



2018 Prouty

20-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 (There is no mass start)

Start Location: Prouty Venue (Richmond Middle School, 63 Lyme Road, Hanover, NH)

Ride Description: The Prouty’s 20-Mile Bike Ride begins at the Richmond Middle School. We ask all riders to start after 8:00am to help alleviate rider congestion during the initial stages of the ride. Riders will travel north and south on Lyme Road which offers scenic views of the mighty Connecticut River, Vermont, and rural views of fields and farms. Riders will find US Rte. 10 in very good repair and bicycle friendly with paved shoulders of four feet in most locations. The route is relatively flat but does have a gradual climb into Lyme and the short abrupt Chieftain Hill prior to the finish. This out and back route is great for a novice, supervised younger riders, or for those looking for a shorter time commitment.

Ride Support: There is one bike aid station in Lyme, NH, where riders can take a break and enjoy nutritious food and beverages. The Aid station has medical and bike tech volunteers on site. 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 or a need while on route, call the Prouty Incident Command Center at (603) 646-1593.

Safety: Safe cycling is no accident. For your part, riders are expected to ride in a safe, responsible, and respectful manner. All riders should understand Rider Etiquette and Rules of the Road, including supervised 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) tire tubes. Even if you’ve never changed a flat tire, a Prouty Support Vehicle or a participant will surely stop to get back on the road - provided you have a spare tube!

SAG Aid Station Planner:

20-Mile SAG’s Planner			Open	Close	Current Mile	Next SAG	Miles to Finish
1.	Lyme, NH	Town Green	5:30am	3:30pm	8.6	8.6	8.6

20-Mile Elevation Profile:

