



2017 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 7, 2017
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): Riders are in for a treat in 2017, as The 10th Annual Prouty Ultimate will now be based in Hanover, NH. On Day One, riders will experience wonderfully scenic views and 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. 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 two climbs in Barnard and Chelsea which will require some effort, both are relatively gradual in nature. In both cases, however, riders are rewarded with long 6+ miles of gradual downhill descends. There are small ascents scattered over the course of the ride to be aware of, the first being in West Hartford as one crosses the White River and in Thetford.

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.

See day-two (Saturday) route descriptions for either the Prouty Century or Hybrid Metric Century.

SAG Aid Station Planner Ultimate (Day-One):

Ultimate SAG Planner			Open	Close	Current Mile	Next SAG	Miles to Finish
1.	Woodstock, VT	Billings Farm (Water Stop)	6:00am	3:00pm	22	26	78
2.	S. Royalton, VT	Town Common (Full Stop)	7:30am	2:00pm	48	29	52
3.	Lake Fairlee, VT	Camp Billings (Full Stop)	8:00am	2:00pm	77	23	23

Prouty Ultimate (Day-One) Elevation Profile:

