



Conquer the Dam 2016

Meals on Wheels 5K Fundraiser

Saturday, May 7, 2016

**Registration 8:30 AM
Race Starts 9:30 AM**

**Jennings Randolph Lake
Elk Garden, WV**

Aging & Family Services

1 South Main Street
Keyser, WV 26726

Phone: 304-788-5467

E-mail: lkitzmiller@wvaging.com



Aging & Family Services of Mineral County is proud to announce the fifth annual 5K fundraising run/walk at Jennings Randolph Lake. "Conquer the Dam" is one of the most scenic 5K's in our area. Proceeds from this event will support the Meals on Wheels program of Mineral County. Jennings Randolph Lake is a reservoir of 952 acres located on the North Branch Potomac River in Mineral County, WV and Garrett County, Maryland. The lake was constructed by the U.S. Army Corps of Engineers. Construction of the lake was completed in 1981. The highlight of this event is that runners and walkers will travel over the dam and spillway, normally closed to public travel.

REGISTRATION FORM –PLEASE PRINT

Name _____ Phone _____ Age on (5/9/16) _____ Sex: Male Female

Address _____
Street City State Zip Registration Fee Enclosed

Shirt (circle one) S M L XL XXL—Youth S M L \$20 prior to 5/1/16
\$25 after 5/1/16
E-Mail _____ WAIVER OF LIABILITY \$15—Age 18 and under

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Aging & Family Services and Jennings Randolph Lake activities and events organized by Aging & Family Services.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law.

Athlete signature _____ Parent/Guardian (if under 18) _____

Please Mail or drop off to: Aging & Family Services, 1 South Main Street, Keyser, WV 26726

CONQUER THE DAM 2016

- When: Saturday, May 7, 2016
- Where: Begins and ends at the top of Howell Run Picnic area. There will be a downhill start and then cross the dam and spillway (normally closed to public travel) and then reverse direction with a moderate uphill climb to the finish.
- Registration: \$20 if received by May 1, 2016. \$25 late registration after May 1. Race day registration will be held from 8:30 AM until 9:15 AM at the Howell Run Picnic area. \$15 registration fee for those 18 and under. Maximum family registration \$50. There will be no refunds.
- Payment: Checks and registration form should be mailed to:
Aging & Family Services
5K Run
1 South Main Street
Keyser, WV 26726

Early registration: Pre-registered entrants are guaranteed a race T-shirt.

For more information:
phone 304-788-5467
e-mail lkitzmiller@wvaging.com

Potomac Highlands Distance Club will provide timing services for the race.

www.phdispatch.com/conquer-the-dam-5k/



AWARDS

The awards presentation will take place at the conclusion of the race (approximately at 11:00 AM) at the Howell Run Picnic area.

\$100 First place and \$50 second place prizes will be awarded to the top two male and female overall runners. Non-cash prizes will be issued to the top three Male and Female competitors in each of the following age groups:

9 & under	10—14
15—19	20—29
30—39	40—49
50—59	60 and older

A concurrent fun walk will be held. Participants will have an opportunity to walk across the Jennings Randolph Dam.

Facebook Page



Website



WE ARE
Meals On Wheels
So no senior goes hungry.™



US Army Corps of Engineers