichtendahl	209	Wave 3: 7:55AM	Trail Marathon
Betsy	Wilson	210	Wave 1: 7:30AM	Trail Marathon
Keith	Wilson	211	Wave 4: 8:00AM	Trail Marathon
Danielle	Wingerden	212	Wave 3: 7:55AM	Trail Marathon
Erin	Wingerden	213	Wave 3: 7:55AM	Trail Marathon
Shawn	Witkowski	32	Wave 2: 7:45AM	Sehgahunda 72
Sarah	Zeitler	214	Wave 1: 7:30AM	Trail Marathon
Todd	Zimmerman	33	Wave 2: 7:45AM	Sehgahunda 72