

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 American Legion Post 1757, 209 Ambrose St., Sackets Harbor. We thank our friends at the American Legion for hosting!

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 participants after the ride. Food will be available for purchase by non-participants and many area restaurants are open on race day.

NOTE: HELMETS ARE MANDATORY! In addition, the use of Aero Bars in pace lines is NOT ALLOWED.



North Country Against Cancer c/o Volunteer Transportation Center 24685 State Route 37 Watertown, N.Y. 13601



SPOKERRIDE ONLINE REGISTRATION AND MAIL-IN REGISTRATION ENDS AT 12 P.M. ON 7/24/2025.







Saturday, July 26, 2025 Historic Sackets Harbor, New York

PROCEEDS BENEFIT SERVICES OF



Volunteer Transportation 🔮 Concer Center, Inc.

American Society

REGISTER ONLINE TODAY!



www.spokerride.net

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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 antionwide, community-based, volunteer health organization, advocacy, and service. We hope major health problem by preventing cancer streament diminishing suffering from cancer, through research, education, advocacy, and service. We hope that he heat the bars cattering for the prevention diminishing suffering from cancer, through research, education, advocacy, and service. We hope	Il SpokerRide returns this si ore than 20 years of existence ey for two important non ountry by providing non- ety (ACS) — the nationwider, saving lives, and dimin er, saving lives, and dimin	ummer, giving part nce, with more and profit organizations emergent medica de, community-bas hing suffering from	icipants the oppo I more money bei I: the Volunteer Trc I transportation to ed, volunteer hea n cancer, through	rtunity to take part in c ng raised each year to ansportation Center (V o cancer treatment, ph with organization dedic research, education, c	fun event for c help in the figh TC) — which h ysician appoir ated to eliminc advocacy, and	I great caus It against co elps those f Itments and timents and struce. We	e. The ncer. acing food r as a hope
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