

A Master and A Rookie

Iditarod Sled Dog Race 2009

<http://web.mac.com/kathykent1/iWeb/MasterRookieIditarod2009/Podcasts/Podcasts.html>

On this website, there are 42 video clips from Lance Mackey and Kim Darst's presentations sharing their experiences in the 2009 Iditarod Sled Dog Race. You can subscribe to receive the clips as podcasts that will download into software such as iTunes. The podcasts are sectioned by topic and have questions for preparation for viewing or for learning about many aspects of the race.

The master is Lance Mackey, the present winner, from Fairbanks, Alaska. The rookie is Kim Darst from Blairstown, New Jersey who scratched the race to save her dog. She is New Jersey's first musher in the race.

Each video clip highlights topics with questions.

The postings of the mushers' segments alternate with 21 videos a piece.

Kim Darst's podcasts – odd numbers 1- 23 and 24, 27,28, 29, 33, 34, 35, 39, 40

Lance Mackey's podcasts – even numbers 2 – 22 and 25 ,26, 30, 31, 32, 36, 37, 38, 41, 42

Topics

Introductions, race preparations, why they race sled dogs, lessons learned, veterinarians, dog care, the dogs, mushing equipment, the Start, the Restart, Larry, Cotton, handlers, volunteers, ION tracking device, checkpoints, the trail, race challenges, a blizzard, weather, scratching the race, the finish at Nome, and Questions and Answers.....

Compare the Iditarod Sled Dog Race through the experiences and passions of a Master and a Rookie.

1. Kim Darst Presentation Introduction

Meet Kim Darst.

Listen for the answers to these questions?

1. What is her truck like?
2. What history is celebrated by the Iditarod?
3. Who is Kim's mentor?
4. How did Kim get started in running sled dogs?
5. What state is Kim from?
6. What is a Rookie?

2. Lance Mackey Presentation Introduction

Meet Lance Mackey.

Listen for the answers to these questions?

1. What is his passion?
2. How many dogs does he have?
3. What are his accomplishments?
4. What is his most important accomplishment?

3. Kim Darst on Preparations for the Race

Listen for the answers to these questions.

1. What is a gangline?
2. When did Kim leave for Michigan to train her dogs?
3. What foods were packed for Kim to eat along the trail?
4. What did Kim forget to pack?
5. Why is it so expensive to run the Iditarod?
6. What was the entry fee this year?
7. How long did it take to bag the food for the dogs for the race?
8. What kinds of meat do the dogs eat?
9. What are drop bags? What is put in a drop bag?

10. How many checkpoints did Kim have to supply with her drop bags?
11. How many drop bags were left at each checkpoint?
12. How much could a drop bag weigh?
13. How do drop bags get to checkpoints?

4. Lance Mackey Bib 13 and Family

1. Why is Bib # 13 so important to Lance, his father, and his brother?
2. How did Lance get his passion for dogs?
3. What is the Junior Iditarod?

5. Kim Darst Question & Answers on Race Preparations

1. What did Kim do to qualify for the Iditarod Sled Dog Race?
2. Is there such a thing as racing without snow? Where?
3. What was Kim's training routine for her dogs between October and February?
4. What was Kim's racing sled like?
5. What was carried on her sled?
6. What did she say briefly about what she wore.
7. Name some snacks Kim had along the trail.

6. Lance Mackey What he learned and what it is all about....

1. What did his parents teach him?
2. What does Lance feel is important in this sport?
3. What are some of Lance's accomplishments?
4. Does Lance let obstacles get in his way?

7. Kim Darst North to Alaska and Veterinarians Check the Dogs.

1. What is the name of the road into Alaska that Kim traveled with her team?
2. What is another name for the dog called CB?
3. What does Kim mean when she says "drop the dogs?" What happens when the dogs are dropped?
4. What did Kim do after every two to three hours of driving?
5. How many days did it take her to get to Anchorage for the race?
6. Name the wildlife Kim saw along the way?
7. Where do the veterinarians come from? Name some places.
8. What was checked on each dog?
9. Why are the dogs checked carefully before the race?
10. How many dogs did Kim bring up, and how many would be in the race?

Microchips for each dogs- Learn from [Iditarod Sharing the View](#) podcast video clip # 10 "It Is All About the Dogs." Midway in the clip a volunteer explains checking the chips before the race.

<http://web.mac.com/kathykent1/iWeb/Site/Podcast/7D697334-BD5B-11DB-8DB8-000A95D64186.html>

8. Lance Mackey Dog Yard, Dogs, Advice for Kids...

1. What is a dog yard?
2. How many dogs does Lance have?
3. What is the makeup of the dogs in Lance's kennel?
4. What does Lance know about all his dogs?
5. What does Lance have to do everyday?
6. What does Lance mean by "it's all business" and "game on?"
7. What advice does Lance have for kids interested in mushing?

9. Kim Darst Q & A on dogs health,drugs, Vitamin E....

1. Why are dogs given Prilosec?
2. How many teams of dogs are drug tested?
3. Why is Vitamin E given to the dogs?

10. Lance Mackey Back in the sport....

1. How many years was Lance away from running a sled dog team?

2. How does Lance select the dogs for his kennel and for his racing team?
3. What is necessary for all dogs that are at Lance's kennel?

11. Kim Darst Teacher on the Trail & Team 52

1. Who is the Teacher on the Trail for 2010?
2. What does a Teacher on the Trail do?
3. Why was Team 52 important to Kim?

12. Lance Mackey His Clothes for the Trail

1. What are some trail conditions Lance mentioned?
2. Who designs Lance's winter clothing?
3. What design ideas does Lance have in his clothing?
4. Why is it important to have a safety reflector light?
 3. What is the problem the mushers have with snow machines?

13. Kim Darst More preparations, training, booties....

1. How long did Kim have to train her dogs in the Anchorage area?
2. Why were tunnels a concern for the dogs?
3. Why do dogs wear booties?
4. How many booties are needed for a team?
5. How long could it take to bootie a team?
6. What are some jobs volunteers did for Kim and her dogs?

14. Lance Mackey Caring for the dogs...

1. Who are the toughest on an Iditarod team?
2. What part of a dog is the most important to keep healthy?
3. What analogy does Lance give to help understand the importance of a dog's feet? What word describes the function of a dog's feet?
4. What equipment is provided for the dogs?
5. Why are the dogs considered athletes?
6. What difficulties can occur for the dogs along the trail?
7. Why are checkpoints important along the trail?
8. What difficulties can occur for the musher out on the trail?
9. Who assists the musher to keep a team healthy and strong?

15. Kim Darst on the Musher Banquet, the race routes, and wildlife....

1. What is the Musher Banquet?
2. What number did Kim pick for her team?
3. Name the race routes.
4. Why are there two different routes?
5. Give facts about the routes?
6. How many miles did Kim go on the trail?
7. What wildlife can be seen on the trail?
8. What protection did Kim carry in case there was a problem with moose?
9. What happened to Susan Butcher's team when they encountered a moose?
10. Interactive Map resource.

http://cabelas.iditarod.com/images/ed_expedition/map_north.swf

Go to the trail section McGrath to Takotna and click on the options of trail events. You will find the event that is based on Susan Butcher's problem with a moose in 1985.

This interactive map is a resource for an experience journal. The activity is posted -

Iditarod Experience Journal on
Teaching Resources - (a page of the Iditarod website)
<http://iditarodblogs.com/teachers/teaching-resources/>

16. Lance Mackey I am going to brag about this dog Part 1

1. Who are the heroes of the Iditarod according to Lance?
2. Which dog does Lance brag about?
3. Lance says- "He has made me what I ____." (Fill in the blank)
4. How old is Larry?

5. What races did Larry run and win?
6. Retell Part 1 of Lance's story that illustrates how smart Larry is.
7. Describe Larry's body language that Lance talks about.
8. How will this story end?

17. Kim Darst The Start

1. What is the ceremonial start and where is it held?
2. How many "starts" are there and why?
3. How do people become an Idita-rider and what does an Idita-rider do?
4. When a musher crosses the start line, how many sleds, drivers, and dogs are part of the team?
6. What is the difference between an Alaskan Husky and a Siberian Husky?

18. Lance Mackey A dog to brag about... - Part 2

1. What mistake did Lance make?
2. How many miles had Lance and his team gone off the trail?
3. What did Larry know?
4. What was Lance's reaction?
5. Why was returning to the right trail difficult?
6. What did he do to each dog?
7. What was the dog's reaction to Lance?
8. What did Lance feel?
9. What did the judges tell Lance, and what was his reaction?
10. How many times did Lance take the wrong trail when he was competing in the Yukon Quest races?
11. Who will have Larry on his team in Iditarod 2007?

19. Kim Darst Q & A Handlers and Innovations

1. What does a handler do at the Start and Restart of the race?
2. How many handlers worked with Kim's team?
3. When Kim was asked about innovations mushers used in the race, what was her response?
4. What interesting innovation was mentioned?

20. Lance Mackey My Typical Sled

1. Why does Lance load up his sled?
2. When Lance and his team are experiencing harsh conditions, like 40 below zero temperatures, why does he stay upbeat and enthusiastic?
3. What sled did Lance use this year? with a seat or without one?

21. Kim Darst Restart

1. What is packed in the sled for the race of up to 15 days?
2. What was the coldest temperature during the race for Kim?
3. How many dogs are on a team for the Restart?
4. Describe the dogs before leaving the race gate?
5. Kim's volunteers had chores to do. Name them.

22. Lance Mackey Ion Earth Tracking Device

1. This year the Ion Earth tracking device was voluntary or mandatory?
2. How is the tracking device a valuable tool for fans and officials?

23. Kim Darst Trail - Rohn checkpoint & work/ rest....

1. How many hours did Kim spend at checkpoint Rohn?
2. A musher uses a cooker. Water is heated in the top pot, and Heet, an antifreeze, is used to heat the water. Where does the water come from?
3. Name other jobs that are done for the dogs first.
4. Why are booties taken off the dogs?
5. How long does it take to prepare the dogs' meal, feed them, take care of their feet, and give them straw beds?
6. How long does it take to repack the sled and rebootstrap the dogs?
7. How much sleep does Kim get?
8. Name the musher that camped with Kim?

9. How did Kim take care of batteries and her digital camera? Why?

24. Kim Darst Trail - Happy River Steps, Rainy Pass..

1. Kim snacked her dogs from time to time during their runs. What did the dogs get to eat? How long a break did the team get?
2. Describe Kim's explanation of running the Happy River Steps.
3. What time of day did Kim and her team like to run the trail? Why?

25. Lance Mackey The Iditarod Trail

1. Why is Lance not lonely on the Iditarod Trail?
2. Name the two routes that make up the trail? What are they like?
3. Why are the villages important to the race?
4. Who originated sled dog travel?

26. Lance Mackey The Start

1. Who got to lead the team at the Start?
2. How many dogs are used at the Start and for the race?
3. How does Lance know what his dogs are thinking?
4. What happened to Lance during his run on the Start?
5. What did the dogs understand about Lance during the moose encounter?

27. Kim Darst Trail & no snow....

1. Describe Kim's experience after Rohn at the glacier?
2. Describe her experience in the area that did not have snow?
3. Retell her story of finding Nikolai checkpoint?

28. Kim Darst Nikolai, Ophir.....

1. What is a dropped dog? Which dog did Kim drop in Nikolai?
2. What part do the veterinarians have with dropped dogs?
3. What do the mushers carry for keeping records of their dogs' health and care?
4. What are two ways that dogs are taken from a checkpoint when they are drop?
5. Who takes care of the dogs when they are returned to Anchorage?

29. Kim Darst Cotton plus Q & A

1. How old is Cotton, and what is the age span for Kim's team?
2. Describe Cotton.
3. Retell Kim's McGrath story about her team and a hill. How did this affect her strategy?
4. What did you learn from Kim's responses to how leaders are trained?
5. Do dogs have the ability to remember a trail?
6. Give the number of calories a dog and a musher need a day.
7. What do the dogs and Kim like to eat?
8. What are the means by which Kim builds her strength to run the race?
9. What does Kim look for in a dog for the team?
10. Why would Kim have a dog ride in her basket? How about Avalanche?

30. Lance Mackey Out on the trail.....

1. What areas does the trail run?
2. What is the point of riding backwards?
3. Why are trail markers important?
4. What is it like on the trail at the Bering Sea?
5. How does Lance break up the routine with his dogs?
6. A team always has the view of trail markers. Yes or No? What happened this year with the markers and why?

31. Lance Mackey Checkpoints

1. Describe what happens at a checkpoint.
2. What did Lance find in the area between Kaltag and Unalakleet?
3. How does Lance have his team rest?
- 4.. Who does Lance mention that are out along the trail and whose work is important to the teams?

5. What does Lance have stored along the trail?
6. What is given to the village residents?

32. Lance Mackey Farewell Burn & What Nature Has...

1. Describe the Farewell Burn and animals that live there.
2. How did Lance and his leader, Larry and Maple, handle a blizzard?

33. Kim Darst The Blizzard and Cotton

1. What time did Kim and her team leave to run the next part of the trail?
2. After the Iditarod checkpoint how many dogs did Kim have?
3. Who was traveling with Kim with his team? Blake Matray
4. What does breaking trail mean? Why did Kim and Blake have to do this?
5. Kim and Blake's teams had more than 60 miles to cover. How did they follow the trail?
6. How many hours should it take to get to Shageluk?
7. How many miles did they go in seven hours?
8. How did they make camp?
9. What did the team look like when they camped in the storm?
10. How did Kim take care of Cotton when she did not respond well?
11. How many hours were they out without help from people following the GPS?
12. What is the Spot?

34. Kim Darst The Blizzard Continued

1. What happens when you ask for outside assistance during the race?
2. What did Blake say to Kim before she used the Spot?
3. Retell the rescue of Cotton and the sportmanship of both mushers.
4. How did the teams get taken out of the race?

35. Kim Darst Q & A Cotton Saved

This clip has questions and Kim's responses about her team, Cotton, and scratching the race.

36. Lance Mackey Weather Friend or Foe

1. Why are there shelter cabins?
2. How does Lance describe the weather in the Blow Hole for this year's race? (2009)

37. Lance Mackey Destination Nome

1. How many dogs were in Lance's team when he reached Nome?
2. What was Larry like at the Finish?
3. What is the Golden Harness Award? Who received this honor?
4. Larry has a Golden Harness Award from the Iditarod and one from the Yukon Quest!

38. Lance Mackey The Finish

1. How does Lance describe winning the Iditarod?
2. Who are the up and coming leaders for Lance's team?

Lance's says: Don't let anybody tell you you can't do something. Set your mind to it, and you can doing anything you want.

39. Kim Darst Going Home

1. Where did Kim's team go to be flown out to Anchorage?
2. How many scratched or dropped dogs were flown out at that time?
3. Why does Kim call Cotton her belt buckle?
4. Kim says- "It is not winning or losing that counts, it is how you _____ the _____. Kim says she had played it right.
5. Kim looks at her race as following her _____ and her dreams.

40. Kim Darst Conclusion

How does Kim feel about her experiences training her dogs, and competing in the Iditarod?

41. Lance Mackey Questions and Answers

1. What does Lance need to built with his team once they have gotten off the trail?
2. How does Lance prepare for extreme weather?
3. What was the scariest experience that has happened to Lance in a race?

42. Lance Mackey Q & A Conclusion

1. What food does Lance eat during his race?
2. What does Lance mean in his quote- “ you train the way you race, and you race the way you train.”?
3. How are the dogs harnessed?
4. Can you add a dog if another one gets sick?
5. Does a dog keep on the same booties for the whole race?
6. How long does it take you to feed all your dogs?
7. What is your favorite kind of dog?
8. What criteria do you use to position your dogs in the race?
9. Do you train your team on the Iditarod Trail?
10. Do you have a dog that is as good as Larry?
11. How fast has Larry run?
12. What is the dogs’ favorite food?
13. Which dog do you love the most?

Video and Website Production 2009- 2010 by Kathy Kent

I have constructed my websites for fans and students who are interest in the details of the Iditarod Sled Dog Race as they follow the 2010 race.

Other activities and podcasts by Kathy Kent

The following links will connect to my first video podcast website, Iditarod Experience Journal and interactive maps for the trail and checkpoints, and a “how to guide for podcasting” student activity.

The connection from iditarod.com -

<http://iditarodblogs.com/teachers/pod-casts/>



Sharing the View

A podcast website with video from 2003 and 2004 Iditarods.

<http://web.mac.com/kathykent1/iWeb/Site/Podcast/Podcast.html>

or google **Kathy Kent + Iditarod Podcasts**

This website contains video podcasts/video clips on the Iditarod to teach students about the race dynamics. Learn about the Start and Restart, view what it is like sitting in the sled behind a team of huskies, see and hear the mushers share about feeding and caring for their dogs etc.



Iditarod Experience Journal with Interactive Maps

These sites are **interactive maps for the trail**. This year the mushers will travel the Northern Route.

http://cabelas.iditarod.com/images/ed_expedition/map_north.swf

http://cabelas.iditarod.com/images/ed_expedition/map_south.swf

These maps are part of an activity – **Iditarod Experience Journal**

iditarod.com link for teacher resources.

<http://iditarodblogs.com/teachers/teaching-resources/>

for the PDF file

www.iditarod.com/pdfs/teacher/lessons/iditarodExperienceJournal.pdf

This posting describes a teacher's experience using this activity and maps in his classroom for writing.

<http://iditarodblogs.com/teachers/2009/06/12/creative-writing-an-assignment-for-any-grade-level-lesson-and-writing-sample-from-students/>



Podcasting the Iditarod – Guide and activity for students

For an activity on posting podcasts or for broadcasting news on the race. **Go to**

<http://insider.iditarod.com/>

then click on **Educational Material** which links to

<http://insider.iditarod.com/index.cfm?event=media.category.list&mediacategoryid=Enhanced%20Educational%20Material>

Files that present the activity for podcasting the Iditarod and a sample audio broadcast.

The Curriculum Connection Chapter 3 – Podcast sample (m4a) – audio report

The Curriculum Connection Chapter 3 (PDF) - is the file that present the activity for podcasting the Iditarod.



2001 Journal Entry

I have traveled with the 2001, 2003, and 2004 Iditarods. I have shared my passion for the race through the internet. The link below is from my 2001 web journal about what my Iditarod experiences meant to me.

<http://iditarodblogs.com/teachers/2010/01/27/reflections-educational-impact-of-the-race/>



All my activities and websites can be used for the present race and races to come.

* **Lance Mackey, Walt and Janet Tremer (organized presentation in Pennsylvania) , Theresa Daily (manager for Lance)**

* **Kim Darst**

Thank you for permission to film each presentation and create the website videos for educational purposes.

Kathy Kent

New Jersey 2-2010