

Day 1 2026 Sehghunda 2 & 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 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 2 & 4 Person Relay Participant Wave/Bus Lists Below in alpha order by team name

First Name	Last Name	Bib	Solo Wave	BUS TIME	Event	Team Name
107th Attack Wing	TIMING	456	Wave 4: 8:00AM		4PT	107th Attack Wing
Ken	Chudoba	456	Wave 4: 8:00AM		4PT	107th Attack Wing
Ryan	Fennessey	456	Wave 4: 8:00AM		4PT	107th Attack Wing
Chandre	Labuschagne	456	Wave 4: 8:00AM		4PT	107th Attack Wing
Thomas	Viau	456	Wave 4: 8:00AM		4PT	107th Attack Wing
3 Runners and That Guy	TIMING	465	Wave 4: 8:00AM		4PT	3 Runners and That Guy
Debbie	Fredley	465	Wave 4: 8:00AM		4PT	3 Runners and That Guy

Josh	Fredley	465	Wave 4: 8:00AM		4PT	3 Runners and That Guy
Skylar	Fredley	465	Wave 4: 8:00AM		4PT	3 Runners and That Guy
Xander	Fredley	465	Wave 4: 8:00AM		4PT	3 Runners and That Guy
Acid Lactic Rush	TIMING	454	Wave 4: 8:00AM		4PT	Acid Lactic Rush
FRANCISCO	CERRAJERO	454	Wave 4: 8:00AM		4PT	Acid Lactic Rush
Antonio	Domingo	454	Wave 4: 8:00AM		4PT	Acid Lactic Rush
Jose	Gonzalo Moreno	454	Wave 4: 8:00AM		4PT	Acid Lactic Rush
Imanol	Zuniga Elejabeitia	454	Wave 4: 8:00AM		4PT	Acid Lactic Rush
Beer Bellies & Blisters	TIMING	315	Wave 4: 8:00AM		2PT	Beer Bellies & Blisters
John	Arndt	315	Wave 4: 8:00AM		2PT	Beer Bellies & Blisters
Jeremy	Scott	315	Wave 4: 8:00AM		2PT	Beer Bellies & Blisters
Bros	TIMING	300	Wave 4: 8:00AM		2PT	Bros
Shannon	Oakes	300	Wave 4: 8:00AM		2PT	Bros
Brandon	Rosettie	300	Wave 4: 8:00AM		2PT	Bros
Canyon Crawlers	TIMING	460	Wave 4: 8:00AM		4PT	Canyon Crawlers
Ed	Hamilton	460	Wave 4: 8:00AM		4PT	Canyon Crawlers
Brandon	Smith	460	Wave 4: 8:00AM		4PT	Canyon Crawlers
Morgan	Smith	460	Wave 4: 8:00AM		4PT	Canyon Crawlers
Peyton	Smith	460	Wave 4: 8:00AM		4PT	Canyon Crawlers
Charlotte's Angels	TIMING	453	Wave 4: 8:00AM		4PT	Charlotte's Angels
Benjamin	Lawton	453	Wave 4: 8:00AM		4PT	Charlotte's Angels
Heidi	Lawton	453	Wave 4: 8:00AM		4PT	Charlotte's Angels
Jerry	Winchell	453	Wave 4: 8:00AM		4PT	Charlotte's Angels
Jonathan	Young	453	Wave 4: 8:00AM		4PT	Charlotte's Angels
DJ Trails	TIMING	311	Wave 4: 8:00AM		2PT	DJ Trails
Douglas	Csaszar	311	Wave 4: 8:00AM		2PT	DJ Trails

Jane	Csaszar	311	Wave 4: 8:00AM		2PT	DJ Trails
Do it for the kids	TIMING	303	Wave 4: 8:00AM		2PT	Do it for the kids
Kirsten	VandenBout	303	Wave 4: 8:00AM		2PT	Do it for the kids
Mark	VandenBout	303	Wave 4: 8:00AM		2PT	Do it for the kids
Dreaming Trees	TIMING	310	Wave 4: 8:00AM		2PT	Dreaming Trees
Daniel	Sinnott	310	Wave 4: 8:00AM		2PT	Dreaming Trees
Kelly	Sinnott	310	Wave 4: 8:00AM		2PT	Dreaming Trees
Faith over Fear	TIMING	314	Wave 4: 8:00AM		2PT	Faith over Fear
Kate	Rautenstrauch	314	Wave 4: 8:00AM		2PT	Faith over Fear
William	Rautenstrauch	314	Wave 4: 8:00AM		2PT	Faith over Fear
Goaty McGoatfaces	TIMING	313	Wave 4: 8:00AM		2PT	Goaty McGoatfaces
Jay	Anzellotti	313	Wave 4: 8:00AM		2PT	Goaty McGoatfaces
Mike	Koelemay	313	Wave 4: 8:00AM		2PT	Goaty McGoatfaces
Here 4 the Beer Again	TIMING	467	Wave 4: 8:00AM		4PT	Here 4 the Beer Again
Amanda	Janosky	467	Wave 4: 8:00AM		4PT	Here 4 the Beer Again
Joe	Silliman	467	Wave 4: 8:00AM		4PT	Here 4 the Beer Again
Heidi	Strauss	467	Wave 4: 8:00AM		4PT	Here 4 the Beer Again
Scott	Thompson	467	Wave 4: 8:00AM		4PT	Here 4 the Beer Again
Here for the Beer	TIMING	450	Wave 4: 8:00AM		4PT	Here for the Beer
Rick	Borosky	450	Wave 4: 8:00AM		4PT	Here for the Beer
Abby	Guzzino	450	Wave 4: 8:00AM		4PT	Here for the Beer
Nicole	Kunda	450	Wave 4: 8:00AM		4PT	Here for the Beer
Sara	Van Remmen	450	Wave 4: 8:00AM		4PT	Here for the Beer
J & S	TIMING	304	Wave 4: 8:00AM		2PT	J & S
Stephen	Cullum	304	Wave 4: 8:00AM		2PT	J & S
Jason	Smith	304	Wave 4: 8:00AM		2PT	J & S

Just for Fun	TIMING	451	Wave 4: 8:00AM		4PT	Just for Fun
Bonnie	Jakubowski	451	Wave 4: 8:00AM		4PT	Just for Fun
Laura	Johnson	451	Wave 4: 8:00AM		4PT	Just for Fun
Lani	Miller	451	Wave 4: 8:00AM		4PT	Just for Fun
Laurel	Presher	451	Wave 4: 8:00AM		4PT	Just for Fun
Kingwraiths	TIMING	452	Wave 4: 8:00AM		4PT	Kingwraiths
David	King	452	Wave 4: 8:00AM		4PT	Kingwraiths
Lydia	King	452	Wave 4: 8:00AM		4PT	Kingwraiths
Katrina	King Nicholson	452	Wave 4: 8:00AM		4PT	Kingwraiths
Lost in the Woods	TIMING	308	Wave 4: 8:00AM		2PT	Lost in the Woods
Erin	Zeller	308	Wave 4: 8:00AM		2PT	Lost in the Woods
Max	Zeller	308	Wave 4: 8:00AM		2PT	Lost in the Woods
McHsuNnaro	TIMING	459	Wave 4: 8:00AM		4PT	McHsuNnaro
Jacob	Gennaro	459	Wave 4: 8:00AM	BUS 3: 6:40AM	4PT	McHsuNnaro
Aidan	McCarthy	459	Wave 4: 8:00AM	BUS 3: 6:40AM	4PT	McHsuNnaro
Mitchell	Collura	459	Wave 4: 8:00AM		4PT	McHsuNnaro
Owen	Hsu	459	Wave 4: 8:00AM		4PT	McHsuNnaro
Michaels & Son	TIMING	306	Wave 4: 8:00AM		2PT	Michaels & Son
Adam	Michaels	306	Wave 4: 8:00AM	BUS 3: 6:40AM	2PT	Michaels & Son
Martin	Michelson	306	Wave 4: 8:00AM		2PT	Michaels & Son
Mid Stride Crisis	TIMING	461	Wave 4: 8:00AM		4PT	Mid Stride Crisis
Justin	Jakubowski	461	Wave 4: 8:00AM		4PT	Mid Stride Crisis
Kyle	Lee	461	Wave 4: 8:00AM		4PT	Mid Stride Crisis
Clint	Miller	461	Wave 4: 8:00AM		4PT	Mid Stride Crisis
Garrett	Tuchrello	461	Wave 4: 8:00AM		4PT	Mid Stride Crisis
Mud Sweat and Beers	TIMING	312	Wave 4: 8:00AM		2PT	Mud Sweat and Beers

Dom	Chapman	312	Wave 4: 8:00AM		2PT	Mud Sweat and Beers
Justin	Marcus	312	Wave 4: 8:00AM		2PT	Mud Sweat and Beers
My Name Is Mud	TIMING	462	Wave 4: 8:00AM		4PT	My Name Is Mud
Jorge	Cisneros	462	Wave 4: 8:00AM		4PT	My Name Is Mud
Paul	Durlak	462	Wave 4: 8:00AM		4PT	My Name Is Mud
Elizabeth	Mohd Sani	462	Wave 4: 8:00AM		4PT	My Name Is Mud
Lanh	Nguyen	462	Wave 4: 8:00AM		4PT	My Name Is Mud
My Sweaty Butt	TIMING	463	Wave 4: 8:00AM		4PT	My Sweaty Butt
Jeffery	Contario	463	Wave 4: 8:00AM		4PT	My Sweaty Butt
Matthew	Duelka	463	Wave 4: 8:00AM		4PT	My Sweaty Butt
Jesse	Harrington Au	463	Wave 4: 8:00AM		4PT	My Sweaty Butt
Nicholas	Parente	463	Wave 4: 8:00AM		4PT	My Sweaty Butt
NotFastNotLast	TIMING	464	Wave 4: 8:00AM		4PT	NotFastNotLast
Naji	Anaizi	464	Wave 4: 8:00AM		4PT	NotFastNotLast
Kenyon	Binns	464	Wave 4: 8:00AM		4PT	NotFastNotLast
Mike	Meynadasy	464	Wave 4: 8:00AM		4PT	NotFastNotLast
Bruce	Morton	464	Wave 4: 8:00AM		4PT	NotFastNotLast
Real Gs Move In Silence Like Lasagna	TIMING	318	Wave 4: 8:00AM		2PT	Real Gs Move In Silence Like Lasagna
Gino	DAngelo	318	Wave 4: 8:00AM	BUS 3: 6:40AM	2PT	Real Gs Move In Silence Like Lasagna
Gregory	Huette	318	Wave 4: 8:00AM	BUS 3: 6:40AM	2PT	Real Gs Move In Silence Like Lasagna
Reel Fast Runners	TIMING	302	Wave 4: 8:00AM		2PT	Reel Fast Runners
Gabriel	Carrao	302	Wave 4: 8:00AM		2PT	Reel Fast Runners
SOPHIA	NAFZIGER	302	Wave 4: 8:00AM		2PT	Reel Fast Runners
Run and Runner	TIMING	317	Wave 4: 8:00AM		2PT	Run and Runner
Jacob	Cone	317	Wave 4: 8:00AM		2PT	Run and Runner
Kristopher	Fonte	317	Wave 4: 8:00AM		2PT	Run and Runner

Run For Kara	TIMING	469	Wave 4: 8:00AM		4PT	Run For Kara
Bonnie	Binggeli	469	Wave 4: 8:00AM	BUS 3: 6:40AM	4PT	Run For Kara
Julia	Eichenlaub	469	Wave 4: 8:00AM		4PT	Run For Kara
Hannah	Lewis	469	Wave 4: 8:00AM		4PT	Run For Kara
Debra	Lorge	469	Wave 4: 8:00AM		4PT	Run For Kara
Runamuckers	TIMING	458	Wave 4: 8:00AM		4PT	Runamuckers
Kim	Goerlich	458	Wave 4: 8:00AM		4PT	Runamuckers
Bonnie	Lindblom	458	Wave 4: 8:00AM		4PT	Runamuckers
Colleen	Newman	458	Wave 4: 8:00AM		4PT	Runamuckers
Carol	Reif	458	Wave 4: 8:00AM		4PT	Runamuckers
Solitude Brewing	TIMING	468	Wave 4: 8:00AM		4PT	Solitude Brewing
Carrie	Bihl	468	Wave 4: 8:00AM		4PT	Solitude Brewing
Cal	Hasler	468	Wave 4: 8:00AM		4PT	Solitude Brewing
Jess	Southwell	468	Wave 4: 8:00AM		4PT	Solitude Brewing
Nathan	Terry	468	Wave 4: 8:00AM		4PT	Solitude Brewing
Soup7racing	TIMING	319	Wave 4: 8:00AM		2PT	Soup7racing
Brandon	Morey	319	Wave 4: 8:00AM	BUS 3: 6:40AM	2PT	Soup7racing
Matt	Morey	319	Wave 4: 8:00AM		2PT	Soup7racing
Speedy SAMS	TIMING	455	Wave 4: 8:00AM		4PT	Speedy SAMS
Meghan	Rodriguez	455	Wave 4: 8:00AM	BUS 3: 6:40AM	4PT	Speedy SAMS
Orlando	Cabarcos	455	Wave 4: 8:00AM		4PT	Speedy SAMS
Thierry	Fouquet	455	Wave 4: 8:00AM		4PT	Speedy SAMS
Eunsam	Lee	455	Wave 4: 8:00AM		4PT	Speedy SAMS
Spoonagles	TIMING	321	Wave 4: 8:00AM		2PT	Spoonagles
Brooke	Weinman	321	Wave 4: 8:00AM		2PT	Spoonagles
Lillian	Weinman	321	Wave 4: 8:00AM		2PT	Spoonagles

Suffer & Switch	TIMING	320	Wave 4: 8:00AM		2PT	Suffer & Switch
Amanda	Bisig	320	Wave 4: 8:00AM		2PT	Suffer & Switch
Alex	Mead	320	Wave 4: 8:00AM		2PT	Suffer & Switch
Team Martin	TIMING	466	Wave 4: 8:00AM		4PT	Team Martin
Lisa	Martin	466	Wave 4: 8:00AM	BUS 3: 6:40AM	4PT	Team Martin
John	I Martin	466	Wave 4: 8:00AM		4PT	Team Martin
Austin	Martin	466	Wave 4: 8:00AM		4PT	Team Martin
Kayla	Martin	466	Wave 4: 8:00AM		4PT	Team Martin
The Powbillard Experience	TIMING	305	Wave 4: 8:00AM		2PT	The Powbillard Experience
Mary	Powers	305	Wave 4: 8:00AM		2PT	The Powbillard Experience
Dennis	Robillard	305	Wave 4: 8:00AM		2PT	The Powbillard Experience
The Sweat Stains	TIMING	301	Wave 4: 8:00AM		2PT	The Sweat Stains
George	Reynolds	301	Wave 4: 8:00AM		2PT	The Sweat Stains
Nick	Zabawa	301	Wave 4: 8:00AM		2PT	The Sweat Stains
Variety of velocities	TIMING	457	Wave 4: 8:00AM		4PT	Variety of velocities
Debby	Reynolds	457	Wave 4: 8:00AM		4PT	Variety of velocities
Kyle	Reynolds	457	Wave 4: 8:00AM		4PT	Variety of velocities
Chris	Shoemaker	457	Wave 4: 8:00AM		4PT	Variety of velocities
Michele	Wolcott	457	Wave 4: 8:00AM		4PT	Variety of velocities
WTF***gahunda	TIMING	316	Wave 4: 8:00AM		2PT	WTF***gahunda
Mark	Chadbourne	316	Wave 4: 8:00AM		2PT	WTF***gahunda
Nate	Weldon	316	Wave 4: 8:00AM		2PT	WTF***gahunda