



INFORMATION & 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** competitive courses: a 30-mile (beginner/intermediate) course, and a 50-mile (advanced) course. A 10-mile novice course, which is not timed, is also available for those who want to participate but not race. Race lengths are estimated — depending on road conditions on the day of the race. In addition, a virtual participation option will be offered.

Due to the ongoing COVID-19 pandemic, we will stagger out start times for each category, with the **50-mile race starting at 8 a.m., 30-mile race starting at 9 a.m., and 10-mile ride starting at 9:15 a.m.** Packet pick-up and race day registration starts at 7 a.m. at the Third Alarm Building (Public Safety Building), 411 W. Washington St., Sackets Harbor, located near the entrance to the Sackets Harbor Battlefield.

This event will follow New York State mandates and adhere to CDC guidelines, including providing face coverings for use when social distancing is not possible. Hand sanitizer will also be provided.

This year will mark the return of an awards ceremony immediately following the 50-mile and 30-mile rides. Those participating in the in-person event will be eligible for the grand prize, with a drawing to be held at the awards ceremony. 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.

Participants registered by 7/1/2021 will receive a free T-shirt. T-shirts are not included in late and race day registrations. This event is also a designated Operation Yellow Ribbon event, with those who are active duty members of the military or veterans being able to register at a discount.

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.



North Country Against Cancer
c/o Volunteer Transportation Center
24685 State Route 37
Watertown, N.Y. 13601



RETURNS!

Saturday, July 31, 2021
Sackets Harbor, New York

EVENT PRESENTED BY



PROCEEDS BENEFIT



**Volunteer
Transportation
Center, Inc.**



**American
Cancer
Society®**

TIMINGS RECORDED BY



(315) 342-5987 | AuyerTiming@gmail.com
www.AuyerTiming.com
Oswego, N.Y.

SPOKERRIDE ONLINE REGISTRATION AND MAIL-IN REGISTRATION ENDS AT 12 P.M. ON 7/29/2021.

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PROCEEDS BENEFIT VOLUNTEER TRANSPORTATION CENTER AND THE AMERICAN CANCER SOCIETY

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SATURDAY, JULY 31, 2021 | SACKETS HARBOR, NEW YORK

This year marks the 19th Annual Spokerride, which will look a little different due to the Coronavirus (COVID-19) pandemic. Most notably, featuring staggered start times. Last year, the event went completely virtual. However, this year, we are proud to announce the return of our in-person event with an option to still participate virtually.

The Spokerride has grown each year, with money being raised to help in the fight against cancer, which doesn't take a day off, even in a pandemic. 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.

While the format of this year's event has changed slightly from what we were used to before the pandemic, it will still benefit the **Volunteer Transportation Center (VTC)** — which provides non-emergent medical transportation to cancer treatment, physician appointments and food sources — and the **American Cancer Society (ACS)** — 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. We hope you'll join us to help raise critical funding for these organizations!

Name: _____

Address: _____

Phone: _____ **Email:** _____

Emergency Contact: _____ **Emergency Contact Phone:** _____

Sex (CIRCLE ONE): Male Female **Date of Birth:** _____

CHOOSE ONE EVENT (CHECK APPROPRIATE BOXES)	FEE (NON-MILITARY/) (NON-VEERAN)	FEE (MILITARY/) (VETERAN)
<input type="checkbox"/> 10-MILE INDIVIDUAL (NOT TIMED)	<input type="checkbox"/> \$45	<input type="checkbox"/> \$40
<input type="checkbox"/> 30-MILE INDIVIDUAL	<input type="checkbox"/> \$45	<input type="checkbox"/> \$40
<input type="checkbox"/> 50-MILE INDIVIDUAL	<input type="checkbox"/> \$45	<input type="checkbox"/> \$40
<input type="checkbox"/> VIRTUAL RIDE (NOT TIMED)	<input type="checkbox"/> \$35	<input type="checkbox"/> \$30
CHOOSE T-SHIRT SIZE (CHECK ONE) <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL		
TOTAL ENCLOSED (CHECKS MADE PAYABLE TO VTC) \$ _____		

Return Completed Entry Form To:
Jeff Wood, Event Chair
c/o Volunteer Transportation Center
24685 State Route 37, Watertown N.Y. 13601

QUESTIONS?
(315) 783-6258 jeff@freewood.net

(10) Individual Race Categories			
	M	F	
Overall	1	1	
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	



YOU MAY ALSO REGISTER ONLINE AT: WWW.SPOKERRIDE.NET

WAIVER: I release any and all claims for personal damage, injury or illness 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 a parent or guardian _____ Date _____
under the age of 18 years old