

**SpokerRide 2011– 7/30/11  
Information and Rules**

The SpokerRide is a charity event, all proceeds are donated to the Lance Armstrong Foundation ( www.laf.org ) and the American Cancer Society ( www.cancer.org ) . The ride starts and ends in Sackets Harbor, NY. 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 available for those riders that want to participate but not 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.

All pre-registered racers will receive a free T-shirt. T-shirts are not included in late and race day registrations. Order forms will be available on race day for those who wish to order a T-shirt.

Remember—RIDE SAFE!

**HELMETS are MANDATORY!**

*Aero Bars in pace lines are NOT ALLOWED in the SpokerRide.*

**ALL RACES start at 9AM**

Packet pickup and race day registration starts at **7:30** am at the Sackets Harbor Visitor Center, 301 W. Main St, Sackets Harbor, NY ( Downtown Sackets Harbor, Near boat launch )



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

SpokerRide 2011



Presenting Sponsors:



BENEFITING

**LIVESTRONG®**

LANCE ARMSTRONG FOUNDATION



Date: 7/30/11

Time: 9:00 am

Sackets Harbor, New York

SpokerRide 2011 Sign-up Form  
Saturday 7/30/2011—Sackets Harbor,

Please check race	Pre-registered by 7/20/11	Late Registration/Race Day
___ 30 mile	\$35.00	\$40.00
___ 50 mile	\$35.00	\$40.00
___ Extra T-shirt	\$12.00	
		Total: \$ _____

**Note: all rides now start at 9:00am**

Make checks payable to "Samaritan Relay For Life"

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone : \_\_\_\_\_ Email: \_\_\_\_\_

Individual Race Categories  
9 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+	3	3

Adult T-Shirt Size:

S M L XL

Sex: M / F

Age on Race Day: \_\_\_\_\_

Waiver: I release any and all claims for personal damage against all sponsors, municipalities, volunteers, organizations, Samaritan Relay for Life, Yellow Jacket Racing, Town and Village of Sackets Harbor, NCAC, LAF, ACS, and their agents.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

Make Checks Payable to "Samaritan Relay For Life" and mail to:

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

Phone: 315-788-5228  
Email: poker@freewood.net  
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 10.5 million cancer survivors**, and it is estimated half of those diagnosed this year will live their normal life span. In 2008 it is anticipated that more than 1.4 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.

The Lance Armstrong Foundation (LAF)

provides support to guide people through the cancer experience, brings them together to fight cancer - and work for a world in which our fight is no longer necessary.

*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.*

**\*\*IMPORTANT\*\***  
**Changes for the 2011 RIDE**

Pre-registration ends 7/20/11.  
Timing chips will be used for this ride. If you fail to return your chip at the end of the ride you will be charged **\$110.00**.  
T-shirts will not be available to late & race day registrants. If you wish to purchase a T-shirt, order forms will be available. The shirt will be mailed to you.

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.



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