



2022 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 9, 2022
Start Time: Join us for Opening Ceremony at 6:45am followed by a 7am 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, NH Rte. 25A, and VT Rte. 5. Expect 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. It should be noted that River Road in Lyme, NH is now open and will offer a scenic return to the Hanover, NH.

So are there hills? Well, yes, your biggest effort will be navigating the 3+ miles of gradual climbing around the base of Mt. Cube while on NH. Rte. 25A. Fear not, 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 multiple 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) century route options to consider. There is the standard Clark Pond Rte. (97-miles) that navigates north via Rte. 10 or the French Pond Rte. (100-miles) with scenic views, 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. The Prouty Century is not a wise choice for the inexperienced, untrained, or unprepared rider. Please keep in mind, there are multiple late-day timed checkpoints along the route. Despite good intentions, if a rider has not reached the timed checkpoint on time, riders will be diverted to a shorter more manageable route to help ensure a 4:00pm return to the Prouty venue.

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 front and rear light outfitted on your bike.

Difficulty Rating Scale (Easy to Challenging & Flat): Segments of flats / rolling hills / hill climbs



Century Elevation Profile:

