

# SUPPLIED FOR SUCCESS AND SURVIVAL

## LESSON PLAN AND TEACHER NOTES

**NOTE:** This lesson is based on the Musher Mall Gazette Lesson that was published by the Iditarod Education Department in Iditarod Activities for the Classroom. I have modified and chunked it for use with my third graders. I have also found several companies who have been willing to share information and resources with me!

### MATERIALS:

Student worksheets (attached)

Internet access or print catalogs and/or price sheets

Calculators (optional)

### PRIOR KNOWLEDGE:

Students have used the following sites to “draft” a team of sixteen dogs for their Iditarod Race.

- Karen Ramstead - North Wapiti Kennel: <http://www.northwapiti.com/dogs.html> (note: she uses the word “bitch” to identify female dogs – teachers may want to debrief the class on this prior to opening the site)
- Ken Anderson- Windy Creek Kennel: <http://windycreekkennel.com/index.php?id=140>
- Paige Drobny - Squid Acres Kennel: <http://squidacres.com/the-dogs-3/> (this one is especially nice to use, the interface is easy to handle and they are categorized by team position)
- Allen Moore and Aily Zirkle – SP Kennel: <http://spkenneldoglog.blogspot.com/p/the-dogs-of-sp-kennel.html>
- Mushing Magazine also features dogs in the back of each issue that could be “drafted”

### INTRODUCTION:

1. Have students revisit their created teams of dogs.
2. Mention that the dogs are not the ONLY supplies they will need to take with them to find success and survival on the trail.
3. Remind them of the adage, “If you fail to plan you plan to fail.”

### PROCEDURE:

1. Give the students five minutes to brainstorm with their team a list of everything they think they would need to successfully and safely complete the race from Anchorage to Nome.
2. Tell them that over the next few days, they will be discovering what supplies are really needed, will be shopping for their own supplies, and will be analyzing their finances.

3. Students need to keep the following guidelines in mind as they are planning:
  - a. They have \$20,000 from their sponsors to spend.
  - b. They need to plan for 15 days on the trail.
  - c. They need to plan for 16 dogs.
  - d. They also need to pay the race entrance fee (found in the official rules).

4. **Day One:**

- a. The students will shop for their sled and its components.
- b. Refer to rule #15 from the race rules:

**Rule 15 -- Sled:** A musher has a choice of sled subject to the requirement that some type of sled or toboggan must be drawn. The sled or toboggan must be capable of hauling any injured or fatigued dogs under cover, plus equipment and food. Braking devices must be constructed to fit between the runners and not to extend beyond the tails of the runners. No more than three (3) sleds can be used by a musher during the race after the re-start. No more than two (2) sleds can be shipped beyond the re-start. Should a musher use another musher's sled for any reason that will be considered one (1) of the three (3) allowable sleds. These sleds may be used at the musher's discretion. Sleds or mushers may not be assisted with sails or wheels. Ski poles are allowed. No other sled exchanges are permitted except that a sled damaged beyond repair may be replaced if approved by an official. Once a sled has been left behind, it cannot be transported along the trail. It cannot be used again unless approved by the Race Marshal as a replacement for a broken sled.

- c. There is a short video (3-4 minutes) that goes over the sled and lines here:  
<http://mushing.fromalaska.org/four/four1stream.html>
- d. The students will need to determine how many sleds they wish to purchase for the race.
- e. Review the sled diagram with the students and have them label the towline/gangline, neck lines, and tug lines. Source: <http://up200.org/about/faq-on-sled-dog-racing/>
- f. Create a list of all of the supplies that will need to be purchased.
  - i. Sled (between 1 and 3)
  - ii. Sled bags (a bag needs to be purchased for each sled purchased)
  - iii. Towline/gangline (for 16 dogs)
  - iv. Snow hook
  - v. Harnesses (1 per dog)
  - vi. Necklines (1 per dog)
  - vii. Tuglines (1 per dog)
- g. Introduce the students to the resources they will be using for their shopping (you may want to limit their store choices to less than four):
  - i. Adanac Sleds: <http://stores.adanacsleds.com/StoreFront.bok> (use for sled, sled bag, harnesses)
  - ii. Black Ice: <http://www.blackicedogsledding.com/> (use for ganglines, snow hooks, necklines, and tuglines)  
\*\*\*\* Teacher Note: I found these companies in Mushing Magazine and have contacted them about using their information. For some I have physical copies of their catalogs and price sheets, for others I use the website. You could use any sources you have access to!\*\*\*\*
  - iii. Other sites that could be used include:

Alpine Outfitters: <http://www.alpineoutfitters.net/secure/usermods/products.asp>

Mountain Ridge: <http://www.mtnridge.com/>

- h. Introduce the students to the ordering sheets and model how to order an item on the ordering sheet.
- i. The students must order the remaining items on the brainstormed list.

5. **Day Two:**

- a. Today the students will order the mandatory items required by the Iditarod Race Committee.
- b. Refer to rule #16:

**Rule 16 -- Mandatory Items:** A musher must have with him/her at all times the following items:

- Proper cold weather sleeping bag weighing a minimum of 5 lbs.
- Ax, head to weigh a minimum of 1-3/4 lbs., handle to be at least 22" long.
- One operational pair of snowshoes with bindings, each snowshoe to be at least 252 square inches in size.
- Any promotional material provided by the ITC.
- Eight booties for each dog in the sled or in use.
- One operational cooker and pot capable of boiling at least three (3) gallons of water at one time.
- Veterinarian notebook, to be presented to the veterinarian at each checkpoint.
- An adequate amount of fuel to bring three (3) gallons of water to a boil.
- Cable gang line or cable tie out capable of securing dog team.
- Functional non chafing harness for each dog in team.

When leaving a checkpoint adequate emergency dog food must be on the sled. (This will be carried in addition to what you carry for routine feeding and snacking.)

Gear will be checked at the Re-Start and during the 24 hour layover for conformity to minimum standards as set forth above. Gear may be checked at any other time during the Race at the discretion of the Race Marshal and or the Race Judges. Gear may be checked at all checkpoints except Safety. Vet books will be signed by a veterinarian or in the absence of a veterinarian may be signed by a designated race official. **The musher will also sign the vet book.**

- c. There are a great explanations of the mandatory gear at :

<http://www.akdogtour.com/2010/12/iditarod-mushers-required-gear/>

<http://mushing.fromalaska.org/four/four1faq.html>

You could refer to the articles online. I like to print it out to read and discuss with the students.

- d. Today they will be shopping for their mandatory items. Refer to the article to create a master list for the students to shop from:
  - i. Sleeping bag
  - ii. Ax
  - iii. Snowshoes
  - iv. Booties ( this one will require some discussion -while the requirement is 8 booties per dog on the sled, those will be used and need to be replaced – most estimates I've read say a musher will use 2,000 booties during the race, so the students should prepare for that many)
  - v. Cooker
  - vi. Fuel (some fuel will be provided by the ITC, so they do not need to purchase)

- e. Sites to use:
  - i. <http://stores.adanacsleds.com/StoreFront.bok> (add to yesterday's total: use for dog booties and cooker)
  - ii. Cabela's Outdoor: [http://www.cabelas.com/home.jsp?WTz\\_l=Header](http://www.cabelas.com/home.jsp?WTz_l=Header) (use for sleeping bag, ax, snowshoes)
- f. They will also need to plan for the mandatory vet care for each dog. Each dog is required to have the following:
  - i. Microchip implant (included in race fee along with a blood panel and EKG)
  - ii. Distemper/ hepatitis/ leptospirosis/ rabies/ bordetella vaccinations
  - iii. Dewormed
  - iv. Kennel cough vaccination
- g. I have consulted with Iditarod musher Angie Taggart. She explained that mushers can give their own dogs the five way and kennel cough vaccine. The microchip, EKG, and blood panel are included in the race fee.
- h. Students must calculate the costs for their team of dogs. I used [www.valleyvet.com](http://www.valleyvet.com) to get my prices. I decided to pull the information for my kids because the site was a little overwhelming! You could challenge your higher level students to find the cost per dog and to not have "leftovers." Or, they can just keep the leftovers for other dogs they may have. Some students may even decide to split the cost with a fellow musher!
  - i. 5 Way Vaccine – 25 doses - \$83.50
  - ii. Kennel Cough Vaccine – 25 doses - \$89.40
  - iii. Syringes for dogs – 100 count - \$21.95

6. **Day Three:**

- a. Today is all about the food! No one is going to make it very far without food!
- b. Here is a good article about dog food on the trail:  
<http://suite101.com/article/feeding-itarod-dogs-a14813>  
Again, you could read it online or print and read it.
- c. Based on this article, if each dog needs 10,000 calories per day, and a pound of dog food has 2,500 calories, how many pounds of food would we need to plan for each dog each day?
- d. Lead the students through the discussion to arrive at the fact that each dog will need four pounds of food per day.
- e. Depending on the ability of your students, they may be able to work independently to find the amount and total cost of dog food. Or you may need to work the following steps together:
  - 1. If we have 16 dogs and each dog needs four pounds of food a day, how much food will we need total each day?  $16 \times 4 = 64$  pounds

2. If we need 64 pounds of food a day, and we are planning to be on the trail for 15 days, how much food do we need total?  $64 \times 15 = 960$  pounds
- f. Remind the students that the mandatory item rule also states “When leaving a checkpoint adequate emergency dog food must be on the sled. (This will be carried in addition to what you carry for routine feeding and snacking.)”
- g. Therefore, we also need to plan for “extra, emergency” dog food. You may wish to lead a discussion about what constitutes an “adequate” amount of extra food and come to a consensus. Or, you could leave it up to individual students to determine for their teams.
- h. Introduce the students to the new source for shopping for dog food:
  - i. <http://redpawdogfood.com/>  
\*\*\*\*Teacher Note: I chose this source because they can make choices about what type of food they will choose based on the activity level of their dogs. They can get prices right online. They can also choose to purchase treats, if their time/money allow. There are many, many sources to choose from.\*\*\*\*

7. **Day Four:**

- a. Today the students will put it all together.
- b. Have them transfer their totals for each section to the master price list.
- c. Have them calculate their totals and see how they did in keeping to their budget.
- d. Discuss what has NOT been taken care of in our shopping? What else do mushers need to take into account?
  - i. Musher food
  - ii. Musher clothing
  - iii. Replacement parts
- e. There is a good video about the drop bag process at:  
<http://mushing.fromalaska.org/four/four2stream.html#dropbag>

**SUMMARY:**

As a summary, students could write a letter to their “sponsor” thanking them for their support and explaining what they have spent their money on in preparation for the race.



## PART ONE: SLEDS

The ITC rules state:

**Rule 15 -- Sled:** A musher has a choice of sled subject to the requirement that some type of sled or toboggan must be drawn. The sled or toboggan must be capable of hauling any injured or fatigued dogs under cover, plus equipment and food. Braking devices must be constructed to fit between the runners and not to extend beyond the tails of the runners. No more than three (3) sleds can be used by a musher during the race after the re-start. No more than two (2) sleds can be shipped beyond the re-start. Should a musher use another musher's sled for any reason that will be considered one (1) of the three (3) allowable sleds. These sleds may be used at the musher's discretion. Sleds or mushers may not be assisted with sails or wheels. Ski poles are allowed. No other sled exchanges are permitted except that a sled damaged beyond repair may be replaced if approved by an official. Once a sled has been left behind, it cannot be transported along the trail. It cannot be used again unless approved by the Race Marshal as a replacement for a broken sled.

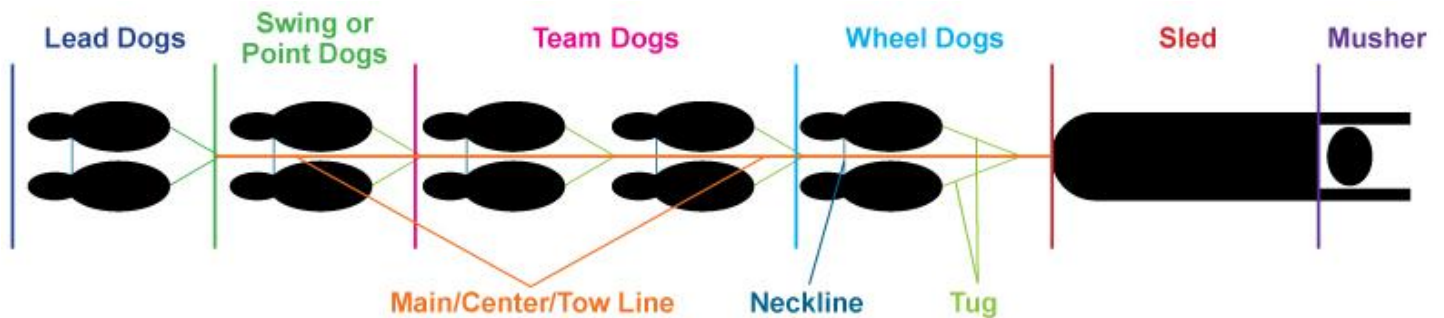


Diagram Source: <http://www.lifewithsleddogs.com/the-dog-sled-team/>

## TODAY'S SHOPPING LIST:

ORDERED:	MANDATORY ITEM:
	Sled – between 1 and 3
	Sled bags – a bag must be purchased for each sled purchased
	Gangline – for 16 dogs
	Snow hook
	Harnesses – 1 per dog
	Necklines – 1 per dog
	Tuglines – 1 per dog

## PART TWO: MANDATORY SUPPLIES

### A. THE ITC RULES STATE:

**Rule 16 -- Mandatory Items:** A musher must have with him/her at all times the following items:

- Proper cold weather sleeping bag weighing a minimum of 5 lbs.
- Ax, head to weigh a minimum of 1-3/4 lbs., handle to be at least 22" long.
- One operational pair of snowshoes with bindings, each snowshoe to be at least 252 square inches in size.
- Any promotional material provided by the ITC.
- Eight booties for each dog in the sled or in use.
- One operational cooker and pot capable of boiling at least three (3) gallons of water at one time.
- Veterinarian notebook, to be presented to the veterinarian at each checkpoint.
- An adequate amount of fuel to bring three (3) gallons of water to a boil.
- Cable gang line or cable tie out capable of securing dog team.
- Functional non chafing harness for each dog in team.

When leaving a checkpoint, adequate emergency dog food must be on the sled. (This will be carried in addition to what you carry for routine feeding and snacking.)

Gear will be checked at the Re-Start and during the 24 hour layover for conformity to minimum standards as set forth above. Gear may be checked at any other time during the Race at the discretion of the Race Marshal and or the Race Judges. Gear may be checked at all checkpoints except Safety.

Vet books will be signed by a veterinarian or in the absence of a veterinarian may be signed by a designated race official. **The musher will also sign the vet book.**

### B. VET REQUIREMENTS:

From the Iditarod website....

Iditarod dogs have some of the most intensive health checkups in the animal athletic world. Mandatory pre-race evaluations commence in the early part of February, which include blood testing and ECG recordings. All dogs are permanently identified with a microchip implant as part of the screening process. (Testing and microchip implants are provided for the mushers at no charge to them). Each dog's microchip number is scanned before starting the race, to verify their eligibility.

In addition to the extensive pre-race testing, every dog is required to have veterinary physical exam within fourteen days of the race start, and all vaccinations must be current. Last but not least, each must be dewormed (medications provided through the ITC) within ten days of beginning their trip to Nome.

The dogs are usually very calm for these tests. They are used to being handled a lot and typically lie quietly while the procedures are completed.

During the race, the dogs are examined by the veterinarian teams who work at the checkpoints. When a musher and team arrive at a checkpoint, the veterinarians are there to observe and examine the dogs and to visit with the musher. The musher must also present the vet book to the veterinarians. The dogs are priority 1 for Iditarod!



TODAY'S SHOPPING LIST:

ORDERED:	MANDATORY ITEM:
	Sleeping Bag
	Ax
	Snowshoes
	Booties (most mushers estimate 2,000)
	Alcohol Cooker
	5 Way Vaccine – 1 dose per dog
	Kennel Cough Vaccine – 1 dose per dog
	Syringes for dogs – 1 per dose given

### PART THREE: FOOD, FOOD, FOOD!!

The canine athletes running the Iditarod need to have an enormous amount of food each day in order to perform at their peak. While on the trail, each dog will need to consume about 10,000 calories a day as well as drink lots of water for hydration. If you wanted to eat that much in one day, you would need to eat 50 Big Macs! Top premium dog food has about 2,500 calories per pound of food.

#### THINK ABOUT IT:

1. If each dog needs 10,000 calories of food a day and there are roughly 2,500 calories per pound of food, how many pounds of food will one dog need in one day?
2. If you have 16 dogs, how much food will you need total for all the dogs each day?
3. If you will be on the trail for 15 days, how much food will you need total?
4. Remember, the ITC Rules state:  
  
“When leaving a checkpoint adequate emergency dog food must be on the sled. (This will be carried in addition to what you carry for routine feeding and snacking.)”  
  
How many pounds extra do you think you will need? Explain your reasoning.
5. How many pounds of food do you need to order total?



# ADANAC SLEDS AND EQUIPMENT

QUANTITY:	DESCRIPTION OF PURCHASE	UNIT COST:	TOTAL COST:

**TOTAL COST FOR ORDER:** \_\_\_\_\_



# BLACK ICE

QUANTITY:	DESCRIPTION OF PURCHASE	UNIT COST:	TOTAL COST:

TOTAL COST FOR ORDER: \_\_\_\_\_



QUANTITY:	DESCRIPTION OF PURCHASE	UNIT COST:	TOTAL COST:

TOTAL COST FOR ORDER: \_\_\_\_\_



QUANTITY:	DESCRIPTION OF PURCHASE	UNIT COST:	TOTAL COST:

**TOTAL COST FOR ORDER:** \_\_\_\_\_



# VETERINARIAN SERVICES

[WWW.VALLEYVET.COM](http://WWW.VALLEYVET.COM)

QUANTITY:	DESCRIPTION OF PURCHASE	UNIT COST:	TOTAL COST:
	vaccinations for: distemper, hepatitis, lepto, rabies, and bordetella (5 way vaccine)	25 doses - \$83.50	
	Kennel Cough vaccine	25 doses - \$89.40	
	Syringes for dogs	100 count - \$21.95	

TOTAL COST FOR ORDER: \_\_\_\_\_

# Supplied for Success and Survival

## Summary Sheet

1. Complete the chart below to summarize your expenses:

Store/Service:	Total Amount Spent:
Iditarod Entrance Fee	
Adanac Sleds	
Black Ice	
Cabela's	
Vet Services	

TOTAL AMOUNT SPENT: \_\_\_\_\_

2. Remember, your sponsor graciously gave you \$20,000 for your supplies. Did you come in over or under budget? Write a number sentence to prove your answer.
3. Based on your results in the question above, what should your next step be?



4. On the next page, write a thank you letter to your sponsor. Be sure to explain how you chose to spend your money and why you made the decisions you did.

