

SAMISH BAY BIVALVE BASH LOW TIDE 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 Mud Run is 100 yards.

When?

250 Yard Low Tide Mud Run: 2:03pm. (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 2:03pm start time?

The race is started at low tide.

Can I bring my dog?

Sorry, No Pets.

Parking?

Except for bicycles, All Bivalve Bash Parking is offsite at the Blanchard Chapel (3685 Legg Rd.).

Parking for the event is free. [View Map.](#)

There will be Bivalve Bash signs directing you to offsite parking and shuttle busses.

Shuttles will run every 15-20 minutes. One bus is wheelchair accessible.

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

From the south, go north on Chuckanut Drive 8.3 miles from I-5 exit #231 (or 1.5 miles north of Bow Hill Rd.). Turn right on Colony Road. At the stop sign, turn left. Blanchard Chapel is just ahead on the right.

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

5 Shuttle Busses will run every 15-20 minutes. One bus is wheelchair accessible.

The first bus will leave Blanchard at 11:00am.

How do I register?

Registration forms are downloadable at www.bivalvebash.com.

250 Yard (Ages 13+) Low Tide Mud Run

Entry Fee: Mud run entry fee \$10 if registered before July 24. Day of Race \$20.

Mud Run entry fee includes Bivalve Bash entrance.

100 Yard Kids' Mud Run

Entry Fee: Free if registered before July 24. \$10 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 29) 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 trophies for the first place finisher in each division (Men, Women, Boys, Girls) and cash prizes for the top three finishers in each division.

Is there a dressing area?

There is a rudimentary dressing area for changing.

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.