

2022 YMCA OF NORTHWEST NORTH CAROLINA

**DIRTY
DOZEN
OBSTACLE
MUD RUN**

5K

CALLING ALL VOLUNTEERS

Join the Jerry Long Family YMCA on Saturday, September 17 for the 2022 Dirty Dozen 5K Obstacle Run – a tough but achievable challenge for adults and families of all fitness levels. We are excited to announce that we are adding a Fun Run to this years Mud Run!



We are looking for volunteers to help before, during and after the event. Whether it be assisting with registration, packet pick up or course assist.



Any questions? Contact Tim Gribble & Beth Stuart at dirtydozen5k@ymcanwnc.org

