

**SpokerRide 2010– 7/31/10
Information and Rules**

The SpokerRide is to benefit the Lance Armstrong Foundation (www.laf.org) and the American Cancer Society (www.cancer.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. A novice course is available for those riders that want to participate but not race. 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 \$20.00 per member. Prizes will be for the top three best poker hands, and on the intermediate and advanced courses for **fastest in each age/sex category**. There is one Grand Prize for the best poker hand dealt. All participants are eligible for the grand prize. Hands will be dealt at the finish of the race for all riders that complete the entire circuit. Additionally there are numerous door prizes and giveaways.

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**

(LOCATION CHANGE)

ALL RACES start at 9AM

to be held starting at **7:45** am
at the start/finish line— 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



Presenting Sponsor:



Date: 7/31/10
Time: 9:00 am
Sackets Harbor,
New York

SpokerRide 2010 Sign-up Form
Saturday 7/31/10—Sackets Harbor, NY

Please check event(s)	Time	Price
<input type="checkbox"/> 30 mile Individual	9:00am	\$30.00
<input type="checkbox"/> 30 mile team (up to 3 members)	9:00am	\$55.00/team
<input type="checkbox"/> 50 mile individual	9:00am	\$30.00
<input type="checkbox"/> 50 mile team (up to 3 members)	9:00am	\$55.00/team
<input type="checkbox"/> Additional team members (all categories)	Number: _____	\$20.00ea
<input type="checkbox"/> Extra T-Shirt		\$12.00ea

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

Team Name: _____ Total: _____

There will be an additional \$5.00 (individual) and \$15.00 (team) charge per entry on all registrations received after 7/16/10 and on race day. Lunch will be provided to all riders. **Make checks payable to "Samaritan Relay For Life"**

Name _____

Address _____

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

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

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

T-Shirt Size:

Adult: 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, 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 _____

Mail Entry form and entry fee to: **(Make Checks Payable to "Samaritan Relay For Life")**

NCAC
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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 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 antici-

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.

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.

pated 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, bring them together to fight cancer—and work for a world in which our fight is no longer necessary.

The **American Cancer Society (ACS)** is the nationwide community-based voluntary 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.

