

**SpokerRide 2016– 7/30/2016  
Information and Rules**

The SpokerRide is a charity event, all proceeds are donated to the Volunteer Transportation Center, the American Cancer Society ( www.cancer.org ), and LiveStrong. 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. ( race lengths are estimated—depending on road conditions on the day of the 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.

Racers registered **by 7/1/2016** will receive a free T-shirt. T-shirts are not included in late and race day registrations.

Remember—RIDE SAFE!

**HELMETS are MANDATORY!**

*The use of Aero Bars in pace lines is NOT ALLOWED while on the SpokerRide., otherwise you may use them.*

**ALL RACES start at 9AM**

Packet pickup and race day registration starts at **7:30** am on race day at the **Third Alarm Building**, ( **public safety building** ) 411 W. Washington St., Sackets Harbor, NY ( Downtown Sackets Harbor, Near entrance to the battlefield )



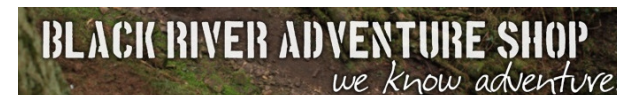
NCAC  
Jeff Wood  
16260 Ives St. Road  
Watertown, NY 13601



**14th ANNUAL RIDE!**



Premier Sponsors:



North Country against Cancer

Benefitting:



Date: 7/30/2016

Time: 9:00 am

Sackets Harbor, New York

SpokerRide 2016 Sign-up Form  
 Saturday 7/30/2016—Sackets Harbor, NY

**REGISTER ONLINE—WWW.ACTIVE.COM**

| Please check race | Pre-registered | Late Registration/ Race Day |
|-------------------|----------------|-----------------------------|
| ___ 30 mile       | \$35.00        | \$40.00                     |
| ___ 50 mile       | \$35.00        | \$40.00                     |

\_\_\_ Extra T-shirt \$12.00

\*\* To receive a t-shirt must register by 7/1/2016 Total: \$ \_\_\_\_\_

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

Make checks payable to "North Country Against Cancer"

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 |
| 70-75        | 3 | 3 |
| 75+          | 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, NCAC, Town and Village of Sackets Harbor, NCAC, Livestrong, ACS, and their agents.

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

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

Make Checks Payable to "North Country Against Cancer" and mail to:

NCAC

c/o Jeff Wood

16260 Ives St. Road

Watertown, New York, 13601

Phone: 315-783-6258

Email: poker@freewood.net

**What this SpokerRide is all about:**

2016 marks the 14th annual SpokerRide! From the inaugural ride of 66 riders to last years 210 riders the SpokerRide has grown each year, with more money being raised to help fight cancer and bring cancer awareness to our community.

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.



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.

**Register ONLINE at [www.spokerride.net](http://www.spokerride.net)  
 -or- go to [www.active.com](http://www.active.com) to register online!**

Online registration ends at 12 noon on Thursday 7/28/2016. Mail in registration ends on Friday 7/15/2016. Timing chips will be used for this ride. T-shirts will not be available to late & race day registrants, if you would like to receive a t-shirt your registration must be in by 7/1/2016.

The Livestrong foundation ( [www.livestrong.org](http://www.livestrong.org) ) provides support to guide people through the cancer experience, brings them together to fight cancer—and live in a world in which our fight is no longer necessary.

The Volunteer Transportation Center provides rides free of charge to those that need transportation to and from their cancer treatments, physicians appointments and other needs. The SpokerRide welcomes the VTC to our list of sponsors and beneficiaries!

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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