



**Conquer the  
Dam 2014**

# Meals on Wheels 5K Fundraiser

Aging & Family Services of Mineral County is proud to announce that we will be sponsoring the third annual "Conquer the Dam" 5K run at Jennings Randolph Lake on May 10, 2014. The support of our sponsors is what allows us to continue to host one of the most scenic 5K runs in our area.

What would it cost to have your business name on 100 moving billboards? That is one of the benefits of sponsoring the "Conquer the Dam" 5K run/walk. Promotion of your business on the back of our race t-shirts, and, depending on your sponsorship level; having your company listed on our website and Facebook Page, listed in our race-day material and more. All financial support will be listed in our quarterly newsletter that is mailed to the homes of 5,000 area residents and businesses.

Please find the attached outline of the sponsorship levels for our race. In return for your financial or product sponsorship, we offer you name and product recognition in one of our area's top races and throughout our community. What better way to promote your business in the community than helping people who are homebound by providing a hot, nutritious meal each week day.

The Meals on Wheels Program of Mineral County is designed to help prevent unnecessary institutionalization. This program helps the frail elderly maintain independence and avoid social isolation. In addition to providing nutrition and nutrition-related services, the Elderly Nutrition Program provides an important link to other supportive in-home and community-based services such as homemaker-home health aide services, transportation, and even physical activity programs.

Aging & Family Services provides over 25,000 meals annually to home-bound residents of Mineral County. With increased expenses to provide these meals, funding deficiencies have become great.

**We also are in need of volunteers that can help throughout this event.**

We realize that everyone is facing a difficult economic situation and appreciate your consideration and your support of our senior citizens. For recognition of donations to be included on t-shirts payments need to be received before April 10, 2014. If you are willing to display a poster of this event in your location please let us know. If you have any questions or need further information please contact me.

Thank you,  
Louie Kitzmiller, Race Director



1 South Main Street \* Keyser, WV 26726

Phone (304) 788-5467 \* Fax (304) 788-6363

[www.wvaging.com](http://www.wvaging.com)

[lkitzmiller@wvaging.com](mailto:lkitzmiller@wvaging.com)

## CONQUER THE DAM 2014

## AWARDS

- When: Saturday, May 10, 2014
- 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, 2014. \$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 [lkitzmillier@wvaging.com](mailto:lkitzmillier@wvaging.com)

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

[www.phdispatch.com/conquer-the-dam-5k/](http://www.phdispatch.com/conquer-the-dam-5k/)



The awards presentation will take place at the conclusion of the race (approximately at 10:45 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



US Army Corps of Engineers

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

# Meals on Wheels of Mineral County 2014 Conquer the Dam 5K Run/Walk Sponsorship levels

## **PLATINUM SPONSOR (\$500+ Donation)**

Featured sponsor status with recognition in pre-race publications and press releases. Web-site recognition with link to sponsors website. Recognition on race flyers and posters. Prominent recognition on race t-shirt. Recognition in quarterly newsletter and agencies Facebook page. Four free entries into the race (can be given to employees or used as sponsor would like)

## **GOLD SPONSOR (\$250- \$499 Donation)**

Web-site recognition with link to sponsors website. Recognition on race t-shirt. Recognition in quarterly newsletter and agencies Facebook page. Two free entries into the race (can be given to employees or used as sponsor would like)

## **SILVER SPONSOR (\$100—\$249 Donation)**

Web-site recognition. Recognition on race t-shirt. Recognition in quarterly newsletter and agencies Facebook page.

## **BRONZE SPONSOR (\$50—\$99 Donation)**

Recognition in quarterly newsletter

## **PRODUCT DONATION (Donation of Items for Participants) ~200 items**

Web-site recognition. Recognition on race t-shirt. Recognition in quarterly newsletter and agencies Facebook page.

## **RACE DAY VOLUNTEER (Organizations offering two or more race-day volunteers)**

Web-site recognition. Recognition on race t-shirt. Recognition in quarterly newsletter and agencies Facebook page.





**Yes, we would like to help the Meals on Wheels of Mineral County  
by sponsoring the 2015 Conquer the Dam 5K race.**

PLATINUM SPONSOR (\$500+ Donation) \_\_\_\_\_

GOLD SPONSOR (\$250- \$499 Donation) \_\_\_\_\_

SILVER SPONSOR (\$100—\$249 Donation) \_\_\_\_\_

BRONZE SPONSOR (\$50—\$99 Donation) \_\_\_\_\_

PRODUCT DONATION (for Participants) ~200 items—Please list donation

VOLUNTEER RACE DAY (Please contact Agency about Volunteer Opportunities) \_\_\_\_\_

**SPONSOR INFORMATION**

Name/Organization \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Website \_\_\_\_\_

Please mail completed form and payment to:  
Aging & Family Services  
Attn: 5K Donation  
1 South Main Street  
Keyser, WV 26726

**Sponsorship needs to be received by April 10, 2014  
To be recognized on race t-shirt**

**Thank you for your support of the seniors**