

# Iditarod Virtual Day Activity

## Virtual Day Finished Project Overview

**Geography:** Students will read the article about the cultural event of the Iditarod race of 2017. Students will fill out the report summarizing the article and expressing the personal opinion of the piece and/or event.

Assignment: [Iditarod Current Event Report](#)

Rubric: [Current Event Rubric](#)

Example: [Student Report](#)

**English:** When applicable, all information presented in the brochure should be in paragraph format and demonstrates appropriate use of correct spelling, punctuation, capitalization, grammar, and usage. The writing should clearly exhibit appropriate sentence structure, with no run-on/fragment issues. Information should be organized into paragraphs that blend.

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**Math:** Students will be able to solve a variety of problems using their understanding of rational number operations.

[Staying Warm at the Iditarod](#)

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**Science:** Students will read the article provided (information compiled from [coolantartica.com](http://coolantartica.com)) and create journal entries from the perspective of an injured Iditarod racer.

Assignment: [Iditarod Science Journal Entries](#)

# Iditarod dogs reach checkpoint without their dozing musher

By Becky Bohrer, Associated Press on 03.09.17

Word Count **360**

Level **MAX**



Canadian Karen Ramstead mushes her sled dog team down a trail outside Anchorage, Alaska. They were heading toward their first check point in Eagle River in March 2007, at the beginning of Iditarod 35. Photo from: Jim Watson/AFP/Getty Images.

**JUNEAU, Alaska (AP) — Add sleep to the already long list of hazards in the Iditarod Trail Sled Dog Race.**

A video posted on the official race website shows a dog team that arrived at a checkpoint without a musher. "Now you've seen it all, huh?" a man in the video says.

As the video scanned the faces of the mellow-mannered dogs, a man could be heard saying, "Where's Linwood?"

That would be Linwood Fiedler, a race veteran. He arrived at the checkpoint about an hour behind his dogs after falling asleep and toppling off his sled, according to information accompanying the video.

Fiedler checked in at 4:09 a.m. Thursday and was back on the trail at 11:37 a.m. race

He told Anchorage television station KTUU that he had been fighting to stay awake.

"I was doing a pretty good job, and then I lost," he said, laughing.

"I'll tell you one thing. From the minute my body left the sled until my face smashed into the snow, I was still asleep," he said.

Fiedler told the station he has fallen off his sled only a few times during his career. The last time it happened, he was awake, so he said, "Whoa," and his dogs stopped.

"I was really hoping for a repeat of that last night," he said. "You feel a little alone and naked walking down the Yukon River all by yourself in the middle of the night, looking at wolf tracks that every once in a while, you go, 'Hmm.'"

Fiedler began dog mushing in 1977, according to his profile on the race website. For the last 16 summers, he's operated a glacier tour business.

Race director Mark Nordman said Fiedler faced no penalty for his separation from his dogs.

"It's another story for his book," he said.

The winner of the nearly 1,000-mile race across Alaska is expected in Nome early next week. Racers set off from Fairbanks on Monday.

On a separate sheet of notebook paper, fill out the following information from the article.

**Article Title:**

**Source:**

**Date:**

**Summary (Who, what, where, when, why, and how? Do not write "I", "we", or add quotes from article! MUST BE 4-6 SENTENCES!):**

**Personal Response (MUST BE 4-6 SENTENCES! Answer one or more of the following: why did you choose this article, why is this info important, how do you feel about it, how would you solve this? Evidence-based terms: according to the article, it said so on page, from my reading I know that... )**

Graded by ELA teachers.

Name: \_\_\_\_\_

Hour: 1 2 4 5 6

**Current Event Grading Rubric**

\_\_\_\_\_ **Title** (10 pts)

\_\_\_\_\_ **Source**, must be specific! not "Computer" or "Internet" (10 pts)

\_\_\_\_\_ **Article Date** (10 pts)

\_\_\_\_\_ **Summary** (30 pts)

\*\*\*\*\* If it isn't 4-6 sentences, take off 15 points.

\*\*\*\*\* If it includes "I" or "we" OR quotes from article are added, take off 15 points.

\_\_\_\_\_ **Personal Response** (30 pts)

\*\*\*\*\* If it isn't 4-6 sentences, take off 15 points.

\*\*\*\*\* If it does not include evidence from the article, take off 15 points.

\*\*\*\*\* Underline/highlight the evidence.

\_\_\_\_\_ **Grammar** (10 pts)

\*\*\*\*\* Capitalize the beginning word of each sentence.(4 pts)

\*\*\*\*\* End each sentence with proper punctuation. (4 pts)

\*\*\*\*\* Each sentence adds new, meaningful information. (2pts)

\_\_\_\_\_ **Total** (100 pts)

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Name: \_\_\_\_\_

Hour: 1 2 4 5 6

**Current Event Grading Rubric**

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\_\_\_\_\_ **Grammar** (10 pts)

\*\*\*\*\* Capitalize the beginning word of each sentence.(4 pts)

\*\*\*\*\* End each sentence with proper punctuation. (4 pts)

\*\*\*\*\* Each sentence adds new, meaningful information. (2pts)

Chloe Armstrong  
Mrs. Gorbet  
November 12, 2018

Sorry Gorbet

Article title: Iaitarod dogs reach checkpoint without their dozing musher.

Source: NEWS-ELA

Date: March 9, 2017

### SUMMARY

Mellow-mannered dogs arrived at a checkpoint without their musher, Linwood Fiedler. In Alaska, 2017, a 1,000-mile race was held and Fiedler was one of the participants. Fiedler had fallen asleep and toppled off his sled leaving the dogs on their own. While his dogs kept moving on, Fiedler lied on the ground asleep. Once Fiedler had awoken, he found his way to the first checkpoint, where he found his dogs. Fiedler was not surprised that he fell asleep and admitted he had done it before.

### Personal Response

This article was interesting. The way the dogs kept going and made their way to the first checkpoint on their own is surprising. If those were my dogs, they would have halted. Then again, my dogs aren't so smart. If I were Fiedler, and have woke up in the snow, I would have freaked —>

out. But, doing the same as Fiedler, I would have also made my way to the first checkpoint. According to the article, there was another person sitting in the sled. I wonder why, when they found out Fiedler was gone, stop the dogs and go find him.

DONE

Name \_\_\_\_\_



## Staying Warm at the Iditarod

Math skills: addition, multiplication, division, percents

If you are going to the Iditarod, you will need to bring along plenty of warm clothing. Below you will find a list of the items you might need and their cost. The chart also shows the discount a local store will give you on each item. Figure the price for each item of clothing. Then figure the total cost.

CLOTHING ITEM	ORIGINAL PRICE	DISCOUNT	SALE PRICE
Windstopper pants	\$100.00	40%	-----
Gloves	\$32.00	40%	-----
Liner gloves	\$16.00	50%	-----
Lambswool socks	\$10.00	35%	-----
Liner socks	\$45.00	40%	-----
Flannel-lined chinos	\$30.00	30%	-----
Bomber hat	\$30.00	40%	-----
Parka	\$250.00	50%	-----
Mukluks	\$90.00	50%	-----
Boots	\$100.00	25%	-----
SUBTOTAL			-----
SALES TAX IN YOUR STATE:			----- %
TOTAL COST			-----

# HOW DO HUMANS SURVIVE EXTREME COLD?

Humans are tropical animals and are not equipped to deal with even mild cold. The only way that we can live in the cold is by wearing clothing and building shelters. Successfully surviving the cold requires two things. First, your body must create enough heat by burning food and then you must prevent the loss of that heat by wearing suitable clothing and seeking shelter.

A naked person will start to feel cold if the surrounding temperature drops below around 25°C (77°F). Body responses such as shivering and moving blood away from the extremities (arms, legs, feet, hands) and the surface of the skin will then kick in. **The range of body core temperatures we can function properly within is very small.** Perhaps the most surprising thing is that most people go their entire lives of many decades without once leaving the normal zone by more than a couple of degrees either way.

## GETTING COLDER

A reduction in body temperature results in impaired body function. This is seen most easily at low temperatures when you try to do something like tie a shoe-lace or do up an awkward button with fingers that are clumsy with cold. The nerve cells that transmit impulses work more slowly as do the muscles controlling your fingers. 12°C is the critical air temperature for good manual dexterity and 8°C for touch sensitivity.



"In Antarctica, I was most aware of this when axing through sea-ice to make a hole for a diver (to set fishing nets). After five minutes or so of chopping away, I had to prise (pull) my fingers of one hand individually away from the ax handle using a very clumsy other hand as the cold had slowed the blood flow, the effect made worse by gripping it so tightly, this despite wearing gloves."

**A common symptom of cold weather is its effect on urine production.**

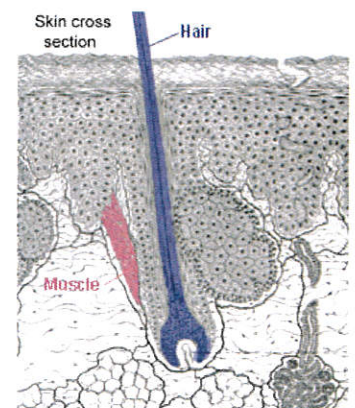
Exposure to cold causes a reduction in blood flow to the surface of the skin by constriction of blood vessels.

This reduces the overall volume of the circulatory system so increasing the blood pressure. The body's response to this is to reduce the fluid volume by getting rid of some water via urine, an event known as "cold diuresis". When you get cold, you want to pee.



**Another reaction you may notice is that when the skin temperature falls the surface blood vessels dilate (get wider) rather than constrict. This phenomenon explains the red cheeks and nose characteristic of frosty weather. Eventually, however, the body stops the dilation of the blood vessels to the skin and the skin falls to the surrounding temperatures when frostnip or frostbite may occur.**

Goosebumps or pimples are an obvious sign that a person is feeling cold. They are caused by an individual tiny *erector pili* muscle attached to the base of each and every hair follicle covering the body. The scientific name for this is *horripilation*. In man, it has no effect as we don't have enough hairs to make a difference, but in animals with a dense coat of fur, it improves insulation. You may notice your cat or dog becomes noticeably larger outdoors when it gets below freezing for instance.

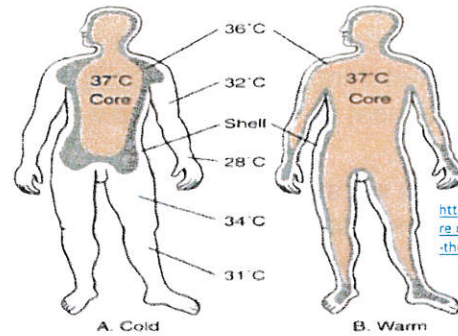




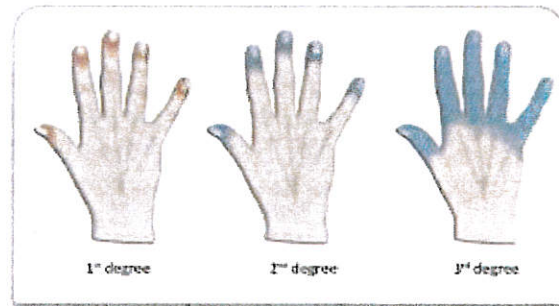
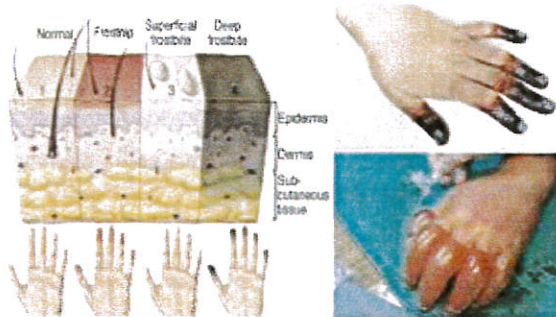
# THE SACRIFICE OF PARTS FOR THE GREATER GOOD

**IN CONDITIONS** when the body starts to lose more heat than it can easily generate it will start to allow the extremities, fingers, toes, ears, nose, and cheeks start to get cooler. There is still a blood flow to these body parts, but not as much flows as does normally. Heating the extremities would bring cooled blood back to the body core so cooling the body even further. The extremities lose heat very easily.

This reduction of blood flow is not normally a problem and happens to most people much of the time even in mildly cool conditions. In extreme or prolonged cold, however, it can lead to frost-nip and even frost-bite. These are situations in which the body has made the decision to risk or sacrifice some of the more expendable (not necessary for survival) parts to preserve the core temperature and avoid death from hypothermia.



<https://www.slideshare.net/sareer/sareer-thermoregulin-copy>



FIRST STAGE Frostnip	SECOND STAGE Frostbite	THIRD STAGE Severe Frostbite
<p>Most often observed at the end of the nose, tops of the ears or possibly fingers. The skin goes an unnatural looking paler, pasty shade and loses sensation. This is caused by a lack of blood flow to those regions because they are losing so much heat. Frostnip is an early warning sign that if left will lead to frostbite.</p>	<p><b>Left unattended, frost-nip will lead to frostbite.</b> The difference is that in frostbite, the skin actually falls below freezing point and ice crystals form within the live cells of the skin killing them in the process. On rewarming, the skin swells and blisters turning blue-purple to black - this then forms a hardened black carapace. If the damage is not severe, the dead layer is sloughed off revealing new healthy skin that has grown underneath. It is however very painful.</p>	<p>More serious is when frostbite affects the deeper layers of muscle and bone. This almost always results in permanent tissue damage and may result in amputation of fingers, toes, even feet, hands and parts of the arm or leg. Many polar explorers and mountaineers have lost parts of some fingers or toes because of frostbite.</p>
<p>Frostnip can actually freeze the surface layers of the skin and lead to symptoms like sunburn with the warmed skin later turning bright red and being sloughed off. There is no permanent damage.</p>	<p>On rewarming, the skin swells and blisters turning blue-purple to black - this then becomes hardened and black. If the damage is not severe, the dead layer is sloughed off revealing new healthy skin that has grown underneath. It is however very painful.</p>	<p>serious damage can be caused when badly frostbitten body parts are rewarmed, particularly if it is done too rapidly. It is, therefore, better to keep the parts frozen until medical attention can be received.</p>

**IMAGINE IT.....**You're racing the Iditarod and currently in the lead when your dogs become startled and make a hard right off course. You cannot maintain control and fly off your sled, landing in the deep snow nearby. You're injured and alone with little daylight left. What will happen to you? Using the information you have read today, document your struggle for survival and physical symptoms in your six journal entries provided below. Each journal entry must be at least 5-7 sentences in length, use correct spelling, grammar, punctuation and be written legibly.

Date
<i>Dear</i> _____,

Date
<i>Dear</i> _____,

Date
<i>Dear</i> _____,

Date

Dear \_\_\_\_\_,

Date

Dear \_\_\_\_\_,

Date

Dear \_\_\_\_\_,