

SAMISH BAY LOWTIDE MUD RUN FAQ SHEET



What?

A **strenuous** 250 yard race through Samish Bay mud at low tide. Top fitness only. All runners must sign waiver and release.

A separate Kid's (8-12) Mud Run is 100 yards.

When?

250 Yard Low Tide Mud Run: 12:07PM. July 16, 2011

(Day of Race registration closes at 11:45AM)

Kid's (ages 8-12) 100 Yard Mud Run: 11:47am. July 16, 2011

(Day of Race registration closes at 11:30AM)

Where?

Taylor Shellfish Farms Samish Bay farm in Bow.

What's with the 12:07PM start time?

The race is started at low tide.

Can I bring my dog?

Sorry, No Pets.

Parking?

There will be Bivalve Bash signs directing you to free offsite parking. We encourage car-pooling.

Parking is available at Blanchard Chapel (3685 Legg Rd.) [View Map](#) and Edison School (5801 Main St. Bow) [View Map](#). The Edison School has Handicapped Parking.

From the north for Blanchard Chapel Parking: go south on Chuckanut Drive. 2.3 miles south of the Taylor Shellfish Farm entrance and turn left on Colony Road. At the stop sign, turn left. Blanchard Chapel is just ahead on the right.

From the north for Edison School Parking: go south on Chuckanut Drive. 6 miles south of the Taylor Shellfish Farm and turn right at W Bow Hill Road. Stay to the left and turn onto Main St.

From the south for Blanchard Chapel Parking: Coming north on I-5 get off at Exit 232 (Cook Rd). Turn left at exit and go to Chuckanut Drive (Hwy 11). Turn right and look for signs for Bivalve Bash Parking. Turn right on Colony Road. At the stop sign, turn left. Blanchard Chapel is just ahead on the right.

From the south for Edison School Parking: Coming north on I-5 get off at Exit 232 (Cook Rd). Turn left and go to Chuckanut Drive (Hwy 11) and turn right and look for signs for Bivalve Bash Parking. Turn left at W Bow Hill Road. Stay to the left and turn onto Main St.

Plan on up to 1 hour and 15 minutes to get to race site on the shuttle.

7 Shuttle Busses will run approximately every 15-20 minutes. One bus is wheelchair accessible. The first bus will arrive at offsite parking at 10:00am.

How do I register?

Follow the link for online Mud Run Registration at www.bivalvebash.com or direct link to [registration here](#).

250 Yard (Ages 13+) Low Tide Mud Run

Entry Fee: Mud run entry fee \$15.

Mud Run entry fee includes Bivalve Bash entrance.

100 Yard Kids' Mud Run

Entry Fee: \$5.

Mud Run entry fee includes Bivalve Bash entrance.

My 6 year old daughter is in really good shape. Can she enter the Mud Run?

Only ages 8 (on or after July 16) to 12. No exceptions, please.

Can I run barefoot on the Mud Run course?

Shoes are required because of sharp shells.

Prizes?

All finishers will receive a golden Mud Run oyster medallion.

There are medals for the first place finisher in each division (Men, Women, Boys, Girls) and prizes for the top three finishers in each division.

Is there a dressing area?

There is a rudimentary dressing area for changing and there will be duct tape available to tape on your shoes!

Will I get muddy?

Not every runner takes a tumble in the mud but many do. A change of clothes and shoes is strongly recommended.

Are there showers?

Clean up hoses are provided. Mud Runners are asked not to clean up in Mr. Krabby's Kid Pond.

What if I get stuck in the mud?

All runners will be rescued before the incoming tide.

Anything else?

We will have an ambulance and medical personnel on site.

Updated 3/30/11