

One Lap Checklist

Things to carry:

Two tubes

Tire lever

Small needle nose pliers (to remove that tight valve stem on tubeless wheels if you flat)

Pump (for after you waste all your quickfills)

Chaintool

Appropriate chain quick links (8sp, 9sp, 10sp, or 11sp)

Small section of chain if you are running single speed

Multi tool with 8mm Allen for pedals etc

Replaceable derailleur hanger (could save a long walk)

A 10 dollar bill for emergency rations

A phone in case all else fails

Things to carry for you:

At least 100 oz. of liquid (I'll go through 300 oz. of Infinit on the One Lap)

Enough carbs, Gu's gels, pop tarts, whatever it takes You to make it 3-4 hours

Things to send ahead to Herb Parson's

Put your bag in the Element before the ride, bags will be laid out at Herb's, then hermetically seal your stinky bag and put it back in the Element when you finish with it so we know you are done. Stink bags will be back on our driveway around 5:00PM, please pick them up so I don't have to look in them Sunday

Gloves, jersey, shorts and socks

Any addition nutrition to take with you the rest of the way

Things that will be at Herb's:

Your bag, Sub sandwiches, watermelon, water and small towels soaked in ice water

I suggest filling camelbacks at the playground restrooms at Shelby Farms, there is a hose bib on the north side of the restrooms a hundred yards from the Tour de Wolf trailhead. We will try to have water at Stanky, the Wolf River and Germantown Rd and Herb Parson's

Things to do if you are worried about not finishing:

Find a group that is your speed and don't get suckered into going too fast at the first couple of trails as you will pay dearly later!

Keep stops to a minimum, it's a long day already and it gets dark eventually

If you are going to skip any sections, the hardest trails are The Epic (Jackson to Summer), the Epic is in the sun, hard to navigate and will take at least 45 minutes. The Epic East is #2, it's a bit rough from Houston Levee to Collierville-Arlington, it's fairly simple to skip that section and get on to Herb's

This will save a couple of hours and skip the hardest trails to ride and navigate but to be eligible for the Ironbutt Trophy you have to ride the crap trails!

Things to do while riding:

Have fun, enjoy the day and remember you are buying a bike for someone that a bike will make a huge difference in their lives

If for some reason you need to drop out text or call Pam at 901 335-0583 so we don't have to call your emergency contact and embarrass you ;)