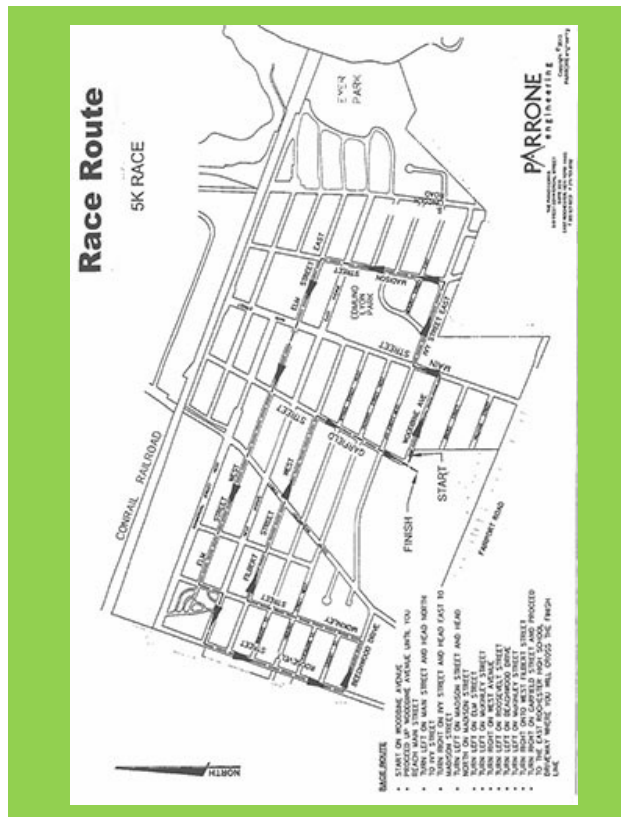


## Other Sponsors

Art Part Signs  
 Bob Ruhland  
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 Hoselton Auto Mall  
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 PCR Timing  
 Peak Performance  
 RocNet  
 Ruckus Dance  
 Vertex  
 Wacky Buttons Inc



*Thank you to MedVed Running & Walking Outfitters for their assistance and support of our event.*

*Consider joining the fun of our East Rochester Fire Department Field Days after the event.*

**The Chamber**  
East Rochester Chamber of Commerce

**20th Annual**  
**Karknocker 5K**  
Annual Race & Walk  
[www.orchamber.org/Karknocker-Race](http://www.orchamber.org/Karknocker-Race)

**Friday, July 28th 7PM Start**

**East Rochester High School**



Supporting the



Major Sponsors of our event

**M&T Bank**  
Understanding what's important®



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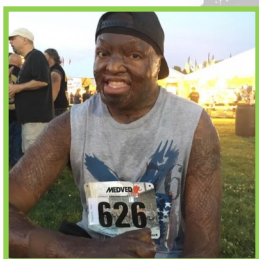
**THE CW**  
ROCHESTER



**Wegmans**

## About Finger Lakes Regional Burn Association

A non-profit organization committed to serving chiefly residents of the Finger Lakes region and occasionally beyond, regardless of social and economic status. They exist to insure 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 be more self confident out in public."*

Shaheem, burn survivor and 2016 Karknocker participant



## 20th Karknocker Annual Race and Walk

For more information and/or to register visit [www.erchamber.org/karknocker-race](http://www.erchamber.org/karknocker-race)

or

<https://runsignup.com/Race/NY/EastRochester/Karknocker>

### RACE DETAILS

- Rochester Runner of the Year Series 2017
  - USTAF Certified Course-flat/fast within Village
  - Start and finish at ER High School
  - T-shirts to those registered by June 30th
  - Food and drink ticket to be used 7/28 at Fireman's Food Tent (hamburger/hotdog)
  - \$2000 in prize money
- Top 3 finishers:
- 1st Male/Female—\$250
- 2nd place Male/Female—\$100
- 3rd place Male/Female—\$75
- 1st place Male/Female in each age group—\$25
- 2nd/3rd place in each age group—medals
- Top three walkers—medals
- **7/27 ONLY** Packet pickup at Medved, 3400 Monroe Ave-noon-7pm
  - **7/28 ONLY** Registration and packet pickup at ER High School; 200 Woodbine Ave; 3:00—6:45pm
  - Timing/results—PCR Timing
  - All photography and video taken at the event may be used for future promotion of this event

2017 Karknocker 5K Race and Walk Register online: <https://runsignup.com/Race/NY/EastRochester/Karknocker>  
 \$25 (Online Pre-registration) \$30 Race Day Additional Donation \_\_\_\_\_ Walker \_\_\_\_\_ Runner \_\_\_\_\_

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

Street Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ M/F \_\_\_\_\_ Age \_\_\_\_\_

T-Shirt Size: (circle one) YL S M L XL 2XL (Must register by June 30th) No Shirt \_\_\_\_\_

I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and/or administrator assume all risks and damages to my person and/or property, waive, release and forever discharge any and all claims for damages against the East Rochester Chamber of Commerce officers, their representative and successor and 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 (if under 18) \_\_\_\_\_