



## 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 fun ride, 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.

This year's event will again feature staggered start times for each category, with the **50-mile race starting at 8:30 a.m., 30-mile race starting at 8:45 a.m. and 10-mile fun ride starting at 9:00 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.

Due to the ongoing COVID-19 pandemic, this event will follow New York State mandates and CDC guidelines, if any, at the time of the event. Face coverings and hand sanitizer will be provided for those who desire them.

This year will mark the 20th anniversary of the event, and include 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.

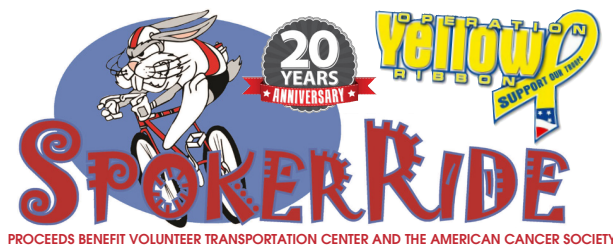
Participants registered by **7/1/2022** will receive a free T-shirt. T-shirts are not included in late and race day registrations. This event is also a designated Operation Yellow Ribbon event, with those who are active duty members of the military or veterans being able to register at a discount.

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 30, 2022**  
**Sackets Harbor, New York**

**EVENT PRESENTED BY**



**PROCEEDS BENEFIT**



**Volunteer  
Transportation  
Center, Inc.**



**American  
Cancer  
Society®**

**TIMINGS RECORDED BY**



**SPOKERRIDE ONLINE REGISTRATION AND MAIL-IN REGISTRATION ENDS AT 12 P.M. ON 7/28/2022.**



**PROCEEDS BENEFIT VOLUNTEER TRANSPORTATION CENTER AND THE AMERICAN CANCER SOCIETY**

**SATURDAY, JULY 30, 2022 | SACKETS HARBOR, NEW YORK**

This year marks North Country Against Cancer's Annual SpokerRide, which will mark its 20th year! Once again, participants will be able to take part in this event in person and 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.

The SpokerRide continues to raise money for two important nonprofit organizations: the **Volunteer Transportation Center (VTC)** — which helps those facing transportation barriers here in the North Country by providing 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!

**FIRST NAME:** \_\_\_\_\_ **MIDDLE INITIAL:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**STREET ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**SEX:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_ **T-SHIRT SIZE:** ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

**EMERGENCY CONTACT:** \_\_\_\_\_

**EMERGENCY CONTACT PHONE:** \_\_\_\_\_

| CHOOSE ONE EVENT (CHECK APPROPRIATE BOXES)                                  | FEE (NON-MILITARY/<br>NON-VETERAN) | FEE (MILITARY/<br>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"/> ADDITIONAL CHARITABLE DONATION (OPTIONAL) \$ _____ |                                    |                               |
| <b>TOTAL ENCLOSED</b> (CHECKS MADE PAYABLE TO VTC FOUNDATION) \$ _____      |                                    |                               |

| (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 |

**RETURN COMPLETE ENTRY FORM TO:**  
North Country Against Cancer  
c/o Volunteer Transportation Center Foundation  
24685 State Route 37, Watertown N.Y. 13601

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



**YOU MAY ALSO REGISTER ONLINE AT: [WWW.SPOKERRIDE.NET](http://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  
under the age of 18 years old

Date