



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIRTY DOZEN 5K OBSTACLE MUD RUN, FUN RUN AND CLEMMONS OKTOBERFEST

Jerry Long Family YMCA

2025 FAQ and Race Information



Celebrate the 7th Annual Dirty Dozen 5K Obstacle Mud Run (ages 7 to adults) and Fun Run (for all ages) on Saturday, September 13, 2025. Whether navigating the 5K course (as an individual or team) or the Fun Run course, participants will be challenged as they run through obstacles and test their strength, agility, and stamina. Proceeds from the Dirty Dozen 5K Obstacle Mud Run and Fun Run will benefit people in the community, Y innovative health programs benefiting cancer survivors and other chronic disease programs.

REGISTRATION IS NOW OPEN!

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, September 12 from 4:00pm – 7:00pm – parking lot at the Y – adjacent to Jessie Lane (behind Publix).**

NEW FOR 2025! More Wash Off Stations, New Medals for 5K and Fun Run – Free Childcare for Members and Volunteers! 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/DirtyDozen5K>

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 information will be included when you pick up your bib/disposable timing strap in person, race shirt, details on parking, water stops, post-race party, and more. **It is recommended that runners wear either leggings or socks for the race. We also recommend no jewelry for this event. Please DO NOT leave valuables, cash or jewelry in your gear bag. The event is not responsible for any lost items on the course or at gear check.**

What is included in the race fee?

In addition to supporting a great cause, the entry fee also gets you: a race finisher shirt, finisher medal, light snacks after the race and into the Clemmons Oktoberfest event, 8:00am-12:00pm.

Can I volunteer?

We welcome all business staff, college students, high school students and community members to volunteer at the Dirty Dozen 5K Obstacle Mud Run, Fun Run and Clemmons Oktoberfest; please email dirtydozen5k@ymcanwnc.org for more information on **Race Volunteers** or **Post-Race Volunteers** by September 5, 2025. We will have a Volunteers meeting on Tuesday, September 9, 2025 at 6:00pm Jerry Long Family YMCA. **See link to volunteer:** <https://www.adventuresignup.com/Race/Volunteer/NC/Clemmons/DirtyDozen5K>

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 all people reach their God-given potential in spirit, mind and body."



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Will you have gear check?

Yes, we will provide complimentary gear check at Pavilion 2 near the start line from 7:30am–11:30am. Volunteers will monitor your belongings during the race in a secure area. **We also recommend no jewelry for this event. Please DO NOT leave valuables, cash or jewelry in your gear bag. The event is not responsible for any lost items on the course or at gear check.**

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 7:30am for the race.

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. We will have more wash off stations near the finish line this year! More restrooms are available at Pavilion 1 and near the wash off stations.

Are there Water Stops on the course?

We've partnered with Jones Racing Company 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?

See race maps on the race website page.

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?

The Dirty Dozen 5K will be timed using the MyLaps timing system. All participants will be given a disposable timing strap that they will wear on their ankle. The strap can be worn on either the left or right ankle (if the strap is on the wrist it will NOT register across the timing system). It is disposable and does not need to be returned after you finish.

Results will be scrolling on a TV screen located in the red tent that says Event Results.

Awards will be given out after the race once all the participants have finished. Given the different heats, it is important that all participants finish the event before awards are calculated because someone who begins in a later heat may complete the course faster than someone who began in an earlier heat.

Awards will be given to the Top 3 Male & Female Overall finishers and the Top 3 M/F 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 61-70, Ages 71-80, and Ages 81+.**

Awards will also be given to the Top 3 Teams. For team awards, the four individual times of the team members will be averaged together to create one Team Time. All team members must finish at the same time. If your team's times are too different from each other, you may not qualify for a medal.

Team awards and Age Group awards will be given out at the Awards Ceremony once the last finisher crosses. You must be present to collect your award. Awards will not be shipped out post-event but you can pick them up at the Jerry Long Family YMCA after the event is over.

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Course Record Times: (adult male – 21:27.17, adult female – 24:09.25, youth male – 21:25.66, youth female – 26:19.18, and overall team – 27:24.58). *With new obstacles, course records may vary slightly year to year.

Are you from out of town?

Out of town participants – please check out our accommodations in the Village of Clemmons to make your stay enjoyable! See link for more information: <https://discoverclemmons.com/460/Hotels>

Is there a post run party?

Come for the Run... but stay for some FUN. Clemmons Oktoberfest (free and open to the public) an event for children of all ages. We have teamed up with Village of Clemmons to offer the 2024 Dirty Dozen 5K Obstacle Mud Run, Fun Run and Clemmons Oktoberfest from 8:00am – 12:00pm which will include food trucks, Kid's Zone, entertainment, beer pit, and so much more!

Is there Childcare?

Free childcare is available for members and volunteers on race day, while potential members can access childcare for \$10. This service is offered for children ages 3 months to 10 years from 7:00am to 11:30am, with a two-hour limit. Parents must pre-register by calling the Welcome Center at the Jerry Long Family YMCA at (336) 712-2000. Reservations must be made by 7:00pm on Friday, September 12, to avoid a \$5 late registration fee. For questions, please contact the Welcome Center at (336) 712-2000 or Margaret Ramirez at m.ramirez@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.

Thank you to our 2025 Sponsors!

Presenting and Title Sponsor: Exclusive Health Care Provider, Novant Health

Gold Sponsors: Village of Clemmons, Fiddlin' Fish Brewing Company, Fleet Feet, and Cedar Hills

Silver Sponsors: Forsyth Magazine and Walmart Neighborhood Market

Bronze Sponsors: The Budd Group, Clemmons Fire Department, Supreme Lending Castro Team, Habitat for Humanity of Forsyth County, Oakes Animal Hospital, The Johnny Royall Team eXp Realty, and Clemmons Bicycle

Friend: Transou's Plumbing and Septic, Flow Volkswagen, Geiger, and Nothing Bundt Cakes - Winston-Salem

We're currently securing our 2025 Dirty Dozen 5K Obstacle Mud Run and Fun Run Race Sponsors. If you have interest, please contact Adam Cardwell at dirtydozen5k@ymcanwnc.org by Friday, July 18, 2025.

Still have questions? Please contact:

Gina Daugherty and Adam Cardwell, Race and Sponsors Questions

dirtydozen5k@ymcanwnc.org

Race Volunteers/Post-Race Bash Volunteers and Questions

dirtydozen5k@ymcanwnc.org

Childcare Questions

336 712 2000 or dirtydozen5k@ymcanwnc.org

UPDATED: August 18, 2025 (2.0)

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