



2022 Prouty 35-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 7:45am followed by a 8am 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 after 8:00am to help alleviate rider congestion during the initial stages of the ride. Primary routes of travel will be north on NH Rte. 10, south on VT Rte. 5, to include returning to the scenic River Road in Lyme, NH. Expect scenic views of the Connecticut River and rural views of fields and farmland. At times, warm weather can usher in early morning fog which rolls off the Connecticut River, so it's always good to wear bright colored clothing and have a blinking front and rear light.

The bike route follows the Connecticut River Valley corridor, however, it will have a number of small accents. The route is generally flatter in comparison to other Prouty offerings. This ride is great for a novice, those supervising young riders, or those with a shorter time commitment.

Ride Support: There are three supporting aid stations where riders can take a break and enjoy nutritious food and beverages. Additionally, each aid station will have on-site 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 and or flags. For questions 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 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 Bike Shops and Tune-up Specials).

Items to Bring: Helmet, water bottle(s), bright colored clothing, sunscreen, sunglasses, repair kit and (2) tubes. Even if you've never changed a flat tire, a Prouty Support Vehicle or willing participant will surely stop to help you get back on the road - provided you have a spare tube!

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



35-Mile Elevation Profile:

