



## 2022 Prouty

# 77-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 before 8:00am to alleviate rider congestion. Primary routes of travel will include NH Rte. 10, 25A, VT Rte. 5, and River Road. Expect scenic views of the mighty Connecticut River, surrounding mountains and farmland (yes, there will be cows). Be advised, warmer weather can usher in early morning fog which rolls off the Connecticut River. It's always a good idea to wear bright, reflective colored clothing and have a blinking front and rear light outfitted on your bike.

So are there hills? Well, yes, you can expect to navigate 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 for the remainder of the ride. There will be brief climbs in Haverhill, Lyme, and the dreaded short/abrupt Chieftain Hill prior to the finish. The ride is a good choice for the seasoned recreational rider who has time to commit to a longer distance ride.

**Ride Support:** There are seven aid stations where riders can enjoy nutritious food and beverages. The Aid stations also have the support of 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. For questions while on route, call the Prouty Incident Command Center at (603) 646-1593.

**Safety:** Safe cycling is no accident. All 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.

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



### 77-Mile Elevation Profile:

