



Conquer the Dam 2013

Meals on Wheels 5K Fundraiser

Saturday, May 11, 2013

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

Jennings Randolph Lake

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 second 5K fundraising run/walk at Jennings Randolph Lake. 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. Originally named Bloomington Lake, it was later renamed for West Virginia Senator Jennings Randolph. 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 (5/11/13) _____ Sex: Male Female

Address _____
Street City State Zip Registration Amount Enclosed
\$20 prior to 5/1/13—\$25 after

Shirt (circle one) S M L XL XXL — Youth S M L Circle One: RUN or WALK

WAIVER OF LIABILITY

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) _____

CONQUER THE DAM 2013

- When: Saturday, May 11, 2013
- Where: Event begins and ends at the top of Howell Run Picnic area. There will be a downhill start and then cross the dam (normally closed to public travel) and then reverse direction with a moderate uphill climb to the finish.
- Registration: \$20, if received by May 1, 2013. \$25 late registration after May 1. There will be NO refunds. Race day registration will be held from 8:30 AM until 9:30 AM at the Howell Run Picnic area. \$10 registration fee for those 14 and under. Maximum family registration \$50.
- Payment: Checks and required waiver form should be mailed to:
Aging & Family Services
Attn: 5K Race
1 South Main Street
Keyser, WV 26726

Early registration: The first 200 entrants are guaranteed a race T-shirt.

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



US Army Corps of Engineers



AWARDS

The certificate presentations will take place at the conclusion of the race (approximately at 10:15 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 awards will be issued to the top three Male and Female competitors in age groups based on the number of competitors.

A concurrent fun walk will be held. Participants will have an opportunity to walk across the Jennings Randolph Dam. Registered fun walk entrants will be eligible for random door prize drawings following the race. Must be present to win.

Facebook Page



Website



WE ARE
Meals On Wheels
So no senior goes hungry™