



**Conquer the  
Dam 2021  
5K**

# Meals on Wheels 5K Fundraiser

**Saturday, May 8, 2021  
In-Person and Virtual**

**Registration 8:30 AM  
Jennings Randolph Lake  
Elk Garden, WV**

## Aging & Family Services

875 S Mineral Street

Keyser, WV 26726

Phone: 304-788-5467

E-mail: [lkitzmillier@wvaging.com](mailto:lkitzmillier@wvaging.com)

### IN-PERSON (If allowable) and VIRTUAL

Aging & Family Services of Mineral County is proud to announce the tenth 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 (5/8/21) \_\_\_\_\_ Sex: Male Female

Address \_\_\_\_\_  
Street City State Zip Registration Fee Enclosed

Shirt (circle one) S M L XL XXL XXXL — Youth S M L \$20 prior to 5/1/21 \$25 after 5/1/21

E-Mail \_\_\_\_\_ WAIVER OF LIABILITY \$15—Age 18 and under \$50 Immediate Household

In-Person \_\_\_\_\_ or Virtual \_\_\_\_\_

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, 875 South Mineral Street, Keyser, WV 26726

## CONQUER THE DAM 2021

- When: Saturday, May 8, 2021
- 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, 2021. \$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 household registration \$50. There will be no refunds.
- Payment: Checks and registration form should be mailed to:  
Aging & Family Services  
5K Run  
875 South Mineral 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](mailto:lkitzmiller@wvaging.com)



## IN-PERSON 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



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Rotary Club of  
Keyser, WV



US Army Corps of Engineers

### ON-LINE REGISTRATION:

<https://www.raceentry.com/conquer-the-dam-5k/race-information>

