



**17TH ANNUAL
SPOKER RIDE**
Saturday, July 27, 2019
Sackets Harbor, N.Y.

INFORMATION AND RULES

The SpokerRide is an annual charity event benefiting the American Cancer Society's Relay For Life and the Volunteer Transportation Center, Inc. The ride starts and ends in Sackets Harbor, N.Y. The courses are generally flat, with some hills. There are **two** courses: a *30-mile* (beginner/intermediate) course, and a *50-mile* (advanced) course. A novice course is also available for those riders that want to participate but not race. Race lengths are estimated — depending on road conditions on the day of the race.

All riders are eligible for the grand prize (drawing to be held at the award ceremony). There will also be awards for the intermediate and advanced courses for fastest in each age/sex category. Additionally, there are numerous door prizes and giveaways during the awards ceremony.

Racers registered **by 7/1/2019** will receive a free T-shirt. T-shirts are **not included** in late and race day registrations.

Lunch will be provided for all riders after the ride. There will be food available for purchase by non-participants as well, and there are many area restaurants open on race day.

HELMETS ARE MANDATORY! *The use of Aero Bars in pace lines is **NOT ALLOWED** while on the SpokerRide.*

ALL RACES START AT 9 A.M.

Packet pick-up and race day registration starts at **7:30 a.m.** on race day at the **Third Alarm Building (Public Safety Building)**, 411 W. Washington St., Sackets Harbor, N.Y. (Downtown Sackets Harbor, near entrance to the Sackets Harbor Battlefield)



Jeff Wood, Event Chair
c/o Volunteer Transportation Center
24685 State Route 37
Watertown, N.Y. 13601

SPOKERRIDE ONLINE REGISTRATION ENDS AT 12 P.M. ON 7/25/2019. MAIL-IN REGISTRATION ENDS ON 7/12/2019.



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Race starts at 9 a.m.

PREMIER SPONSORS



Proceeds Benefit



Timing Provided By





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The use of Aero Bars in pace lines is **NOT ALLOWED** in the SpokerRide.

Timing chips are provided for use on this ride. Those who fail to return their chip at the end of the ride will be charged \$110.

Proceeds benefit Volunteer Transportation Center, Inc. and American Cancer Society's Relay For Life

Saturday, July 27, 2019 | Sackets Harbor, New York | 9 a.m. Start

This year marks the 17th Annual SpokerRide! From the inaugural ride of 66 riders to last year's more than 100 riders, the event has grown each year, with more money being raised to help in the fight against cancer. *More than 1 out of every 3 Americans will eventually have cancer — that's 1 in every 2 men and 1 in every 3 women.*

The **Volunteer Transportation Center** provides non-emergent medical transportation to cancer treatment, physician appointments and food sources.

The **American Cancer Society (ACS)** is the nationwide, community-based, volunteer health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

Name: _____

Address: _____

Phone: _____ **E-mail:** _____

Emergency Contact Name: _____ **Phone on Ride Day:** _____

Sex (CIRCLE ONE): Male Female **Age on Ride Day:** _____

T-Shirt Size (CIRCLE ONE): S M L XL

<u>REGISTER ONLINE — WWW.LIGHTBOXREG.COM</u>	<u>Race FEE</u>	<u>Check event(s) you will be participating in</u>
10 MILE INDIVIDUAL (NOT TIMED)	\$40	<input type="radio"/> M <input type="radio"/> F
30 MILE INDIVIDUAL	\$40	Overall 1 1
50 MILE INDIVIDUAL	\$40	Under 20 3 3
		20-29 3 3
		30-39 3 3
		40-44 3 3
		45-49 3 3
		50-59 3 3
		60-69 3 3
		70-79 3 3
		80+ 3 3
Total Enclosed [Checks Payable to VTC] \$ _____		

Lunch will be provided for all riders after the ride. There will be food available for purchase by non-participants as well, and there are many area restaurants open on race day.

Questions: (315) 783-6258
jeff@freewood.net
Return Completed Entry Form To:
Jeff Wood, Event Chair
c/o Volunteer Transportation Center
24685 State Route 37, Watertown, NY 13601

WAIVER: I release any and all claims for personal damage and injury against all sponsors, municipalities, volunteers, organizations, Relay For Life, Volunteer Transportation Center, Inc., Town of Hounsfield, Village of Sackets Harbor, NCAC, ACS, Samaritan Health System, and their agents.

Signature _____ Date _____ Signature of parent or guardian _____ Date _____
under the age of 18 years old