



**Conquer the  
Dam 2025**

## **Meals on Wheels 5K Fundraiser**

Aging and Family Services of Mineral County is proud to announce that we will be sponsoring the fourteenth annual "Conquer the Dam" 5K Run/Walk at Jennings Randolph Lake on May 10, 2025. The support of our sponsors is what allows us 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? Check out our attached outline of the sponsorship levels to see just how inexpensive it can be! Depending on the level you choose, you can have your business name printed on the participant T-shirts, mentioned on our Website, Facebook Page and our "Conquer the Dam 2025" race day material. ALL financial and product support will be listed in our quarterly newsletter that is mailed to 4,000 area homes and businesses. We also are in need of volunteers that can help throughout this event as well as those willing to place posters at their locations.

The Meals on Wheels Program of Mineral County is designed to help prevent unnecessary institutionalization of our elderly citizens. 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.

In return for your financial or product sponsorship, we offer your name and product recognition in one of our area's top races and throughout our community. What better way to promote your business than helping people who are homebound by providing them a hot, nutritious meal each weekday!

Aging & Family Services, along with your sponsorship provides over 25,000 meals annually to homebound residents in Mineral County. With increased expenses to provide these meals, funding deficiencies have become great.

We appreciate your consideration and support of our senior citizens. Donation payments must be received by April 10, 2025, in order for your business name to be included on T-Shirts. If you are willing to volunteer, display a poster or if you have any further questions, please contact me.

Thank you,  
Louie Kitzmiller, Race Director



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## CONQUER THE DAM 2025

- When: Saturday, May 10, 2025—9:30AM
- Where: Shaw Beach area  
@ Jennings Randolph Lake  
And Virtual
- Registration:
  - \$20 if received by May 1, 2025.
  - \$25 late registration after May 1.
  - \$15 registration fee—18 and under.
  - Maximum family registration \$50.
  - Race day registration will be held from 8:30 AM until 9:15 AM at the Howell Run Picnic area. There will be no re-funds.
- 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 [lkitzmillier@wvaging.com](mailto:lkitzmillier@wvaging.com)

## IN-PERSON AWARDS

\$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 competitors regardless of age category

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

