



2017 Prouty

Hybrid Metric Century Ride Description

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

- Date:** Saturday, July 8, 2017
Start Time: 7:00am (Based on participation, either one "Mass Start" or smaller multiple wave starts)
End Time: 4:00pm (All riders are asked to return by 4pm.)
Start Location: Prouty Venue (Richmond Middle School, 63 Lyme Road, Hanover, NH)
Length: 106k / 65m (40% Hard Pack Dirt or 25-Miles)

Ride Description: New for 2017: The Prouty Hybrid Metric Century Bike Ride. Prepare to tour some of the most scenic, less traveled roadways in the area. The ride is not for the inexperienced dirt rider, as it will be demanding at times, but the payoffs are great mountain views of Moose, Sunday, and Peaked Mountain. A rider-lead "Mass Start" will initiate the fun departing from the Prouty Venue at 7:00am (sharp).

Expect mixed terrain of both paved (65k/40m) and maintained hard pack dirt roadways (40k/25m) with over 4,000+ ft. of climbing. The bulk of the hard pack dirt riding will take place during the first half of the ride leading north to Haverhill, NH. It will also have the most climbing, as riders navigate 3-Mile Road, Baker Hill Road, Acorn Hill Road and Indian Pond Road, which are all dirt roadways.

In Haverhill, riders will join existing 77-Mile Prouty riders for a short time, streaming southward towards Orford, NH, only to turn onto River Road traversing a covered bridge and gaining views of the Connecticut River. Riders continue to navigate southward until reaching the Prouty's balloon arch finish in Hanover, NH.

Ride Support & Planning: There will be (3) full-service aid stations available where riders can take a break and enjoy nutritious food and beverages. Aid stations also have the support of medical and bike tech volunteers. As needed, riders will encounter numerous bail-out points and while not directly on the route there is an additional full-service aid station on the town common in Lyme, NH.

Prouty Roving Vehicles and a Safety Sweep Team will be assigned to each segment of the ride and are capable of providing basic medical care and bike tech support while on route, however, it will be limited at times due to the nature of the ride. As a result, **riders are expected to have a higher level of self-sufficiency**. It is recommended that bicycles be outfitted with at least 28c tires, a compact crank, and that riders carry multiple spare tubes. For questions during the ride, 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, to ensure that you have an enjoyable ride, have your bicycle in the best mechanical condition possible (see Supporting Bike Shops and Tune-up Specials).

SAG Aid Stations:

			Opens	Close	Current Mile	Next SAG	Finish
1.	Orford NH	Rivendell Hiking Trail Parking Lot	7:30am	10:00a	26	17	38
2.	Bradford, VT	Clara Martin Center	6:30am	2:00pm	43	21	21
3.	Lyme, NH	Town Common	6:30am	3:30pm	57	9	9

Elevation Profile:

