

SAMISH BAY BIVALVE BASH 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: 1:53pm. (Day of Race registration closes at 1:30pm)

Kid's (ages 8-12) 100 Yard Mud Run: 1:15pm. (Day of Race registration closes at 12:45pm)

Where?

Taylor Shellfish Farms Samish Bay farm in Bow.

What's with the 1:53PM time?

The race is started at low tide.

Can I bring my dog?

Sorry, No Pets.

Parking?

All Bivalve Bash Parking is offsite. Look for signs.

Plan on 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 \$13 if registered before July 24. Day of Race \$23.

Mud Run entry fee includes Bivalve Bash entrance.

100 Yard Kids'Mud Run

Entry Fee: \$3 if registered before July 24. \$13 Day of Race.

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 25) 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?

Skagit County Medic One will have an ambulance and medical personnel on site.