

Turn in Page 3 Tally Sheet (w/ First Name/Age added) at the *KIDAROD*



A RACE AGAINST TIME!

In 1925, an amazing race across Alaska was begun to save the people in Nome who were suffering from diphtheria. Brave and caring individuals organized teams of sled dogs to carry medicine to Nome. Ever since, the Iditarod race happens each year to commemorate this amazing, life-saving mission. Now it's your turn!

NAME



This challenge is brought to you by CycleHealth, an initiative of the YMCA of the Greater Twin Cities. We believe that kids can lead America to a new cycle of health. Each season of the year, CycleHealth offers a new training challenge. The *KIDAROD* is the name of the winter training challenge and the adventure race that follows.

The inspiration for the KIDAROD is the IDITAROD. Before starting this challenge, look up and write in the answers to these four questions.

- 1 Look up "1925 serum run to Nome." Why were teams of sled dogs and mushers used to bring the medicine to the people in Nome instead of other transportation?
- 2 Why was this journey called the "Race of Mercy"?
- 3 What is the Iditarod?
- 4 What breed of dogs pull the sleds, and what makes them uniquely special to pull sleds?



ARCTIC OCEAN

1,100 MILES. The approximate length of the Iditarod.

12,000. The number of calories per day consumed by sled dogs.



THE "RED LANTERN." The special prize given to the last finisher.



CHECKPOINT 2

NIKOLAI

FINISH

CHECKPOINT 5

NOME

CHECKPOINT 3

EAGLE ISLAND

CHECKPOINT 4

WHITE MOUNTAIN

CHECKPOINT 1

FINGER LAKE

START

ANCHORAGE

MUSHER. The man or woman who leads the sled dog team.

BOOTIES. Sled dogs wear them to protect their foot pads from rough terrain.

20 MPH. The speed at which sled dog teams can travel.

INSTRUCTIONS

Pack your bags, ready your team... your 1,100 mile trek across the frozen tundra of Alaska is about to begin! To make the journey, first, answer the questions at the left, then proceed to exercises in Checkpoint 1 on back of this form. Follow the directions there to proceed through all 5 checkpoints on your journey from Anchorage to Nome.

BERING SEA

ALASKA

CANADA

PACIFIC OCEAN


CHECKPOINT 1 - ANCHORAGE TO FINGER LAKE

Sled dogs love to run! Be like them by doing 2 Sweat Sessions (outdoors when possible) for at least 20 minutes each. What did you do?

#1		# Minutes	
#2		# Minutes	

You're about to set off on your race of mercy. Start at home. Do three chores. List them here when complete.

#1	
#2	
#3	


CHECKPOINT 2 - FINGER LAKE TO NIKOLAI

Sled dogs love to run! Be like them by doing 2 Sweat Sessions (outdoors when possible) for at least 30 minutes each. What did you do?

#1		# Minutes	
#2		# Minutes	

RESEARCH QUESTION. Who was Leonhard Seppala, and why was he important to the children of Nome?

When finished, put a Flywheel Sticker on Checkpoint 1 of the race and advance to Checkpoint 2.


CHECKPOINT 3 - NIKOLAI TO EAGLE ISLAND

Sled dogs love to run! Be like them by doing 2 Sweat Sessions (outdoors when possible) for at least 40 minutes each. What did you do?

#1		# Minutes	
#2		# Minutes	

Eating nutritious food instead of junk food will help your body be strong for the whole journey. Say NO to three junk food items and replace with nutritious choices.

Said NO to:			
Replaced with:	1	2	3

When finished, put a Flywheel Sticker on Checkpoint 2 of the race and advance to Checkpoint 3.


CHECKPOINT 4 - EAGLE ISLAND TO WHITE MOUNTAIN

Sled dogs love to run! Be like them by doing 2 Sweat Sessions (outdoors when possible) for at least 50 minutes each. What did you do?

#1		# Minutes	
#2		# Minutes	

RESEARCH QUESTION. Who was Balto? Write as many facts as you can about him and what he did in 1925.

When finished, put a Flywheel Sticker on Checkpoint 3 of the race and advance to Checkpoint 4.


CHECKPOINT 5 - WHITE MOUNTAIN TO NOME

Sled dogs love to run! Be like them by doing 2 Sweat Sessions (outdoors when possible) for at least 60 minutes each. What did you do?

#1		# Minutes	
#2		# Minutes	

To complete your journey to Nome, find a way to help in your classroom or school. Clean up or organize an area, or help a classmate in need. When complete, record what you did here.

How did it make you feel?

When finished, put a Flywheel Sticker on Checkpoint 4 of the race and advance to Checkpoint 5.

When finished, put a Flywheel Sticker on Checkpoint 5 of the race. YOU'VE REACHED THE FINISH LINE!