

SpokerRide 2007 – 7/28/07 Information and Rules

Poker Ride for Life is to benefit the Lance Armstrong Foundation (www.laf.org). The ride will start and end in Sackets Harbor, NY. The courses will generally be flat, with some hills. If you choose to enter as a team, team members can elect to run portions of the course, or each member can do the entire length. There will be *two* courses, a 30 mile (beginner/intermediate) course, and a 50 mile (advanced) course. **All Participants** can attend an after race party to be held at the Sackets Harbor Brewing Company. For those that want to participate in **timed** categories, there will be awards in different age and sex brackets as well.

For teams over 3 members, there will be an extra charge of \$10.00 per member. Prizes will be for the top three best hands, and on the intermediate and advanced courses for **fastest in each age/sex category**. Hands will be dealt at the finish of the race for all riders that complete the entire circuit.

The first 100 signups will receive a free t-shirt, and all pre-registered racers will receive a free T-shirt.

Remember—RIDE SAFE!

HELMETS are MANDATORY!

Packet Pickup and Race Day Registration

to be held starting at 8:00am at the Sackets Harbor Brewing Company, 210 West Main Street Sackets Harbor, NY

Non Participants—Can't make the race but would still like to donate to a great cause? Then log on to www.freewood.net/ncac and click on the link to donate to the LAF. All donations are tax deductible. If you want to donate the old fashioned way, contact Jeff Wood at 315-788-5228 and a donation form will be sent to you!

Sponsored by: (these are some of the previous sponsors)

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Internal Medicine of NNY

7/28/07—Sackets Harbor NY

SpokerRide 2007

Live to Ride, Ride to Live

NCAC
Jeff Wood
16260 Ives St. Road
Watertown, NY 13601

Phone: 315-788-5228

Email: poker@freewood.net

SpokerRide 2007



BENEFITING

LIVESTRONG
LANCE ARMSTRONG FOUNDATION

LIVESTRONG
CHALLENGE 

Date: 7/28/07

Time: 9:00 am

Sackets Harbor,
New York

SpokerRide 2007 Sign-up Form
7/28/07—Sackets Harbor, NY

Please check event(s)	Time	Price
<input type="checkbox"/> 30 mile Individual	9:30am	\$25.00
<input type="checkbox"/> 30 mile team (up to 3 members)	9:30am	\$40.00/team
<input type="checkbox"/> 50 mile (iron horse) individual	9:00am	\$25.00
<input type="checkbox"/> 50 mile (iron horse) team (up to 3)	9:00am	\$40.00/team
<input type="checkbox"/> Additional team members (all categories)	Number: _____	\$10.00ea
<input type="checkbox"/> Extra T-Shirt		\$12.00ea
Team Name: _____		Total: _____

There will be an additional \$5.00 (individual) and \$10.00 (team) charge per entry on all registrations received after 7/20/07 and on race day.

Make checks payable to "Lance Armstrong Foundation"

Name _____
Address _____

additional team members—all team members must fill out separate form
Phone _____

Individual Race Categories

30 and 50 mile only

	M	F
Overall	1	1
<=29	3	3
30-39	3	3
40-49	3	3
50-59	3	3
>=60	3	3

Check here if you are competing in the "timed" category.

T-Shirt Size:

Youth: S M L

Adult: S M L

XL XXL

Sex: M / F

Age on Race Day: _____

Waiver: I release any and all claims for personal damage against all sponsors, municipalities, volunteers, organizations, the Family YMCA, NCAC, and their agents.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Mail Entry form and entry fee to: (Make Checks Payable to "Lance Armstrong Foundation")

NCAC
Jeff Wood
16260 Ives St. Road
Watertown, New York, 13601

Phone: 315-788-5228

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www.spokerride.net

What this SpokerRide is all about:

Founded in 1997 by cancer survivor and champion cyclist, Lance Armstrong, the Lance Armstrong Foundation (LAF) seeks to promote the optimal physical, psychological, and social recovery and care of cancer survivors. **In the United States alone it is estimated that there are more than 9 million cancer survivors, and it is estimated half of those diagnosed this year will live their normal life**



span. In 2003 it is anticipated that more than 1.2 million new cancer cases will be diagnosed.

More than one out of every three Americans will eventually have cancer - that's one in every two men and one in every three women. The odds of cancer affecting you or a loved one are not that improbable.

NEW FOR 2007!!!!

We are looking at breaking a record this year in fund-

raising. For every **additional \$100.00** that a participant in the SpokerRide raises, a additional poker hand will be dealt that individual, giving them **more** chances to win the grand prize! Also the top fund raiser will **win a \$100.00** gift certificate from Art's Jug/Sboro's restaurants! Get those pledges and earn extra chances to win! Pledges are due on the day of the SpokerRide. (7/28/07).

What is the NCAC?

North Country Against Cancer (NCAC) is a group of volunteers dedicated to awareness, support and education for young men facing with, and surviving testicular and other cancers. With support from the Lance Armstrong Foundation, the NCAC performs awareness programs, and raises funds for cancer research, education, advocacy and support programs for cancer patients, survivors and family members.

NCAC volunteers are from the North Country and are helping to raise awareness for this rare but life threatening cancer to young men by doing presentations at local high schools and colleges. Your donation will help both the NCAC and LAF to support these programs.

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