



2022 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 9, 2022

Start Time: Join us for Opening Ceremony at 8:45am followed by a 9am start.

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

Ride Description: In 2022, the Prouty will return to utilizing River Road in Lyme, NH. Riders will travel north to Lyme, left across the East Thetford Road, and south on River Road. This route offers scenic views of the Connecticut River and Vermont. Riders will find NH. Rte. 10 in very good repair with a generous breakdown lanes. The route will have segments which are, relatively flat, some rolling hills, to include gradual hill climbs into Lyme (.05-miles - 8% grade) and the short abrupt Chieftain Hill (.03 miles - 6% grade) prior to the finish. This route is great for a novice, parents supervising younger riders, or for those with a shorter time commitment.

Ride Support: There are two aid stations in Lyme, NH, where riders can take a break and enjoy nutritious food and beverages. Additionally, each 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, (see the Cycling Safety and Etiquette page). Please know helmets are **REQUIRED** and please 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 help you get back on the road - provided you have a spare tube!

SAG Aid Station Planner:

20-Mile SAG's Planner

			Open	Close
1.	Lyme, NH	Town Green	5:30am	2:00pm
2.	Lyme, NH	River Road	8:00am	3:30pm

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



20-Mile Elevation Profile:

