



Safety and Etiquette Protocols

The Prouty is not a race so there is no reason to compromise your safety or the safety of other participants or motorists. Safe cycling is no accident. For your part, riders are expected to ride in a safe, responsible, and respectful manner. Cyclists share the same responsibilities as motor vehicles. While you are enjoying your ride please be mindful of the “rules of the road.” We want you to enjoy your Prouty experience and come back again and again to help fight cancer!

Helmets are Required: All cyclists participating in The Prouty are required to wear a suitable helmet – this is not optional!

Headphones are Not Permitted at This Event:

Participants are prohibited from wearing headphones due to the nature of this event to do so would be to compromise the safety of yourself and others.

Pass Cyclists on the Left: When passing a rider, call out “ON YOUR LEFT” and ALWAYS pass on the left. Never attempt to pass on the right!

Obey All Posted Traffic Signs: Contrary to popular belief, The Prouty™ does not file for a Competitive Race Permit. As a result, all riders must obey traffic signs and signals – it’s the law!

Ride Single File to the Far Right: In VT and NH cycling laws clearly state that all cyclists must ride to the right side of the road as practical and must not impede the normal movement of traffic on laned roadways: “Persons riding two or more abreast shall not impede the normal and reasonable flow of automobile traffic.” (NH. Law RSA265:144V)

Allow Cars to Pass, Do Not Exceed 10 Riders Per Group: Limit pace line drafting to 10 riders, this allows motorists the ability to safely pass.

Drafting: If you’re not familiar with proper drafting techniques don’t attempt to join a group for the first time at The Prouty. Performed incorrectly, drafting can be dangerous and should be executed by experienced riders only.

Be Visible: NH state law requires a headlight and red reflector when riding before sunrise.



Follow Designated Prouty Routes: Besides not having roadside assistance and signage, riders unknowingly can cause two-way bike traffic on roadways which may not be able to support it safely.

Keep Breakdown Lanes Clear: If stopping roadside is absolutely necessary quickly move completely off the roadway to free up the breakdown lane. Occupying the breakdown lane unnecessarily forces riders into the main travel lane occupied by oncoming motor vehicles.

Be Prepared to Communicate with Other Cyclists: Basic riding courtesies apply during The Prouty. Plan to inform other riders of the following:

- Use hand signals and voice commands when turning, slowing or stopping.
- Point at and call out any road hazards: potholes, glass, rail road crossings, etc.
- When passing a rider, on their left, call out "On your left"; do not pass on the right!
- Give a loud verbal caution to other riders when a car is approaching from the rear by yelling "Car Back" or "Car Up" when a vehicle is ahead.

Kids & Cycling Safety:

- Young riders must be actively supervised by an adult.
- Wear a Helmet: A Prouty and state law requirement for kids.
- Be Predictable: Ride in a straight line with no sudden stopping.
- Ride to the Right: Stay to the far right, allowing others to pass.
- Passing Kids: Never assume that kids see or hear you.
- Don't overload the trailer with multiple kids or a dog.
- Have the bicycle and trailer tuned up with extra attention given to the brakes.
- Ride slowly and in control at all times, especially on a downhill descent
- Cyclists warm up rapidly, kids in trailers not so much. Dress them appropriately!

On Road Support: Official Prouty Roving Support Vehicles are assigned to all segments of the cycling routes and are prepared to render basic medical or bike repair needs. As needed, cyclists can also be advanced forward to the nearest SAG Aid Station where dedicated bike techs or medical volunteers (non-emergency) are on standby. Please call the Prouty Incident Command Center at 603-646-1593 with questions, or to have a support vehicle dispatched to your location.

Reporting Medical Emergencies: Dial 911 directly without delay. Make yourself visible helping to detour bicycles and vehicle traffic as needed. If you choose to render first aid, do so only to the extent of your training. When appropriate, call The Prouty Incident Command Center at (603) 646-1593 with the participant's bib # and nature of incident.

