



100-Mile Bike Ride

Saturday, July 12, 2025

Difficulty Level:

Late Day Redirect Checkpoint

All riders are expected to return to the venue by 4pm. **If a rider has not reached checkpoint**

#1 Orford, NH, by 10:30am

they will be redirected to the 50-mile route.

#2 Pike, NH, by 12:30pm

Brushwood Rd. (North bound), they will be redirected to the 77-mile route.

Turn-By-Turn Directions

- ↩ Turn left onto Lyme Rd 0.14 mi
- ↑ At the traffic circle, continue straight to stay on Lyme Rd 1.01
- ↑ At the traffic circle, continue straight to stay on Lyme Rd 1.95
- ↪ Turn right onto NH-25A E 17.26
- ↪ Turn right onto NH-118 S/NH-25 E 31.75
- ↩ Turn left onto East Side Rd 32.15
- ↩ Turn left to stay on East Side Rd 34.08
- ↪ Turn right onto NH-118 N/NH-25 W 34.81
- ↪ Turn right onto Brushwood Rd 48.57
- ↪ Turn right onto County Rd 51.19
- ↩ Turn left onto NH-116 W 52.89
- ↪ Turn right onto NH-10 N 55.11
- ↘ Slight left onto NH-135 N/S Court St 58.38
- ↑ Continue onto Hospital Rd 59.05
- ↑ Continue onto S Court St 59.77
- ↩ Turn left onto Central St 60.01
- ↩ Turn left onto Main St N 60.53
- ↪ Turn left onto VT-113 E 87.76
- ↑ Continue onto E Thetford Rd 88.05
- ↪ Turn right onto River Rd 88.14
- ↪ Turn right onto NH-10 S/Lyme Rd 93.44
- ↑ At the traffic circle, continue straight to stay on Lyme Rd 96.08
- ↑ Enter the traffic circle 96.8
- ↪ Turn right onto Dewey Field Road 97.69
- End of route 97.83

Opening Ceremony

6:00am: Ultimate Riders, 100- and 77-mile Cyclists

Your Prouty will begin immediately following the Opening Ceremony.



View the interactive map

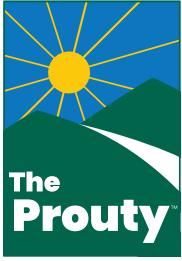
Planning Ahead

- SAG Services...
- SAG Planner (see reverse)
- Depart at 6:00am
- Return before 4:00pm.
- Route sign markers
- Blue road decals
- For help on event day:
Non emergencies: 603-646-1593
For emergencies call 911

Map Legend

- Prouty Start/Finish
- 100-Mile Bike Route
- Redirect Route
- Caution Area
- SAG Aid Station
- Single File Area
- Emergency Shelter





Prouty Bike SAG Planner

“SAG” stands for “stop and go” and is an official rest area with water, snacks and toilets. Medical support and bike tech support are also available. There is SAG support on all of The Prouty events, both land and water routes.

		Open	Close	Current Mile	Next SAG	Miles to Finish
20-Mile SAGs						
1. Lyme, NH	Town Green	6:00am	2:00pm	10	2	11
2. Lyme, NH	River Road	8:00am	3:30pm	12	9	9
35-Mile SAGs						
1. Lyme, NH	Town Green	6:00am	2:00pm	10	16	25
2. Lyme, NH	River Road	8:00am	3:30pm	26.5	9	9
Gravel Ride SAGs						
1. Goose Pond Boat Launch		7:30am	2:00pm	18	10	34
2. Dartmouth Skiway		7:30am	2:00pm	28	16	24
3. Lyme, NH	River Road	8:00am	3:30pm	45	9	9
77-Mile SAGs						
1. Lyme, NH	Town Green	6:00am	2:00pm	10	15	67
2. Mt. Cube, NH	Sugar Farm Stand	6:30am	11:30pm	25	9	52
3. Warren, NH	Warren Fish Hatchery	6:30am	12:00pm	34	10	43
4. Pike, NH	UV Stewardship Cntr.	7:30am	12:30pm	44	12	33
5. Bradford, VT	Clara Martin Center	6:30am	2:00pm	56	13	21
6. Lyme, NH	River Road	8:00am	3:30pm	69	9	9
100-Mile SAGs						
1. Lyme, NH	Town Green	6:00am	2:00pm	10	15	88
2. Mt. Cube, NH	Sugar Farm Stand	6:30am	11:30pm	25	9	73
3. Warren, NH	Warren Fish Hatchery	6:30am	12:00pm	34	11	64
4. Pike, NH	UV Stewardship Cntr.	7:30am	12:30pm	44	12	54
5. Woodsville, NH	Coventry Log Homes	7:30am	1:00pm	59	15	39
6. Bradford, VT	Clara Martin Center	6:30am	2:00pm	75	14	23
7. Lyme, NH	River Road	8:00am	3:30pm	88	9	9