

2022 Prouty Ultimate 100-Mile & Metric Century 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 8, 2022
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): New for 2022, the addition of the Prouty Ultimate Metric Century. The Prouty Ultimate is a well-supported scenic ride with unique views of the rural landscapes 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.

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 Hill will require effort. Both are relatively gradual in nature, however, riders are rewarded with long gradual downhill descends.

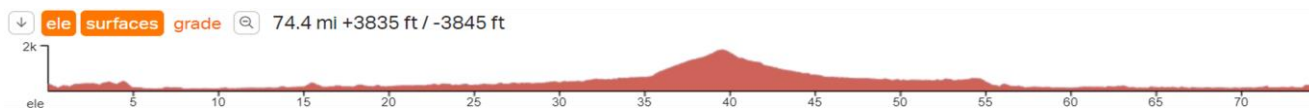
Be advised, warmer weather can usher in early morning fog which rolls off the Connecticut and White River. It's a good idea to wear bright reflective clothing and have a blinking front and rear light outfitted on your bike.

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 your back and can assist and motivate you throughout the day. 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.

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



Prouty Ultimate (Day-One) Elevation Profile: Metric Century (74-Mile)



Prouty Ultimate (Day-One) Elevation Profile: 100-Mile Century

