



## *Shell Bell's Dirty Adventure*

Rob was sure I had not recovered from the concussion I suffered while filming "Wipeout!" when I entered Merrell's Down and Dirty 10k Mud Run, held on Halloween. While most people were putting the final touches on their costumes, I was among the 3200 enthusiastic participants getting covered in sand and mud on either a 5k or 10k course along the shore of Folsom Lake.

After all, anything would be a walk in the park compared to my crazy experience as a contestant on the ABC TV show "Wipeout!" and it seems that I can't injure myself worse than our one and only "Doc" can fix.



**Shelli Main and other happy finishers.**



**The "course" was muddy...**

Some of my athletic friends have asked me, "What was the draw to Merrell's Mud Run"? For me, it was the unusual challenge of this event which added 9 military style obstacles to an otherwise tough 10k course. The obstacles included army crawling through two mud pits and under a low net in the sand, bounding over marine hurdles, wading 4ft deep through Folsom Lake, climbing over a hay bale pyramid, a commanding cargo climb, catapulting over a low wall, and bolting up and over a slippery slanted rope wall.

I thoroughly enjoyed the event as did the vast majority of the other participants who slithered through mud and sand, jumped, waded, climbed, crawled and ran. I was fortunate to get the tip from John Stroba to wear swim goggles through the mud pits, which explained my raccoon eyes at the finish. I was the only one with goggles, which led the announcers of the race to think I was a pro.



Can you really become a "pro" at Mud Adventures? Maybe I've found my calling. If nothing else, I've set a new trend for fellow racers and I'm all about that.



**Clean at last! Shelli takes a dip.**

The rewards, other than the obvious, were finishers (Survivors) Dog Tags and larger age group Dog Tag medals (to 5 deep, I placed 4<sup>th</sup> with a time of 1 hr. 4 min). The first place age groupers received a pair of Merrell shoes. Those of you that know me well and know my love for shoes can understand my disappointment that I missed first place by 4 minutes. The event was well organized- especially considering the high turnout, and included a BBQ and live music. They had a costume contest that offered a \$250 prize for the first place finisher. Rob's favorites were the ballerinas getting mud all over their tutus. My favorites were the "dirty girls" who were actually men in rather interesting attire. If you are into "Facebook", you could stand in line to get your photo taken and they would post it for all the world to see. I passed on that one. I was lucky enough to have my own private photographer, my hubby Rob, who mountain biked his way around the course and captured some pretty hilarious moments.

The event sold out this year and the announcement has been made that it is returning to Folsom on Oct 30<sup>th</sup>, 2011. I age up to the "50" year olds next year and you can be sure I will be there fighting for those shoes. I highly recommend this event for those who are looking for something a little different and don't mind getting a little mud... EVERYWHERE!