



## 2018 Prouty

# 100-Mile Bike Ride Description & Safety Information

*We hope you enjoy your Prouty experience and come back again and again to help fight cancer!*

- Date:** Saturday, July 14, 2018  
**Start Time:** Before 8:00am (Free to leave on your own, no Mass Start)  
**End Time:** 4:00pm (All riders are asked to return by 4pm.)  
**Start Location:** Prouty Venue (Richmond Middle School, 63 Lyme Road, Hanover, NH)

**Ride Description:** We ask riders to start well before 8:00am to alleviate rider congestion and to help ensure a 4pm return to the Prouty venue. The primary travel routes include NH Rte.10, 25A, and VT Rte. 5, offering scenic views of the mighty Connecticut River, surrounding mountains and farmland (yes, there will be cows). Roadway conditions have been improved, with many resurfacing projects having been completed in recent years. Riders will enjoy 16+ miles of fresh pavement south of Wells River, VT. Sadly, River Rd. in Lyme, NH, remains closed to all through traffic.

So are there hills? Well, yes, your biggest effort will be to navigate the 3+ miles of gradual climbing around the base of Mt. Cube while on NH. Rte. 25A. There is an aid station at the top of the climb which will serve you well and introduce you to the modest property of former NH. Governor, Meldrim Thomson Jr.

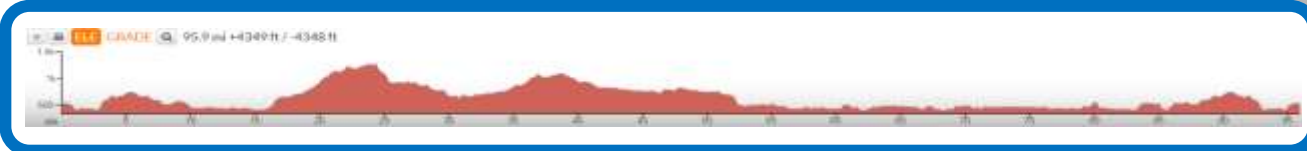
The remaining ride follows the Connecticut River Valley corridor, as a result, it's "relatively" flat. There will be brief climbs in Glencliff, Lyme, and the dreaded Chieftain Hill just prior to the finish. Expect over 4,000 ft. of climbing during the course of the ride, mostly gradual in nature. There are (2) route options to consider in Haverhill, NH. There is the standard Clark Pond Rd. (96-miles) which navigates north via Rte. 10 or French Pond (99-miles) which is more scenic, however, has a brief 1.5-mile section of maintained hard pack dirt. Both routes will converge again in Woodsville, NH.

The Prouty Century is a good choice for the trained, confident, and seasoned rider who has the time to commit to a longer distance ride of over 7-hours. Despite good intentions, the Prouty Century is not a wise choice for the inexperienced, untrained, or unprepared rider. There are other more manageable routes which should be considered. Be advised, warmer weather can usher in early morning fog which rolls off the Connecticut River. It's a good idea to wear bright reflective clothing and have a blinking front and rear light outfitted on your bike.

### SAG Aid Station Planner:

100-Mile Bike SAG's		Open	Close	Current Mile	Next SAG	Miles to Finish
1.	Lyme, NH Town Green	5:30am	3:30pm	8.6	15.0	87.3
2.	Mt. Cube, NH Sugar Farm Stand	6:30am	12:00pm	23.6	9.6	72.3
3.	Warren, NH Warren Fish Hatchery	6:30am	12:00pm	33.2	11.0	62.7
4.	Pike, NH Mt. Valley Treatment Center	7:30am	1:00pm	44.2	12.6	51.7
5.	Woodsville, NH Coventry Log Homes	7:30am	1:30pm	56.8	7.0	39.1
6.	Newbury, VT Town Green	8:00am	2:00pm	63.8	9.1	32.1
7.	Bradford, VT Clara Martin Center	6:30am	2:30pm	72.9	4.6	23.0
8.	Fairlee, VT Town Green (New)	7:30am	3:00pm	77.5	9.6	18.4
9.	Lyme, NH Town Green	5:30am	3:30pm	87.1	8.6	8.6

### Clark Pond (96-Miles)



### French Pond (99-Miles)

