



2018 Prouty Ultimate 100-Mile Bike Ride Description & Safety Information

We hope you enjoy your Prouty experience and come back again and again to help fight cancer!

- Date:** Friday, July 13, 2018
Start Time: 6:00am (Mass Start – Dartmouth College Green)
Start Location: Dartmouth College Green (Hanover, NH)
Finish Location: Prouty Venue (Richmond Middle School, 63 Lyme Road, Hanover, NH)

Ride Description (Day-One): The Prouty Ultimate is a well-supported ride with scenic views of the unique rural landscape of Vermont (yes, there will be cows)! Riders will assemble and depart from the Dartmouth College Green in Hanover, NH and finish at the Prouty venue located at the Richmond Middle School (Hanover, NH). The primary travel routes include VT Rte. 5, Rte. 14, Quechee Road, Rte. 110, and Rte. 113, offering scenic views of open meadows, ponds, scenic hillsides, and open farmland. Roadway conditions have been improved, with many resurfacing projects having been completed in 2016. As an example, riders will enjoy 6+ miles of fresh pavement leading to Barnard. It should be noted that early in the ride, the route will traverse over short segments of well-maintained hard pack dirt roads in the Quechee/Woodstock area as it navigates alongside the Ottauquechee River.

So are there hills? Well, yes, as the elevation profile indicates. There are a sprinkling of lesser climbs over the course of the ride. The Barnard and Chelsea hills will require some effort. Both are relatively gradual in nature, however, riders are rewarded with long 6+ miles of gradual downhill descends.

Be advised, warmer weather can usher in early morning fog which rolls off the Connecticut and White River. It's a good idea to wear bright reflective clothing and have a blinking front and rear light outfitted on your bike.

Ride Support: Riders can take a break and enjoy nutritious food and beverages at (5) aid stations along the way. Additionally, expect great on-road support from Prouty Support Riders...they've got back to assist and motivate you. Furthermore, Prouty Roving Vehicles have been assigned to all segments of the ride and are capable of providing basic medical care and bike tech support. Look for their distinctive "Prouty Support Vehicle" magnetic signs. For questions while on route, call the Prouty Incident Command Center at (603) 646-1593.

SAG Aid Station Planner Ultimate (Day-One):

Ultimate SAG Planner		Current Mile	Next SAG	To Finish
1. Woodstock, VT	Billings Farm (Water Stop)	21.9	24.8	76.5
2. South Royalton, VT	Town Common (Full Stop)	46.7	18.0	51.7
3. Vershire Heights, VT	Ward's Garage (Water Stop)	64.7	12.3	33.7
4. Lake Fairlee, VT	Horizon's Camp (Full Stop)	77.0	6.3	21.4
5. North Thetford, VT	Simple Energy Garage (Water Stop)	83.3	15.1	15.1

Prouty Ultimate (Day-One) Elevation Profile:

