5th Annual Samish Bay

Low Tide Mud Run!

11:30 AM, July 14, 2007

Taylor Shellfish Farms, 2182 Chuckanut Drive, Bow, WA

250 Yards Men/Women

Trophies & Prizes.
Shoes required.
$13 Entry by 7/10
includes free
Bivalve Bash entry.

Kid's Mud Run

100 yards. 11:00 AM
8-12 years.
$3 Entry by 7/10
Limited to 100 entrants.

Strenuous. Top fitness only.

"Yard for yard, the Northwest's toughest foot race."

Limited to first 200 Entrants.

Clean-up hoses provided. Change of clothes recommended. The Mud Run is held as part of the

Samish Bay Bivalve Bash, a benefit for the clean water awareness programs of the Skagit Conservation Education Alliance.

Invite family and friends to join in the fun.

Sorry, No Pets

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Taylor Shellfish Farms

For online registration and information visit

www.BivalveBash.com