

"Ride For The Ages" – 100k

Total Distance: **62.5 miles**

Elevation Gain: **3214 feet**

Degree of Difficulty Index: **3214 ft / 62.5 mi = 51.42 ft/mi**

Terrain: **Rolling to hilly**

Killer Hills: **Several hilly sections**

Geographical Region: **Southeast Connecticut**

City/Town: **East Lyme (Niantic)**

Starting Location: **Samuel M. Peretz Park (formerly Bridebrook Park), Route 156 in Niantic (opposite Rocky Neck State Park). Take I-95 Exit 72 to the intersection with Route 156 at traffic light; turn left and go 0.5 mile to Samuel M. Peretz Park on the left.**

Ride Description: **This challenging metric century ride has an elevation gain of 3214 feet. The ride is over mostly rolling terrain with a couple of sharp hills en route and should be attempted only by riders who are in good physical condition. An excellent spot for a lunch break (bring) is Chapman Falls at Devil's Hopyard State Park. About 15 miles from the end of the ride, the route passes the Salem Creamery for those who crave ice cream. Be forewarned, though, that there are several hilly sections between the Salem Creamery and the end of the ride.**

Facilities and *Points of Interest*:

Mile	Facilities - <i>Points of Interest</i>
0.0	Samuel M. Peretz Park (bathrooms)
35.8	<i>Chapman Falls @ Devil's Hopyard State Park (views); suggested lunch stop</i>
39.3	<i>Lake Hayward (views)</i>
46.5	Salem Creamery (ice cream stop)
~55.5	<i>Pattagansett Lake (views)</i>
62.5	Samuel M. Peretz Park (bathrooms)

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