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FOR HEALTHY LIVING
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DIRTY DOZEN 5K OBSTACLE MUD RUN AND CLEMMONS STREET FESTIVAL

**Jerry Long Family YMCA & JESSIE VILLAGE DRIVE/JESSIE LANE
2019 FAQ and Race Information**



Celebrate the 2nd Annual Dirty Dozen 5K Obstacle Mud Run for adults and youth (7 and up) of all levels on Saturday, June 22, 2019. Whether navigating the 3.1 mile course as an individual or team, participants will be challenged as they run through 12+ obstacles and test their strength, agility, and stamina. Funds from the Dirty Dozen 5K Obstacle Mud Run will go back to the community and the Y Community Integrated Health programs benefiting those battling chronic diseases.

When and where can I pick up my packet?

Participants can pick up their packets and late register at the Jerry Long Family YMCA located at 1150 S. Peace Haven Road, Clemmons NC, 27012: Friday, June 21: 12:00pm-7:00pm

Limited registrations and packet pick-up available Saturday, June 22 at the Jerry Long Family YMCA (race day!) 6:30am to promptly 7:30am. Pre-race packet pick-up is strongly encouraged.

How do I register?

See link to register as a team or as an individual:

<https://runsignup.com/Race/NC/Clemmons/YMCADirtyDozen5kObstacleMudRun?remMeAttempt=>

Where does the entry fee go?

Once we pay for our race expenses, 100% of all monies netted goes back out to the community and towards Y innovative health programs benefiting those battling chronic diseases.

What is included in the race packet?

All special offers from race sponsors and other info will be included when you pick up your bib in person, race shirt, details on parking, water stops, post-race party, and more. *It is recommended that runners wear either leggings, tall socks, or calf sleeves for the race.

Can I volunteer?

We welcome volunteers; please email Kate Kaczmarek at k.kaczmarek@ymcanwnc.org for more information by June 1, 2019. We will have a volunteers meeting on **Tuesday, June 18, 2019 at 6:00pm** Jerry Long Family YMCA.

Click here to volunteer: <http://signup.com/go/xQiCsRr>

Will you have gear check?

Yes, we will provide complimentary gear check at Pavilion 2 near the start line from 7:00am-11:00am. Volunteers will monitor your belongings during the race in a secure area.

Should I arrive early to park?

Yes! Space in each lot is limited, so please come prepared for a little bit of a walk. The spots closest to the start line fill up fast and some lots will close at 7:00am for the race.

JERRY LONG FAMILY YMCA

1150 S Peacehaven Road, Clemmons NC 27012

P 336 712 2000 F 336 712 2005 www.jerrylongymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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Are there bathrooms available?

Restrooms, changing, and shower facilities are available at the Jerry Long Family YMCA. Once participants cross the finish line, they will need to proceed to get washed off before entering the building. More restrooms are available at Pavilion 1 and 2.

Are there Water Stops on the course?

We've partnered with Trivium Racing to ensure we have adequate water stops throughout the race. Water Stops will remain open until the last participant completes the course.

Is there a Course Map?

Click [coming soon!](#) for course map.

Where is the start line?

The start line is on the back field near Pavilion 2 at the Jerry Long Family YMCA.

How long will the course be open and will it be marked?

The course will remain open until the last participant completes the course and will be marked.

Are there awards?

Awards will be given out after the race. Awards will be given to the overall top 3 male & female finishers and in the following age group divisions: (Ages 7–9), (Ages 10–12), (Ages 13–15), (Ages 16–20), (Ages 21–30), (Ages 31–40), (Ages 41–50), (Ages 51–60), and (Ages 61 & up) and top 3 teams. No duplicate awards will be given. Sorry, we do not ship awards.

Course record times: (adult male – 31.29, adult female – 34.00, youth male – 36.22, youth female – 45.03, and overall team – 39.19). *With new obstacles, course record times may vary slightly this year.

Is there a post run party?

Come for the Run... but stay for some FUN. Clemmons Street Festival an event for children of all ages. We have teamed up with Village of Clemmons to offer the 2019 Dirty Dozen 5K Obstacle Mud Run and Clemmons Street Festival from 9:00am – 1:00pm which will include food trucks, Kid's Zone, entertainment, and so much more! More information coming soon!

Is there Childcare?

Free Childcare is available for Members and \$10 for Potential Members for any children over 3 months to age 10 from 7:30am to 11:00am on race day with a two hour limit! Parents must pre-register for child care at the Jerry Long Family YMCA by calling Member Services at 336-712-2000. If you have any questions, please contact Member Services at 336-712-2000 or Ammanda Crouch at a.crouch@ymcanwnc.org. Reserve a spot by June 21, 2019.

Thank you to our 2019 Sponsors!

Gold Sponsor: Mediterraneo Pizza and Grill

Silver Sponsors: Nothing Bundt Cakes, Jersey Mike's, Camel City Boutique, The Johnny Royall Team - Remax Preferred Properties, Hillcrest Vision, Animal Hospital of East Davie PC, and Beltone Hearing Care Centers

Bronze Sponsors: Nawab Indian Cuisine, Mocksville Family Dentistry, Sweet Frog, Whitley-Reavis Insurance, Rizzo's Pub, Clean Juice, Clemmons Bike Shop, First Citizens Bank, Custom Advertising INC., Omega Sports, Vinyl Masters Home Improvements, Ewing Law Firm PC, Publix, Tar Heel Basement Systems, The Company Logo, Inc., and Triad Ocular & Facial Plastic Surgery

In-Kind Gifts: Incendiary Brewing Company, Jason's Deli, The Budd Group, Common Giant, and Marco's Car Wash & Lube

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For those interested in sponsoring the 2020 race, please contact Adam Cardwell at a.cardwell@ymcanwnc.org

What is the Dirty Dozen 5K Obstacle Mud Run cancellation policy?

Refund Policy: Entries are non-refundable and cannot be transferred from person to person.

Cancellation Policy: In the event the race should be canceled for reasons beyond the control of the Race Director or Race Committee (inclement weather or unsafe weather conditions; local, state or national emergency), refunds will not be made, but race packets, including race shirts, will be available at a location to be determined.

QUESTIONS? PLEASE CONTACT:

Adam Cardwell, Race Questions

336-712-2000 or a.cardwell@ymcanwnc.org

Kate Kaczmarek, Volunteers Questions

336-712-2000 or k.kaczmarek@ymcanwnc.org

Ammanda Crouch, Childcare Questions

336-712-2000 or a.crouch@ymcanwnc.org

UPDATED: May 18, 2019

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