

36TH ANNUAL NANCY M. KAPHEIM MEMORIAL CLASSIC 5K & 10K RUN & NEW 5K COMPETITIVE WALK



Hosted By Cornbelt Running Club

Proceeds go to Nancy Kapheim Scholarship Fund

When: Sunday, September 29, 2024, 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+)
5K Competitive Walk - 1st, 2nd, 3rd Place Overall Male & Female

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: Cornbelt.org

Cornbelt.org for a downloadable entry form or Register online at www.getmeregistered.com

NKMC SHIRT TO ALL PARTICIPANTS & VOLUNTEERS

VOLUNTEER INFO: email DALE MANLEY at dkmrun1@aol.com

Official Nancy M. Kapheim Memorial Classic Entry Form

Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ CBRC Members by 9/23/2024 \$33 _____

Age on 09/29/2024: _____ Non-Member by 9/23/2024 \$35 _____

Date of Birth: _____ Breakfast Only \$7 _____

Sex: M F All entrants after 9/23/2024 \$35 _____

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

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

Make Checks Payable to: CORNBELT RUNNING CLUB & Mail to Cornbelt Running Club: 315 E. George Washington Blvd, 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