



**Conquer the
Dam 2025
5K/3K**

Meals on Wheels 5K/3K Fundraiser

**Saturday, May 10, 2025
In-Person and Virtual**

**Race Start 9:30 AM
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

Aging & Family Services of Mineral County is proud to announce the fourteenth annual 5K fundraising run/3K 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. Walkers will not be timed.

IMPORTANT—Starting location has been moved to Shaw Beach

REGISTRATION FORM —PLEASE PRINT

Name _____ Phone _____ Age on (5/10/25) _____ 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 5/1/25 \$25 after 5/1/25

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

In-Person _____ or Virtual _____ 5K Run _____ or 3K Walk _____ (Not timed)

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 2025

- When: Saturday, May 10, 2025, 9:30 AM
- Where: Jennings Randolph Lake, WV—Starting location will be located at the Shaw Beach Area.
- Registration: \$20 if received by May 1, 2025. \$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 lkitzmill@wvaging.com



IN-PERSON AWARDS

There will be no awards presentation place at the conclusion of the race. \$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 fifty finishers regardless of age category.

A concurrent 3K 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