2020 Prouty
70k Gravel Ride Description

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

Date: Saturday, July 11, 2020
Start Time: 7:30am (Optional - Rider Lead 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)
Length: 70-Kilometers / 43-Miles (19-Miles of Hard Pack Dirt)

Ride Description: Prepare to tour some of the most scenic, less traveled roadways in the area with great mountain views of Moose and Sunday Mountain. The ride is not for the inexperienced gravel rider. A rider lead mass start will initiate the fun departing from the Prouty Venue at 7:30am. If you’d rather not join the mass start, plan to depart prior to 7:00am, staying ahead of rolling safety support riders and vehicles.

Expect mixed terrain of both paved (39k/24m) and maintained hard pack dirt roads (31k/19m) with over 3,000+ ft. of climbing. The bulk of the hard pack dirt riding will take place during the first half of the ride leading northward towards Lyme, NH. The first half of the ride will also have the most climbing as rider navigate 3-Mile Road, Goose Pond Road, and Acorn Hill Road, which are largely all dirt roadways.

Upon reaching River Road in Lyme, plan for picturesque views of the Connecticut River alongside returning 100k Metric Century Gravel Riders. The remaining ride follows the Connecticut River Valley corridor and is relatively flat. The transition onto NH Rte. 10 is a signal that the Prouty’s balloon arch finish is ahead.

Ride Support & Planning: There will be (2) full-service aid stations available where riders can take a break and enjoy nutritious food and beverages. Aid stations also have the support of medical and bike tech volunteers. Prouty Roving Vehicles and a Safety Sweep Team will be assigned to the ride and are capable of providing basic medical care and bike tech support while on route, however, it will be limited at times due to the nature of the ride. As a result, riders are expected to have a higher level of self-sufficiency. It is recommended that bicycles be outfitted with at least 28c tires, a compact crank, and that riders carry multiple spare tubes. For questions or assistance during the ride, 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, to ensure that you have an enjoyable ride, have your bicycle in the best mechanical condition possible (see Supporting Bike Shops and Tune-up Specials).

SAG Aid Stations:

<table>
<thead>
<tr>
<th>Gravel Ride SAGs</th>
<th>Open</th>
<th>Close</th>
<th>Current Mile</th>
<th>Next SAG</th>
<th>Miles to Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lyme, NH</td>
<td>7:30am</td>
<td>11:00am</td>
<td>25</td>
<td>11</td>
<td>43</td>
</tr>
<tr>
<td>2. Lyme, NH</td>
<td>5:30am</td>
<td>3:30pm</td>
<td>36</td>
<td>8</td>
<td>8</td>
</tr>
</tbody>
</table>

Difficulty Rating & Description: Rolling hills, hills, lengthy climbs, relatively flat segments on the return.

Elevation Profile: 43.9 Miles / +3,490ft.