

Day 1 2026 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 7th)

- 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/Bus Lists Below in alpha order by last name

Bus Waves and Details

Below is the precise roster of who is on what bus and the departure time of each bus. (Sehghunda participants had until May 6th to sign up for the bus.)

Keep in mind this is a ONE WAY Bus from the Finish Line Parade Grounds Area to the Start at Mt Morris Dam.

On Sehghunda Race Morning at the Parade Grounds, Ellen Brenner will be managing the bus loading.

You can only get on the bus when Ellen says you can get on the bus so we can keep things organized. She will be checking everyone in individually and by bus

If you arrive early, please form a line outside your bus. Please note, it is advised to arrive early. The Bus Number will be on the front right hand side passenger window. The doors will be closed until Ellen gets there to check you in and invite you on.

- You will be sharing seats
- **There is no switching busses. The Bus assignments are based on your Wave Start Time. Some busses have mixed waves.**
- When Ellen is ready to have you enter the bus please have your bib number and last name ready for me to check you off the list. If you don't have bib yet, name is fine.
- When exiting the bus, you will go to your designated Wave start area.
- Please do not forget your bib, hydration, nutrition and anything you need for race day.
- The Bus Leaves exactly at the time noted below. We do not hold busses.
- Please be nice to the Bus Driver and each other!

Below is the list of who is on what bus and its respective Departure time. Ellen will send busses off one by one. If you are not at your bus by the time it leaves you will need to determine an alternate method to get to the start.

On the bus, revel in the beauty of your surroundings and enjoy the serenity!

6:30am - Bus 1 leaves Parade Grounds for the Start Line **** DO NOT WAIT TO GET ON BUSSES - if you are late you'll need a Plan B to get to start

6:35am - Bus 2 leaves Parade Grounds for Start Line **** DO NOT WAIT TO GET ON BUSSES - if you are late you'll need a Plan B to get to start

6:40am - Bus 3 leaves Parade Grounds for the Start Line **** DO NOT WAIT TO GET ON BUSSES - if you are late you'll need a Plan B to get to start

Solo/72 Wave/Bus List

| First Name | Last Name | Bib | Event | Wave | BUS TIME |
|------------|-----------|-----|-------|----------------|---------------|
| Megan | Adair | 2 | 72 | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Brandon | Andersen | 3 | 72 | Wave 1: 7:30AM | BUS 1:6:30AM |
| Jeremiah | Bailey | 4 | 72 | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Leland | Barron | 5 | 72 | Wave 2: 7:45AM | |
| Krystle | Bittner | 6 | 72 | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Mark | Bloxsom | 7 | 72 | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Ben | Brundage | 8 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Thomas | Butler | 9 | 72 | Wave 1: 7:30AM | BUS 1: 6:30AM |

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|-----------|------------|----|------|----------------|---------------|
| Ferdinand | Cevallos | 10 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Patricia | Colton | 11 | 72 | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Tracy | Conmy | 12 | 72 | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Kyle | Dacey | 13 | 72 | Wave 2: 7:45AM | |
| Todd | Dappen | 14 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Darlene | DeBona | 15 | 72 | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Patrick | Erwin | 16 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Danielle | Feligno | 17 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Jessie | George | 18 | 72 | Wave 2: 7:45AM | |
| John | Ghidiu | 19 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Joseph | Grosso | 20 | 72 | Wave 2: 7:45AM | |
| Kara | Izzo | 21 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Larry | Judd | 22 | 72 | Wave 3: 7:55AM | |
| Isaac | Manly | 23 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| James | Martin | 24 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Adrian | Matlack | 25 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Jim | Mollosky | 26 | 72 | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Jay | Nadeau | 27 | 72 | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Nicholas | Norvell | 28 | 72 | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Joshua | Polito | 29 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Bruce | Rasmusson | 30 | 72 | Wave 2: 7:45AM | |
| Ronald | Richards | 31 | 72 | Wave 1: 7:30AM | |
| David | Schreiter | 32 | 72 | Wave 1: 7:30AM | |
| Jessica | Schreiter | 33 | 72 | Wave 1: 7:30AM | |
| Gene | Sullivan | 34 | 72 | Wave 3: 7:55AM | |
| Kristine | Thompson | 35 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Marc | Uhteg | 36 | 72 | Wave 3: 7:55AM | |
| Jessica | Weinman | 37 | 72 | Wave 2: 7:45AM | |
| Jonathan | Westfall | 38 | 72 | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Simon | Whitehouse | 39 | 72 | Wave 3: 7:55AM | |
| Shawn | Witkowski | 40 | 72 | Wave 2: 7:45AM | |
| Wei | Yao | 41 | 72 | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Wayne | Antinore | 42 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Erika | Attoma | 43 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Conan | Bark | 44 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Ralph | Bean | 45 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Brandon | Beck | 46 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Rick | Bennett | 47 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Kira | Bloxsom | 48 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Art | Bohnke | 49 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Alexis | Borzelleri | 50 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Brendan | Bosack | 51 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Shelley | Brautigam | 52 | Solo | Wave 1: 7:30AM | |

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|-------------|-----------------|----|------|----------------|---------------|
| Chris | Broadbent | 53 | Solo | Wave 3: 7:55AM | |
| Holly | Brooks | 54 | Solo | Wave 2: 7:45AM | |
| Dan | Brundage | 55 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Emily | Brundage | 56 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Sarah | Brundage | 57 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Roxanne | Buffone | 58 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Samantha | Buzzelli | 59 | Solo | Wave 3: 7:55AM | |
| Jessica | Calzolari | 60 | Solo | Wave 3: 7:55AM | |
| Jacob | Champlin | 61 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Patrick | Ciambrone | 62 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Joseph | Ciecierega | 63 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Noah | Clark | 64 | Solo | Wave 2: 7:45AM | |
| Chelsea | Conway | 65 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Stephen | Crandall | 66 | Solo | Wave 3: 7:55AM | |
| Jim | Cuddihy | 67 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Christopher | Cummings | 68 | Solo | Wave 3: 7:55AM | |
| Luke | Curley | 69 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Jamie | Curry | 70 | Solo | Wave 3: 7:55AM | |
| Marc | D'Amico | 71 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Dan | Dawson | 72 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Edward | Deiure | 73 | Solo | Wave 2: 7:45AM | |
| Meredith | Dickerson | 74 | Solo | Wave 3: 7:55AM | |
| Calla | Distefano | 75 | Solo | Wave 1: 7:30AM | |
| Violet | Douglass | 76 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Rachel | Dowling | 77 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Zachary | Draper | 78 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Kyle | Edwards | 79 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Rodney | Egli | 80 | Solo | Wave 2: 7:45AM | |
| Jackie | Ellwood | 81 | Solo | Wave 3: 7:55AM | |
| Kevin | Etzkorn | 82 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Jen | Faso | 83 | Solo | Wave 3: 7:55AM | |
| Mark | Fischer | 84 | Solo | Wave 3: 7:55AM | |
| Tobey | Flores | 85 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| John | Fogarty | 86 | Solo | Wave 2: 7:45AM | |
| Lauren | Ford | 87 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Todd | Gadd | 88 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Samuel | Garcia | 89 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Drew | Garrett | 90 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Renee | Giardini-Fanton | 91 | Solo | Wave 3: 7:55AM | |
| Steve | Gonser | 92 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Kirsten | Goranowski | 93 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Rebecca | Guinnip | 94 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Andy | Hamilton | 95 | Solo | Wave 2: 7:45AM | |

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|-----------|--------------|-----|------|----------------|---------------|
| Nathan | Hand | 96 | Solo | Wave 3: 7:55AM | |
| Jason | Harasimowicz | 97 | Solo | Wave 2: 7:45AM | |
| Sean | Harris | 98 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Max | Hartnett | 99 | Solo | Wave 1: 7:30AM | |
| Jack | Haxton | 100 | Solo | Wave 2: 7:45AM | |
| Lincoln | Healy | 101 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Kevin | Horne | 102 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Bob | Irving | 103 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Daniel | Johnson | 104 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Brian | Joseph | 105 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Austin | Kader | 106 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Ayden | Kader | 107 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Bryar | Kader | 108 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Patrick | Kader | 109 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| John | Kattato | 110 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Zachery | Kenyon | 111 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Claire | Kimberlin | 112 | Solo | Wave 2: 7:45AM | |
| Lindsay | Klemmer | 113 | Solo | Wave 2: 7:45AM | |
| Steve | Knox | 114 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Petar | Kodzas | 115 | Solo | Wave 2: 7:45AM | |
| Tokyo | Koki | 116 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| James | Kote | 117 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Kyle | Krzywicki | 118 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Valentina | Kutyifa | 119 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Colin | Lange | 120 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Sean | Leary | 121 | Solo | Wave 2: 7:45AM | |
| Michael | LeGault | 122 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Julia | Lehman | 123 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Meridith | Leubner | 124 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Matthew | Liquori | 125 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Bob | Lonsberry | 126 | Solo | Wave 1: 7:30AM | |
| Robbie | Lonsberry | 127 | Solo | Wave 2: 7:45AM | |
| Sean | Loosen | 128 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Charlie | LoTempio | 129 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Chris | Lotti | 130 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Thomas | Loughlin | 131 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| David | Mager | 132 | Solo | Wave 3: 7:55AM | |
| Big Al | Marciano | 133 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Sarah | Mastro | 134 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Steve | Mastro | 135 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Jenna | McArdle | 136 | Solo | Wave 3: 7:55AM | |
| Carly | McCabe | 137 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Tom | McCarthy | 138 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |

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|-----------|------------|-----|------|----------------|---------------|
| Ian | McDougall | 139 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| David | McGinnis | 140 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Aaron | Mentkowski | 141 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Cubby | mentkowski | 142 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| John | Miklasz | 143 | Solo | Wave 3: 7:55AM | |
| Scotty | Miner | 144 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Krista | Mitchell | 145 | Solo | Wave 3: 7:55AM | |
| ERIC | MOREHOUSE | 146 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Jacob | Mountain | 147 | Solo | Wave 1: 7:30AM | |
| Jaynie | Nafziger | 148 | Solo | Wave 2: 7:45AM | |
| Philip | Nesbitt | 149 | Solo | Wave 2: 7:45AM | |
| Nick | Nichter | 150 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Liam | O'Boyle | 151 | Solo | Wave 3: 7:55AM | |
| Jaden | Ohlson | 152 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Lindsey | Ohmit | 153 | Solo | Wave 1: 7:30AM | |
| Roy | Osberg | 154 | Solo | Wave 3: 7:55AM | |
| Megan | Otis | 155 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Eugenia | Overfield | 156 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Michael | Pinch | 157 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Tim | Potter | 158 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Sebastian | Purgal | 159 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| PJ | Rakoski | 160 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Dimitri | Rauseo | 161 | Solo | Wave 1: 7:30AM | |
| Kyle | Reynolds | 162 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Ben | Rhodes | 163 | Solo | Wave 3: 7:55AM | |
| Heather | Robinson | 164 | Solo | Wave 3: 7:55AM | |
| Michael | Robinson | 165 | Solo | Wave 2: 7:45AM | |
| Tiana | Rohe | 166 | Solo | Wave 2: 7:45AM | |
| Kristin | Ruminski | 167 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| John | Rynders | 168 | Solo | Wave 3: 7:55AM | |
| Kyle | Saisselin | 169 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Philip | Schierer | 170 | Solo | Wave 3: 7:55AM | |
| William | Schifferli | 171 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Steve | Scott | 172 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Jady | Simmons | 173 | Solo | Wave 1: 7:30AM | |
| McKenna | Simmons | 174 | Solo | Wave 1: 7:30AM | |
| Killian | Simonson | 175 | Solo | Wave 2: 7:45AM | BUS 1: 6:30AM |
| Amanda | Siy | 176 | Solo | Wave 1: 7:30AM | |
| Carl | Smith | 177 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Brian | Smithley | 178 | Solo | Wave 2: 7:45AM | |
| John | Steele | 179 | Solo | Wave 2: 7:45AM | |
| Tyler | Stetson | 180 | Solo | Wave 2: 7:45AM | |
| Andrew | Stokes | 181 | Solo | Wave 2: 7:45AM | |

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|----------|--------------|-----|------|----------------|---------------|
| Adam | Szablewski | 182 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Billie | Szablewski | 183 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Peter | Talty | 184 | Solo | Wave 1: 7:30AM | |
| Chad | Taylor | 185 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Jessica | Thompson | 186 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Jenny | Timineri | 187 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Joshua | Tompkins | 188 | Solo | Wave 1: 7:30AM | BUS 1: 6:30AM |
| Chris | Trombley | 189 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Bill | Trondsen | 190 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Fred | Van Riper | 191 | Solo | Wave 2: 7:45AM | |
| Mike | Vantyne | 192 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Mike | Vantyne | 193 | Solo | Wave 3: 7:55AM | |
| Alison | Veldhuizen | 194 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Nicholas | Voellinger | 195 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Jason | Weiss | 196 | Solo | Wave 3: 7:55AM | BUS 3: 6:40AM |
| Kelly | Wichtendahl | 197 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Noah | Wilkinson | 198 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |
| Ethan | Witherington | 199 | Solo | Wave 3: 7:55AM | BUS 2: 6:35AM |
| Drew | Witkowski | 200 | Solo | Wave 2: 7:45AM | |
| Bethany | Zerbe | 201 | Solo | Wave 2: 7:45AM | BUS 2: 6:35AM |