

Race with the Sled Dogs Q & A

What is Race with the Sled Dogs?

Race with the Sled Dogs is a fun event where your students can virtually run the Iditarod® along with the sled dogs. It's a simple and fun way to encourage students to be more active. **BONUS:** Check out the wide variety of educational opportunities already available at the official [Iditarod® website](#) that may be incorporated, as well.

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. 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.

How long is the Race with the Sled Dogs?

The **Junior Iditarod®** starts Saturday, Feb 23. 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 Saturday, March 2. It takes the musher and their team of dogs from 8-15 days to reach Nome. You can follow their progress in real time with this [link](#). 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. You can use our [Alaskan Adventure Bundle](#) available from Fitness Finders®, or you can create your own award system.

What is the Alaskan Award Bundle?

We've combined 3 of our most popular awards together with a LaceLink™ Lanyard so you can equip all your runners – while saving 20%! (*All awards and LaceLink™ Lanyards come in bags of mixed colors.)

The **Alaskan Award Bundle** includes:

- *[Compass tokens](#) – Yep, they'll need those.
- *[Frosty Toes](#) – Hopefully, they won't experience real frosty toes. 😊
- *[Paw Prints](#) – The actual Iditarod® course is sure to be full of these.
- *[24" LaceLink™ Lanyards](#) – So kids can safely show off their awards as they run.

How do I incorporate awards into the event?

We recommend 3 landmarks along the race routes where you can reward your students. For the **Junior Iditarod®**, these points are Bruma Road (18 miles); Yentna Station (75 miles); and Willow (150 miles). For the **Iditarod®**, these are Rainy Pass (153 miles); Grayling (530 miles); and Nome (1,000 miles).

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

Note: We recommend passing out the LaceLink™ Lanyards to runners at the beginning of your event, but *after* they have completed a "participation goal," like 1 mile. Then, award each subsequent charm at the distance goals of your choice. If you have other awards you would like to use, no problem. These are just suggestions.

Are there printed materials available?

The official [Iditarod® website](#) 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!

We are also planning to offer another campaign event in the fall of 2019. We're not definite on the event theme yet, but we will keep you posted this spring.

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 with other adults from around the country!