



Gear List & Schedule

2009 Red River Gorge American Classic, a/k/a The Fig VII

**BUY YOUR GEAR
WHERE YOU TRY
IT ON !!**

Stop by your local outdoor retailer to find everything you'll need to wear or carry for the Fig VII.



**401 S. Upper Street
Lexington, KY
859.255.6408**

www.pedalpowerbikeshop.com

**Cave Run Bike Shop
995 Hwy 801 South
Morehead, KY
606-784-1818**



60 miles of Fig n' Pain.

▶ SCHEDULE OF EVENTS

Friday—Red River Gorge Campground, Star Gap Rd, Stanton	
3—6 pm	Check-in
6—7 pm	Dinner
7—8 pm	Pre-race briefing

Saturday—Kiwanis Community Center, Happy Top Rd, Beattyville	
5:00 am	Stage gear
6:00 am	Check-in
7:00 am	Race start
7:00 pm	Race finish
8:00 pm	Awards ceremony & party

▶ MANDATORY GEAR

- | | |
|--|--|
| <input type="checkbox"/> Mountain bike | <input type="checkbox"/> Compass (team) |
| <input type="checkbox"/> White light on front | <input type="checkbox"/> Headlamp with extra batteries |
| <input type="checkbox"/> Red flashing light on rear | <input type="checkbox"/> Climbing harness |
| <input type="checkbox"/> Bicycle helmet | <input type="checkbox"/> 2 locking carabiners |
| <input type="checkbox"/> Canoe/kayak (team) | <input type="checkbox"/> 1 rappel device |
| <input type="checkbox"/> Type III PFD | <input type="checkbox"/> 6—8 mm cord for Prussik |
| <input type="checkbox"/> Knife, min 2.5" blade | <input type="checkbox"/> First aid kit (Ace bandage, gauze pads, betadine or alcohol swabs, medical tape) (team) |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> 1:30,000 UTM plotter (team) |
| <input type="checkbox"/> Emergency space blanket | <input type="checkbox"/> Waterproof map case |
| <input type="checkbox"/> Lighter or other weatherproof fire starter (team) | |
| <input type="checkbox"/> Photo i.d. | |

▶ RECOMMENDED GEAR

- | | |
|---|--|
| <input type="checkbox"/> Spare bike tube | <input type="checkbox"/> Long pants, wicking |
| <input type="checkbox"/> Bike pump/CO2 inflater | <input type="checkbox"/> Long sleeved shirt, wicking |
| <input type="checkbox"/> Bike multi-tool, with chain tool | <input type="checkbox"/> Wool socks, with extra pair |
| <input type="checkbox"/> Backpack with 3-liter bladder | <input type="checkbox"/> Fleece hat if below 60* |
| <input type="checkbox"/> Electrolyte replacement | <input type="checkbox"/> Fleece top if below 60* |
| <input type="checkbox"/> Energy bars, gels, drinks | <input type="checkbox"/> Waterproof jacket |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Money |
| <input type="checkbox"/> Full-fingered gloves | <input type="checkbox"/> Blister kit |

*Bear in mind that you will be racing after dark, wet, and may be curled up in a remote rock shelter until daybreak, awaiting rescue