



## 2018 Prouty

### 35-Mile Bike Ride Description & Safety Information

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

- Date:** Saturday, July 14, 2018
- Start Time:** After 8:00am (There is no mass start)
- End Time:** 4:00pm (All riders are asked to return by 4pm.)
- Start Location:** Prouty Venue (Richmond Middle School, 63 Lyme Road, Hanover, NH)

**Ride Description:** We ask riders to start after 8:00am to help alleviate rider congestion during the initial stages of the ride. Primary routes of travel will be north on NH Rte. 10 and south on VT Rte. 5, both of which offer scenic views of the mighty Connecticut River and rural views of fields and farmland (yes, there will be cows). At times, warm weather can usher in early morning fog which rolls off the Connecticut River, so it's always good to wear bright colored clothing and have a blinking front and rear light.

The bike route follows the Connecticut River Valley corridor. While there are small accents the route is, generally, flatter in comparison to other Prouty offerings. This ride is great for a novice, supervised younger riders, or for those needing a shorter time commitment.

**Ride Support:** There are two supporting aid stations where riders can take a break and enjoy nutritious food and beverages. Additionally, each aid station will have on-site medical and bike tech volunteers. Prouty Roving Vehicles have been assigned to all segments of the ride and are capable of providing basic medical care and bike tech support while on route. All roving vehicles display large magnetic "Prouty Support Vehicle" signs and or flags. For questions while on route, call the Prouty Incident Command Center at (603) 646-1593.

**Safety:** Safe cycling is no accident. For your part, 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, ensure that you have an enjoyable ride by having your bicycle in the best mechanical condition possible (see Bike Shops and Tune-up Specials).

**Items to Bring:** Helmet, water bottle(s), bright colored clothing, sunscreen, sunglasses, repair kit and (2) tubes. Even if you've never changed a flat tire, a Prouty Support Vehicle or willing participant will surely stop to help you get back on the road - provided you have a spare tube!

#### 35-Mile SAG Planner:

35-Mile Bike SAG's			Open	Close	Current Mile	Next SAG	Miles to Finish
1.	Lyme, NH	Town Green	5:30am	3:30pm	8.6	7.7	26.0
2.	Fairlee, VT	Town Green (New)	7:30am	3:00pm	16.4	9.6	18.2
3.	Lyme, NH	Town Green	6:30am	3:30pm	26.0	8.6	8.6

#### 35-Mile Elevation Profile:

