

31ST ANNUAL NANCY M. KAPHEIM MEMORIAL CLASSIC 5K RUN/WALK & 10K BREAKFAST RUN

Hosted By Cornbelt Running Club

Proceeds go to Nancy Kapheim Scholarship Fund



CBRC Circuit Race #29

When: Sunday, September 29, 2019, 8:00 A.M.

Where: Sunset Park, Rock Island, Illinois
Special pre-race ceremony, 7:50 A.M.,
in memory of CBRC members
Scenic, fast out & back course, along the bike path, protected until 9:30AM
Post Race Party Breakfast Buffet included with entry

Awards: Presented during breakfast
10K Run & 5K Run -1st Place Overall Male & Female -
1st Place Masters Male & Female 3 deep in the following
age groups: (19 & under) (20-24) (25-29) (30-34) (35-39)
(40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70-74)
(75-79) (80+)

Packet Pickup & Registration:
Saturday, September 28 --- 12 Noon to 4:00 P.M.

CBRC Office - Davenport, Iowa
Race Morning --- 6:30 A.M. to 7:45 A.M. - Sunset Marina Shelter
Rock Island, Illinois

RACE INFO/VOLUNTEER call DALE MANLEY (309) 764-8201 or email dkmrun1@aol.com

Sponsors: Running Wild - Mark S. Lucas D.P.M. - Crawford Co. - Heartland Chiropractic
A.D. Huesing, Colorworks - Advanced Medical Transport - Hy Vee (John Deere Road-Moline)

NKMC SHIRT TO ALL PARTICIPANTS & VOLUNTEERS

Register online at www.getmeregistered.com

Visit www.cornbelt.org for a downloadable entry form.

Official Nancy M. Kapheim Memorial Classic Entry Form

Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ CBRC Members by 9/23/19 \$26 _____

Age on 09/29/2019: _____ Non-Member by 9/23/19 \$28 _____

Date of Birth: _____ Breakfast Only \$7 _____

Sex: M F All entrants after 9/23/19 \$30 _____

Race: 5K 10K CBRC 6 MONTH TRIAL MEMBERSHIP \$10 _____

T-Shirt Size: S M L XL XXL Total Enclosed _____

Make Checks Payable to: CBRC MEMORIAL CLASSIC & Mail to CBRC Memorial Classic: 315 E. George Washington Bld., Davenport, IA 52803

No Refunds

WAIVER: I know that running a road race is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I for myself, and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, City of Rock Island, the Rock Island Park Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature of Applicant (Guardian if under the age of 18)

Date