



# 7k Residential Walk

Saturday, July 12, 2025

Difficulty Level:

## Map Legend

- Prouty Start/Finish
- 7K Walk Route
- Crosswalk (Use Signal)
- Keep Right
- Mini SAG
- SAG Aid Station
- Kids' Activity Station

## Opening Ceremony

**10:00am: all walkers (3, 7, 10k, or 5k wooded walkers) and 20-mile cyclists**

Your Prouty will begin immediately following the Opening Ceremony.



View the interactive map

## Walking Directions

- Depart venue crossing NH. Rte. 10
- ↵ Left turn (south) onto NH Rte. 10 sidewalk
- ↗ Right onto Wentworth St.
- ↗ Right turn after crossing North Main St.
- ↵ Left turn onto Webster Ave.
- ↗ Right turn onto Occom Ridge Rd.
- ! **Caution: Stay right traversing around Occom Pond**
- ↗ Right turn to enter Aid Station
- ↑ Cross Hilton Field Road, following pathway around the golf course clubhouse
- ↗ Right turn onto Rope Ferry Road
- ↖ Left onto the Rope Ferry Road sidewalk
- ↵ Left turn onto Mayard Road
- ↖ Left turn onto NH Rte. 10 / Lyme Road
- ↗ Right turn, crossing Lyme Rd. after the CO-OP
- ↵ Left turn after crossing NH Rte. 10
- ↗ Right turn entering finish **(Great Job!)**

## Safety

During a true emergency call 911 without delay. EMT's from the Upper Valley Wilderness Response Team will be on bicycles to assist you and can be identified by their red "Prouty Safety Patrol" bike plates. There is also a medical tent at The Prouty venue as needed. Need help that isn't an emergency? Call The Prouty Headquarters during the event at (603) 646-1593.



# Safety and Etiquette Protocols

## Walk

Safety is no accident. For your part, walkers are expected to participate in a safe, responsible, and respectful manner. Walkers are well supported by seasoned EMT's provided by the Upper Valley Wilderness Response Team who patrol on bicycles and are dispatched as needed.

**Emergency:** In the event of a true emergency, call 911. While on route, if you have any questions, concerns or can no longer continue, shuttle vans are on standby to assist participants as needed, please contact the Prouty Incident Command Center at (603) 646 – 1593.

**Please wear your Prouty bib!** In an emergency, your contact information is associated with your bib number and will be accessed by Prouty personal as needed.

**Sidewalks:** Residential walkers are expected to utilize sidewalks when available. When sidewalks are not available, please remember to walk on the left side of the roadway (unless directed otherwise) facing oncoming automobile traffic.

**Crosswalks:** (Look both ways before crossing any street and obey all posted traffic signs. Be predictable by making use of all designated crosswalks and crossing lights whenever they are available.

**2 P.M. Route Assistance Ends:** Participants are free to start on their own being mindful that SAG support ends at 2:00pm; and you will need to return to the Prouty venue by 3:00pm. Timed checkpoints will be in effect to help return late-day walkers, please plan accordingly.

**SAG Closing Times:** Please pay particular attention to the closing times of each SAG stop on your designated route and plan your trip accordingly. This is especially important to those walkers who are combining multiple routes together.

**Inclement Weather Planning & Lightning Safety:** When lightning roars, get indoors - don't wait, as lightning often strikes in advance of rain. When a participant is not in close proximity to a shelter, they should seek shelter in an area business, sturdy building, or home.

## Dogs

### **Dogs are allowed at the Prouty subject to the following restrictions and canine courtesies:**

1. Dog owners assume all liability for any injuries or damage caused by their dog while participating in the Prouty.
2. Dogs that are aggressive or display improper canine behavior will be asked to leave the event.
3. On the day of the Prouty, dogs must be licensed and up to date on vaccinations, including but not limited to rabies, bordetella, and distemper shots.
4. Dogs must be under control at all times and on a leash (non-retractable and six feet or shorter).
5. Dogs are NOT permitted in the **Richmond Middle School** or within the **Food Tent**.
6. Dog owners must clean up after their dogs and are expected to bring waste bags.
7. When using a Prouty shuttle, dog owners should board last...**LAST ON, FIRST OFF!**