

SEATTLE AREA MUD, MUCK, and FUN RUNS

Survivor Mud Run – June 8 Remlinger Farms, Carnation (3.1 miles)

<http://survivormudrun.com/locations/2013/seattle.php>

Dirty Dash – June 22 McCleary WA (3.1 Miles)

http://thedirtydash.com/race.i?id=41&t=South_Sound&gclid=CJC9j6SphLcCFQ9dQgodmjUAYQ

7 Summits Adventure Run – June 29, Snoqualmie (3 and 7 miles)

<http://www.7sar.com/>

Warrior Dash - July 20 Bonnie Lake (3.15 miles)

<http://www.wariordash.com/register.php?loc=Washington&yr=2013&gclid=CP7F00-whLcCFUVyQgodChgAQw>

Foam Fest 5K – Aug 3 Lake Sammamish (3.1 Miles)

<http://5kfoamfest.com/locations/Seattle.php>

Spartan Sprint – Aug 3-4 Washougal, WA (4ish miles)

<http://www.spartanrace.com/pacific-northwest-obstacle-racing-spartan-sprint-2013.html>

Muddy Buddy - Aug 18 Lake Sammamish – 6ish miles (Split Bike & Run for teams of 2)

<http://muddybuddy.competitor.com/events/seattle-mud-run/>

Spartan Super Beast – Sept 14 Seattle (8ish Miles)

<http://www.spartanrace.com/seattle-obstacle-racing-super-spartan-2013.html>

Heroes Mud Run - Sept 7 – Snohomish (3.1 miles)

<http://heroesmudrun.com/course.php>

Hell Run – September 14 – Remlinger Farms, Carnation (3.1 Miles)

<http://www.hellrun.com/raceinfo.html>

Tough Mudder - Oct 5-6 Black Diamond (10-12 miles)

<http://toughmudder.com/events/washington-2013/>

Event is sold out but we may be able to get more people on our team.

To sign up for our team, go to registration link, click “Join an Existing Team”, type in “Kent”, select Kent Fit Body Boot Camp from drop down menu, and password is “connie”.

We are racing on Saturday in the 9:20 wave.

The Ridiculous Obstacle Challenge Race (3.1 miles)

<http://rocrace.com/obstacles/>

This race looks like a blast – lots of inflatables and toys. No Seattle Date or Info is available yet.