



2018 Prouty 50-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: After 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 after 8:00am to help alleviate rider congestion during the initial stages of the ride. Primary routes of travel will be north on NH Rte. 10 and south on VT Rte. 5. Both routes offer scenic views of the mighty Connecticut River and rural views of fields and farmland (yes, there will be cows). At times, warm weather can usher in early morning fog which rolls off the Connecticut River. It's a good idea to wear bright colored clothing and have a blinking front and rear light.

The ride follows the Connecticut River Valley corridor, as a result, the ride is generally flatter in comparison to other Prouty offerings. Expect smaller accents and the short abrupt Chieftain Hill prior to the finish. A good choice for a recreational rider or those needing a slightly shorter time commitment.

Ride Support: There are three supporting aid stations where riders can take a break and enjoy nutritious food and beverages. The Aid stations also have the support of medical and bike tech volunteers. Prouty Roving Vehicles have been assigned to all segments of the ride and are capable of providing basic medical care and bike tech support while on route. All roving vehicles display large magnetic "Prouty Support Vehicle" signs and or flags. For questions while on route, call the Prouty Incident Command Center at (603) 646-1593.

Safety: Safe cycling is no accident. All riders are expected to ride in a safe, responsible, and respectful manner. All riders should understand Rider Etiquette and Rules of the Road, including young participants (see the Cycling Safety and Etiquette page). Please know helmets are **REQUIRED** and leave the headphones at home. Please don't compromise the safety of yourself and others! Lastly, ensure that you have an enjoyable ride by having your bicycle in the best mechanical condition possible (see Supporting Bike Shops and Tune-up Specials).

Items to Bring: Helmet, water bottle(s), bright colored clothing, sunscreen, sunglasses, repair kit and (2) tubes. Even if you've never changed a flat tire yourself, a willing participant will stop to help you get back on the road - provided you have a spare tube!

SAG Aid Station Planner:

50-Mile Bike SAG's			Open	Close	Current Mile	Next SAG	Miles to Finish
1.	Lyme, NH	Town Green	5:30am	3:30pm	8.6	16.4	39.4
2.	Bradford, VT	Clara Martin Center	6:30am	2:30pm	25.0	4.7	23.0
3.	Fairlee, VT	Town Green (New)	7:30am	3:00pm	29.7	9.6	18.3
4.	Lyme, NH	Town Green	5:30am	3:30pm	Town Green	8.6	Town Green
Lyme Town Green			9:00am	3:00pm	39	8	8

50-Mile Elevation Profile:

