



2018 Prouty

77-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 before 8:00am to alleviate rider congestion. Primary routes of travel will 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). Be advised, warmer weather can usher in early morning fog which rolls off the Connecticut River. It's always a good idea to wear bright, reflective colored clothing and have a blinking front and rear light outfitted on your bike.

So are there hills? Well, yes, you can expect to navigate 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 for the remainder of the ride. There will be brief climbs in Haverhill, Lyme, and the dreaded short/abrupt Chieftain Hill prior to the finish. The ride is a good choice for the seasoned recreational rider who has time to commit to a longer distance ride.

Ride Support: There are five supporting aid station 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. 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.

SAG Aid Station Planner:

77-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	70.2
2.	Mt. Cube, NH Sugar Farm Stand	6:30am	12:00pm	23.6	9.6	55.2
3.	Warren, NH Warren Fish Hatchery	6:30am	12:00pm	33.2	11.1	45.6
4.	Pike, NH Mt. Valley Treatment Center	7:30am	1:00pm	44.3	11.6	34.6
5.	Bradford, VT Clara Martin Center	6:30am	2:30pm	55.9	4.7	22.9
6.	Fairlee, VT Town Green (New)	7:30am	3:00pm	60.6	9.6	18.2
7.	Lyme, NH Town Green	5:30am	3:30pm	70.2	8.6	8.6

77-Mile Elevation Profile:

