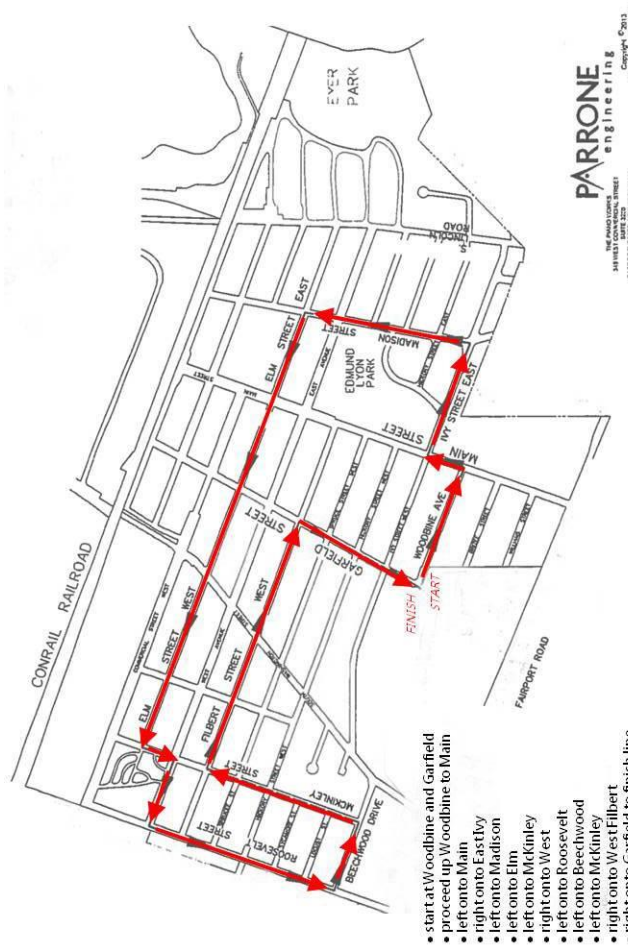


Thank you to our other generous sponsors:

- Annechino Law Firm
- Judge Vicki Argento
- Art Parts Signs
- Brenton Jacob Memorial Fund
- Debbie Supply
- Family First
- Federal Credit Union
- Flower City Dental/ Lilac Family Dental
- Glass Elegance
- Harloff Funeral Home
- Hoselton Auto Mall
- Keller Williams Realty
- Lyons National Bank
- Oil Depot
- Patio Enclosures
- PCR Timing Service
- ER Rotary
- Roy's Barber Shop
- Ryan Bush State Farm
- Van Bortel Ford
- Wilkins Insurance Agency

Thank you to
Medved Running & Walking Outfitters
 for their ongoing help and support!



After the race.... Please consider supporting our East Rochester Fire Department Field Days Carnival this afternoon and evening!

Come back for rides, games, food, and fun from noon to 4 pm, and this evening (featuring the 6:30 pm parade, music from Northside Johnny starting at 8, and fireworks at 10).

East Rochester Chamber of Commerce

21st-annual
Karknocker 5K Race & Walk
9 am Saturday, July 28, 2018
 East Rochester School District campus

to benefit the



Thank you to our premier sponsors:



About the Finger Lakes Regional Burn Association....

The FLRBA is a non-profit organization committed to serving chiefly residents of the Finger Lakes region and occasionally beyond, regardless of social or economic status. It exists to help ensure that anyone impacted by a burn-related injury receives the necessary resources on the road to recovery, while raising fire and burn prevention awareness.



“Camp Courage changed my life. I learned that I was not alone, and it taught me to be comfortable with myself and more self-confident out in public.”

-- Shaheem, burn survivor and 2016 Karknocker participant



www.flrba.com

21st-annual Karknocker 5K Race & Walk

For more info and/or to register online (\$25, plus a \$2.50 service fee):

www.erchamber.org, then go to the 'calendar & upcoming events' tab for links to the PCR Timing and RunSignUp sites (online registration closes 11:59 pm Thursday, July 26)

Mail-in registration (\$25):
send form to Martin G. D'Ambrose
c/o ER Chamber of Commerce
P.O. Box 87
East Rochester, NY 14445

- * **flat, USATF-certified course** starts and finishes at ER School District
- * **Karknocker DriFit t-shirt and medal for the first 300 registrants**
 - online registration (\$25 plus \$2.50 fee) closes 11:59 pm Thursday, July 26
 - mail-in form (\$25) provided
 - on-site registration (\$30) starts at 7:30 am
- * **water** at start, at mile markers, and after race
- * **\$1,700 in cash prizes** (open male and female divisions: \$500 first place, \$250 second, and \$100 third)
- * **timing/results** provided by PCR Timing Service
- * **packet pickup:** Friday, July 27 -- noon-7 pm at Medved (3400 Monroe Ave., Rochester, 14618); Saturday, July 28 (race day) -- 7:30 am, ERHS foyer
- * **All photographs and video taken at the event** can be used for future promotion

2018 Karknocker 5K Race & Walk

\$25 (advance) \$30 (race day) additional donation \$ _____ runner _____ walker _____

First name _____ Last name _____

Street address _____ City _____ State _____

Phone(s) _____ E-mail _____

M or F _____ Age on race day _____ T-shirt size (circle one): YL S M L XL 2XL no shirt

If participating in First Responders' Challenge, what organization are you with? _____

I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and/or administrator, (1) assume all risks and damages to my person and/or property, (2) waive, release, and forever discharge any and all claims for damages against the East Rochester Chamber of Commerce officers, their representative and successor, and (3) agree to hold harmless and indemnify those parties from any claims of nature arising out of my participation in this event. I verify that I am physically fit for the competition of this run/walk.

Signature _____ Parent/guardian signature (if under 18) _____