



# 22ND ANNUAL NANCY M. KAPHEIM MEMORIAL CLASSIC 5K RUN/WALK & 10K BREAKFAST RUN

Hosted By The Cornbelt Running Club  
Proceeds go to Nancy Kapheim Scholarship Fund

When: **Sunday, October 10, 2010, 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, protected until 9:30 A.M.**  
**Post Race Party Breakfast Buffet Included with Entry.**



Awards: (Presented during Breakfast):  
10K Run and 5K Run — 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, October 9th — 12 Noon to 4:00 P.M.  
CBRC Office - Davenport, Iowa  
Race Morning — 6:30 A.M. to 7:45 A.M. — Sunset Park Shelter

**REGISTER BY OCTOBER 3rd FOR A CHANCE TO WIN A MENS AND WOMENS BICYCLE TO VOLUNTEER call DALE MANLEY (309) 764-8201 or email dkrun1@aol.com**

*Sponsors:*  
CBRC — Running Wild — Wayne Taber's Fun Mart  
Mark S. Lucas D.P.M.— Crawford Co.— Heartland Chiropractic — Colorworks  
Café Express — A.D. Huesing — Bobbie Schilling

**CLASSIC SWEATSHIRTS TO ALL PARTICIPANTS**  
Register Online at [www.GetMeRegistered.com](http://www.GetMeRegistered.com)

Official Nancy M. Kapheim Memorial Classic Entry Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ CBRC Members before 10/04/10 \$19 \_\_\_\_\_

Age on 10/10/2010: \_\_\_\_\_ Non Members before 10/04/10 \$21 \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Breakfast only \$5 \_\_\_\_\_

Sex:  M  F All entrants after 10/04/10 \$25 \_\_\_\_\_

Race:  5K  10K

Sweatshirt 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 a 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 \_\_\_\_\_

