

# SUPPORT OUR CAUSE: BENEFITING THOSE BATTLING CHRONIC DISEASES

**SAVE THE DATE!**

September 12, 2026

Jerry Long Family YMCA

## REGISTRATION IS NOW OPEN!

Participants in the Dirty Dozen 5K and Fun Run Obstacle Mud Run will take on an exciting challenge, navigating obstacles that test their strength, agility, and stamina—whether tackling the 5K course individually or as part of a team, or enjoying the Fun Run. Proceeds from this event will directly support community initiatives, including innovative YMCA health programs for cancer survivors and others managing chronic diseases.

**RACE DATE:** Saturday, September 12, 2026

**RACE/FIRST HEAT START TIME:**

7:30am (Fun Run) and 8:00am (5K)

**CLEMMONS OKTOBERFEST:**

8:00am - 12:00pm

**HEATS START:** Every 10 minutes

**CHOOSE YOUR HEAT:**

7:30am until 7:50am  
(Fun Run Heats)

8:00am until 8:10am  
(Competitive Heats)

8:20am until 10:00am  
(Normal Heats, Every 10 Minutes)

### REGISTRATION FEES:

**Individuals:** (ages 7 to adults)

\$45 January 12 – March 1

\$55 March 2 – July 1

\$65 July 2 – Sept 10

\$70 Sept 11 (Packet Pick-up)

/ Sept 12 (Race Day)

**Teams of 4:** (ages 7 to adults)

\$140 January 12 – March 1

\$180 March 2 – July 1

\$220 July 2 – Sept 10

\$240 Sept 11 (Packet Pick-Up)

/ Sept 12 (Race Day)

**Fun Run:** (for all ages)

\$30 January 1 – March 1

\$35 March 2 – Sept 10

\$40 Sept 11 (Packet Pick-up)

/ Sept 12 (Race Day)



**NOVANT HEALTH**



**QUESTIONS?** Please contact: [dirtydozen5k@ymcanwnc.org](mailto:dirtydozen5k@ymcanwnc.org)

**LEARN MORE  
& REGISTER:**



# OBSTACLE DESCRIPTIONS

## FIRE JUMP

**All:** Jump the fire pit on your way to the finish line.

## MUD PIT

**All:** Cross the length of the mud pit to the other side.

## HERO CARRY

**Fun Run Youth:** Carry a 15lb-20lb bucket for 50 - 100 yards.

**Youth (7-12, Sand Bag):** Carry a 30lb-60lb sand bag for 50 - 100 yards.

**Adults (Piggy Back):** Take turns carrying a teammate (individuals will carry a 50lb-80lb sand bag) for 50 - 100 yards.

## HI-LOW WALL CROSSING

**All:** Climb under the first, over the second, under the third, and over the fourth.

## BEAR CRAWL

**All:** Bear crawl (all-fours walking) uphill then run back down the hill to the bottom. Bear crawl back up to continue.

## CARGO NET CROSSING

**All:** Climb the net, go over the top and climb back down.

## 10 FOOT CLIMBING WALL

**All:** Climb up and over the wall. Don't jump off too early.

## LOW CRAWL

**All:** Crawl on all fours or lay on your stomach using your elbows and legs to push forward as you move through the obstacle without having your body touch the top of the obstacle. Stay low.

## TIRE FLIP

**Youth (7-12):** 1 flip one direction, 1 flip back. 2 flips total.

**Adult:** 2 flips one direction, 2 flips back. 4 flips total.

**Team:** 3 flips one direction, 3 flips back. 6 flips total.

## BALANCE BEAM

**All:** Walk across one of three balance beams without touching the ground. If at any time you touch the ground, you must start over.

## BUCKET CARRY

**Youth (7-12):** Green Bucket: 20lb-30lb

**Adults:** Black Bucket: 30lb-60lb

**All:** Pick up a rock filled bucket and carry it uphill and around the cone. Place the bucket back where you picked it up to continue.

## A-FRAME WALLS

**All:** Climb up and over the A-Frame Wall and watch your step.

All Fun Run participants under the age of 5 may need assistance with some of the obstacles. We highly recommend parents or someone over the age of 18 register and participate in the Fun Run with their child.

The Fun Run will have 10-11 obstacles. Kids may need help with the following obstacles: A-Frame Walls, High/Low Walls, Balance Beam and Fire Pit.

The 5K will have 12+ obstacles. There will be alternative exercises to each obstacle if a runner does not wish to attempt a certain obstacle. All obstacles must be attempted or the alternative exercise must be completed.

Once participants cross the finish line, they will need to get washed off and re-hydrate before entering the building.

\*We 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.



**QUESTIONS? PLEASE CONTACT:** [dirtydozen5k@ymcanwnc.org](mailto:dirtydozen5k@ymcanwnc.org)