Race with the Sled Dogs Start-up Information

What is Race with the Sled Dogs?

Race with the Sled Dogs is a fun event where your students virtually run the Iditarod® along with the sled dogs. It's a simple, fun way to encourage students to be more active. **BONUS**: Check out the wide variety of education-al opportunities already available at https://iditarod.com/edu/category/teach-and-learn/ that may be easily incorporated into your event.

How Do I Track Mileage? Is this Challenge Per Student or For the Entire School?

This challenge is designed to track mileage collectively for a group – a classroom, a run club, or your entire school. You will want to use the combine mileage of all your students. The Junior Iditarod® challenge is 150 miles; the full Iditarod® challenge covers about 1,000 miles*. Choose the course that works best for the size/age/fitness level of your participants. See how to use EZ Scan for your Race with the Sled Dogs Event - fitnessfinders.net/RWSD/EZ.

How Long is the Race with the Sled Dogs?

The Junior Iditarod® starts the last Saturday of February. It can take the musher and their team of dogs anywhere from 1-2 days to complete the course – depending on the weather. Challenge your students to cover 150 miles as quickly as the mushers. Or, simply compare how long it takes your runners to complete the same number of miles as the sled dogs.

The Iditarod® starts the f rst Saturday of March. It takes the musher and their team of dogs from 8-12 days to travel from Anchorage to Nome. You can follow their progress in real time at iditarod.com. Challenge your students to keep up with the leader; or, see how quickly they can cover the entire 1,000 miles. It's up to you.

Note: We do encourage you to set specific days to start and end your event. This way, the students can enjoy the challenge, but also experience a sense of urgency to complete the goal.

Should I Reward My Students?

That's completely up to you. We find students are motivated by receiving awards along the way to show their progress and to build excitement for the event. Use Fitness Finders® Race With the Sled Dogs Bundle available at fitnessfinders.net/racewithsleddogs, or create your own award system.

What is the [Race with the Sled Dogs Bundle](#)?

We've combined 3 appropriately themed awards together with a LaceLink™ Lanyard so you can equip all your runners – *while saving 20%!*
The **Race with the Sled Dog Bundle** includes:

- **24" LaceLink™ Lanyards** – So kids can safely show off their awards as they run.
- **Compass Awards** – They'll need one of those.
- **Paw Prints** – The Iditarod® course is sure to be full of these.
- **Snowflakes** – Bet they'll see lots of these.

How do I Incorporate Awards into the Event?

We recommend 4 checkpoints along the race routes where you reward your students. To **DOWNLOAD FREE MAPS** to use with your program go to fitnessfinders.net/RWSD/Maps *(includes an optional third map if you want to add some additional awards to your program.)*

Junior Iditarod® Checkpoints with mileage and awards:

Su River	40 miles	Lacelink Lanyard
Yentna Station	75 miles	Compass
Old Hunter Trail	132 miles	Paw Print
Willow	150 miles	Snowflake

Iditarod® Checkpoints with mileage and awards:

Rainy Pass	153 miles	Lacelink Lanyard
Ophir	352 miles	Compass
Unalakleet	714 miles	Paw Print
Nome	1,000 miles	Snowflake

Optional third map displaying more awards that could be used during this incredible journey is availible. See additional Race with the Sled Dogs items at fitnessfinders.net/racewithsleddogs.

Remember, you're tracking your group's mileage. When the group reaches a distance goal, everyone receives an award.

Note: We recommend providing the first award after a student reaches a minimum participation distance goal – perhaps just 1 mile, perhaps more. This encourages all students to become an active member of this fun event.

Are There Printed Materials Available?

The official Iditarod® website – iditarod.com has an abundance of information for teachers, coaches, and coordinators to use. There are maps, real time videos and trackers, and education activities and lessons for all subjects. It's truly an amazing resource! We encourage you to explore the site to decide what information will be most useful to you and your event.

What If I Can't Do It This Year During These Specific Dates?

No problem! All the information will be archived on the FitnessFinders.net website. You can run the Race with the Sled Dogs next year; or, during a different event date – whatever works best for you!

Looking For More Great Ideas?

Check out the EZ Scan® Community page on Facebook. Our experts in the field *(teachers, coaches, & run club coordinators using EZ Scan®)* share what they do and how they do it. It's an amazing place to find and publicize practical tips, knowledge, and ideas – and to celebrate everyday successes you experience!

Mush On! 😊