



PROCEEDS BENEFIT VOLUNTEER TRANSPORTATION CENTER AND THE AMERICAN CANCER SOCIETY

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.

This year's event will again 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 in advance of event receive a free T-shirt. T-shirts will also be available on race day but sizes will not be guaranteed. 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.

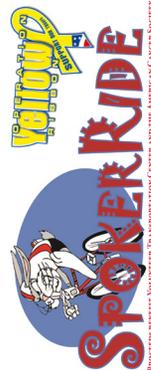
Lunch will be provided for all riders after the ride. There will be food available for purchase by non-participants as well, and there are many area restaurants open on race day.

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

PLACE
STAMP
HERE

North Country Against Cancer

c/o Volunteer Transportation Center Foundation
24685 State Route 37
Watertown, N.Y. 13601



SPOKERRIDE ONLINE REGISTRATION AND MAIL-IN REGISTRATION ENDS AT 12 P.M. ON 7/27/2023.



PROCEEDS BENEFIT VOLUNTEER TRANSPORTATION CENTER AND THE AMERICAN CANCER SOCIETY

RETURNS!

Saturday, July 29, 2023 Sackets Harbor, New York

EVENT PRESENTED BY



North Country Against Cancer

PROCEEDS BENEFIT



Volunteer
Transportation
Center, Inc.



American
Cancer
Society®

TIMINGS RECORDED BY



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

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PROCEEDS BENEFIT VOLUNTEER TRANSPORTATION CENTER AND THE AMERICAN CANCER SOCIETY
SATURDAY, JULY 29, 2023 | SACKETS HARBOR, NEW YORK

North Country Against Cancer's Annual Spokerride returns this summer, giving participants the opportunity to take part in a fun event for a great cause. The Spokerride has grown significantly in its more than 20 years of existence, with more and more money being raised each year to help in the fight against cancer. Each year, the Spokerride raises 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!

Did you know 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. Cancer doesn't take a day off and neither do we. We hope you'll join us in the fight!

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	FEE* (NON-MILITARY/NON-VETERAN)	FEE* (MILITARY/VETERAN)
<input type="checkbox"/> 10-MILE INDIVIDUAL	<input type="checkbox"/> \$45 BEFORE 5/1/23 <input type="checkbox"/> \$50 5/1/23-6/30/23 <input type="checkbox"/> \$55 7/1/23-7/27/23	<input type="checkbox"/> \$40 BEFORE 5/1/23 <input type="checkbox"/> \$45 5/1/23-6/30/23 <input type="checkbox"/> \$50 7/1/23-7/27/23
<input type="checkbox"/> 30-MILE INDIVIDUAL	<input type="checkbox"/> \$45 BEFORE 5/1/23 <input type="checkbox"/> \$50 5/1/23-6/30/23 <input type="checkbox"/> \$55 7/1/23-7/27/23	<input type="checkbox"/> \$40 BEFORE 5/1/23 <input type="checkbox"/> \$45 5/1/23-6/30/23 <input type="checkbox"/> \$50 7/1/23-7/27/23
<input type="checkbox"/> 50-MILE INDIVIDUAL	<input type="checkbox"/> \$45 BEFORE 5/1/23 <input type="checkbox"/> \$50 5/1/23-6/30/23 <input type="checkbox"/> \$55 7/1/23-7/27/23	<input type="checkbox"/> \$40 BEFORE 5/1/23 <input type="checkbox"/> \$45 5/1/23-6/30/23 <input type="checkbox"/> \$50 7/1/23-7/27/23
<input type="checkbox"/> ADDITIONAL CHARITABLE DONATION (OPTIONAL)	\$ _____	\$ _____
TOTAL ENCLOSED (CHECKS MADE PAYABLE TO VTC FOUNDATION)	\$ _____	\$ _____

*Registration increases to \$60 on July 29 race day for non-military/non-veterans and \$50 for military/veterans

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

(10) Individual Race Categories	M		F	
	M	F	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, NCAAC, ACS, Saranac Health System, and their agents.

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