

Chapter 1 : Digging Deep, Is What It is Going to Take â€“ Iditarod

*Winning Strategies for Distance Mushers [Joe Runyan] on blog.quintoapp.com *FREE* shipping on qualifying offers. Veteran musher Joe Runyan gives tips and practical advice for succeeding in long distance mushing competitions.*

One important consideration is finding the right pace. Fatigue will inevitably set in and force the athlete to slow down later. This is unfortunate because the latter portion of the race is the preferred time to be running the fastest! There are two aspects to running -- the physical and the mental. A race starts long before the gun goes off, sometimes even months or years before. The purpose of this article is to discuss anecdotal race strategy advice from outstanding running coaches and the empirical data that supports it, from the warm-up to the warm-down and everything in-between. Race, Race, Race By convention, most long-distance races begin with competitors running at or near sprint speed, leaving the novice spectator perplexed. In addition to strategic positioning, like not getting caught behind the slow runners, there is a physiological benefit to starting fast and in front. The body has three basic energy systems: The aerobic with oxygen and anaerobic without oxygen energy systems are generally well understood by most coaches. However that third system, the alactic system, provides about eight seconds of energy that, if not used at the beginning of a race, is essentially lost and cannot be used at any other time. Going out too fast tends to catch up with you in the end and most runners perform at their best when utilizing even paces. However, for tactical reasons, there are times when a distance runner should adjust their pace as a race unfolds. Getting caught behind a slow herd can be a difficult challenge to overcome, even for the most talented of runners. Winding trails also present opportunities for a clever runner to create separation from the pack behind them. Practice accelerating through trails that hide you from your trailing opponents. Distance runners spend a lot of time running against the clock and focusing on their watches. There is nothing wrong with monitoring your watch while running or calculating splits; but there is a difference between being focused on your time and being obsessed with it. A singular focus on race splits can distract runners from optimal tactical performance. For example, when an opponent is challenging to pass you, speed up! An obsession with the clock can distract many runners from actually challenging their opposition. Running In Packs There is a benefit to running with a partner or in a group of teammates with comparable ability. Performance peaks when the challenge is appropriate. When particular race leaders approached steep hills in the Tour de France, the team plan was to assemble others in a group to help push him. In 8K and 10k races, patience is the key. Run with patience, but also avoid getting out of position. Athletes should be advised to run within themselves. Again, the race is not won in the first mile, but it can be lost. This race really starts at about two miles and the last 1. Thus, a better and faster start becomes more important at this distance. Of course, all distance runners should avoid getting into a pecking order where they are afraid to pass a teammate or opponent. Pecking orders are common in distance running for two reasons; the first of which happens when one runner perceives another runner to be faster. The second belongs to the runner who is afraid to pass a teammate that they will get mad at him -- neither of these mindsets are constructive. There are no guarantees that a so-called better runner is performing up to his typical standards, and there is nothing wrong with challenging yourself within reason to see what you can do! Running Hills Running uphill presents challenges and induces fatigue in all levels of runners. Most runners are taught to push harder up the hill. Countless runners, at the direction of their coach, pass multiple people going uphill with an enhanced amount of speed and effort, but then what happens? As they approach the top of the hill they slow down, only to be passed by and never recover. Following this approach, you will occasionally be passed by a runner as they sprint up a hill. What about running downhill? A useful strategy for downhill running is to open up your stride but avoid overdoing it and let the hill and gravity do the work. Weather Conditions Race strategy, in part, also depends on current weather conditions. Just as cold weather can and does inhibit performance, the same can be said about hot conditions. Extreme heat increases fatigue and hurts performance. By starting a race at a slower pace, you can help ensure that you will have enough energy left to finish strong. After all, it is at the end of the race you should be running your fastest! Although track surface conditions are rather predictable, cross country terrain is quite variable particularly after heavy

rain. A good rule of thumb is to always use the shortest spike you can get away with; there is no need to use a larger spike than is necessary. In sloppy conditions, distance runners should reduce stride length to prevent slippage and increase stride frequency. Thanks to the turns and cramped conditions, strategy is tricky in track running, particularly on indoor tracks which typically have at least twice as many turns as outdoor tracks. Runners must choose precisely the right place to pass, which usually is when they come out of a turn. Distance runners expected to win an indoor race should be advised to run tactically. This means running in second place on the outside shoulder of the lead runner. Employing a drafting strategy allows the opponent to do all the work. Finishing Races Most races are won or lost in the final stages of a race. Therefore, it is imperative that all runners become acquainted with the last , , and meters of the course. The last thing any coach wants is for a runner to get passed in the final stages of a race because the runner was not familiar with the course. As mentioned earlier, athletes tend to have different perceptions of their desire and ability to run through pain prior to the race then during it. Resist the urge to slow, and get out of your comfort zone as you accelerate through the finish, it will be worth it! Warm-Up Routine Warm-up length, intensity, and timing should all vary based on temperature and the length of the race. A warm-up that is too long in duration will deplete glycogen stores necessary for optimal performance in longer races. An ingredient for success in long distance running is the ability to store and utilize glycogen energy storage. What does this mean? Distance runners should typically initiate the warm-up routine 45 to 50 minutes before the start of the race, generating a light sweat. The warm-up concludes with a few brief sprints starting about 7 to 10 minutes before the race. Once again, the goal is to avoid raising body temperature unnecessarily, but also to get your heart, lungs, and muscles ready for hard work. If you stop moving after exercise, the amount of blood returning to your heart and brain may be insufficient and you may experience dizziness, a drop in blood pressure or other problems. To help restore to normal conditions, move at a slow pace for 5 to 10 minutes as your heart rate and breathing rate slowly return to normal. To enhance recovery, an athlete should begin a warm-down within five minutes of the conclusion of a race. Read about some simple form fixes here. Feel free to pick or choose traits or exercises from this article in order to create and cultivate your personal, unique running form. Our experienced team of runners will have you acing your turns, nailing your warm-up, and finishing on a high note in no time. What are you waiting for?

Chapter 2 : Winning Strategies for Distance Mushers : Joe Runyan :

Veteran musher Joe Runyan gives tips and practical advice for succeeding in long distance mushing competitions. Starting with selecting and training pups, kennel management and nutrition, Joe shares his winning strategies and anecdotes from the trail.

Now that the race is more competitive, the last stretch has become one last dash to the finish. According to the census, the village of Unalakleet has a population of , making it the largest Alaska Native town along the Iditarod Trail. Racers are met by church bells , sirens , and crowds. The route then passes across the frozen Norton Bay to Koyuk ; the markers on the bay are young spruce trees frozen into holes in the ice. The route then swings west along the south shore of Seward Peninsula though the tiny villages of Elim , Golovin and White Mountain. All teams must rest their dogs for at least eight hours at White Mountain, before the final sprint. The last leg is crucial because the lead teams are often within a few hours of each other at this point. As of [update] , the race has been decided by less than an hour seven different times, less than five minutes three times. The closest race in Iditarod history was in when the winner and the runner-up were only one second apart. The original burlled arch lasted from until , when it was destroyed by dry rot and years of inclement weather. The new arch is a spruce log with two distinct burls similar but not identical to the old arch. While the old arch spelled out "End of Iditarod Dog Race", the new arch has an additional word: The tradition is based on the kerosene lamp lit and hung outside a roadhouse , when a musher carrying goods or mail was en route. The last musher to complete the Iditarod is referred to as the " Red Lantern ". While the winner of the first race in completed the competition in just over 20 days, preparation of the trail in advance of the dog sled teams and improvements in dog training have dropped the winning time to under 10 days in every race since Brass belt buckles and special patches are given to everyone who completes the race. Participants[edit] The old "Burlled Arch", the official finish line in Nome, Alaska , collapsed in More than 50 mushers enter each year. Most are from rural South Central Alaska , the Interior, and the " Bush "; few are urban, and only a small percentage are from the Contiguous United States , Canada, or overseas. Some are professionals who make their living by selling dogs, running sled dog tours, giving mushing instruction, and speaking about their Iditarod experiences. Others make money from Iditarod-related advertising contracts or book deals. Some are amateurs who make their living hunting , fishing , trapping , gardening , or with seasonal jobs, though lawyers , surgeons , airline pilots , veterinarians , biologists , and CEOs have competed. Per rules 1 and 2 , only experienced mushers are allowed to compete in the Iditarod. However, they are allowed to lease dogs to participate in the Iditarod and are not required to take written exams to determine their knowledge of mushing, the dogs they race or canine first aid. If a musher has been convicted of a charge of animal neglect, or if the Iditarod Trail Committee determines the musher is unfit, they are not allowed to compete. The Iditarod Trail Committee once disqualified musher Jerry Riley for alleged dog abuse and Rick Swenson after one of his dogs expired after running through overflow. The Iditarod later reinstated both men and allowed them to race. Rookie mushers must pre-qualify by finishing an assortment of qualifying races first. Expenses faced by modern teams include lightweight gear including thousands of booties and quick-change runners, special high-energy dog foods , veterinary care, and breeding costs. According to Athabaskan musher Ken Chase, "the big expenses [for rural Alaskans] are the freight and having to buy dog food". Some believe overall interest in the race may be declining, hence the lighter purses and sponsorships. A Siberian husky , the fast import from Russia. The original sled dogs were bred by the Mahlemuit also known as Kuuvangmiut or Kobuk people and are one of the earliest domesticated breeds known. They were soon crossbred with Alaskan huskies , hounds , setters , spaniels , German shepherds , and wolves. As demand for dogs skyrocketed, a black market formed at the end of the 19th century which funneled large dogs of any breed to the gold rush. Siberian huskies were introduced in the early 20th century and became the most popular racing breed. The original dogs were chosen for strength and stamina, but modern racing dogs are all mixed-breed huskies bred for speed, tough feet, endurance, good attitude, and most importantly the desire to run. All dogs are identified and tracked by microchip implants and collar tags. When mushers race through checkpoints, the dogs do not get physical

exams. Mushers are not allowed to administer drugs that mask the signs of injury, including stimulants, muscle relaxants, sedatives, anti-inflammatories, and anabolic steroids. As of [update], the Iditarod claims that no musher has been banned for giving drugs to dogs. Each team is composed of twelve to sixteen dogs, and no more may be added during the race. At least five dogs must be on the towline when crossing the finish line in Nome. When there is no snow, dog drivers train using wheeled carts or all-terrain vehicles set in neutral. Animal protection activists also say that the Iditarod is dog abuse. The practice of tethering dogs on chains, which is commonly used by mushers in their kennels, at checkpoints and dog drops, is also criticized. The suspension was for the and races, to be followed by three years probation. Brooks has now retired from dog racing. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. June Learn how and when to remove this template message Jeff King is one of seven winners of four or more races. Dick Wilmarth won the first race in the year, in 20 days, 0 hours, 49 minutes, and 41 seconds. The fastest winning time was completed by Mitch Seavey with a time of 8 days, 3 hours, 40 minutes, and 13 seconds in The first musher to win four races was Rick Swenson, in In he became the only person to win five times and the only musher to win the race in three different decades. Mary Shields was the first woman to complete the race, in Finishing 23rd. Susan Butcher withdrew from the same race after two of her dogs were killed by a moose, but she became the second woman to win the race the next year and subsequently won three of the next four races. Butcher was the second musher to win four races and the only musher to finish in either first or second place for five straight years. Doug Swingley of Montana was the first non-Alaskan to win the race, in Buser became a naturalized U. In Lance Mackey became the first musher to win both the Yukon Quest and the Iditarod in the same year; a feat he repeated in Mackey also joined his father and brother, Dick and Rick Mackey as an Iditarod champion. All three Mackeys raced with the bib number 13, and all won their respective titles on their sixth try. The "Golden Harness" is most frequently given to the lead dog or dogs of the winning team. However, it is decided by a vote of the mushers, and in was given to Babe, the lead dog of Ramey Smyth, the 3rd-place finisher. Babe was almost 11 years old when she finished the race, and it was her ninth Iditarod. A red lantern signifying perseverance is awarded to the last musher to cross the finish line. The size of the purse determines how many mushers receive cash prizes. Lance Mackey is the champion and sixth winner of four or more races.

Chapter 3 : CoachUp Nation | Race Strategy For Distance Runners

download Winning Strategies for Distance Mushers Desert Hound Publishing Company, Politics and the novel, Irving Howe, George Orwell, , Fiction, pages A guide to caring for a golden retriever that discusses feeding, grooming, training, socialization, and other related.

The meters and yards have been stocked up, the taper has gone well, and you executed a fantastic shave down hardly any cuts! Now all that remains is to get up on the blocks and unleash that bottled fury of talent and hard work you have been stockpiling over the previous few months. The race starts long before the gun goes off, from downplaying expectations for all those to hear, to feigning injuries, to the antics and mental warfare in the ready room, with the winner often being not necessarily the most physically fit athlete, but the one who is able to best stick to their race plan. Often races are won and lost based on the strategies and tactics used over the course of the swim. Below I share a few race strategies that I have observed and used over the years of swimming. They work best "like most things in competition" when your rivals have no idea what you are up to. That is where the true power of these tactics comes into play "the less they expect it, the more it throws them off mentally. You are forcing them to react to you and knocking them off of their own race plan. There is obviously no guarantee that these will work. And as such with each I include the counter to each strategy. But they are worth knowing, both from an offensive and defensive point of view. Here are 7 different race tactics you can use the next time you hit the pool deck: Want to utterly demoralize the competition? Let them swim their absolute hardest, and still watch you reel them in. This is a fun tactic to pull on someone. The competition, so full of confidence from their early advantage surges out to a stronger lead, perhaps so large that it cannot be overcome, no matter how deeply you negative split your race. In the shorter races it is pretty difficult to gauge where your competition is, especially when there is another swimmer between you and your main competition. By swimming alongside the swimmer next to you, and out of sight of your main competitor, you position yourself to be able to make a sudden move, hopefully pulling ahead quickly before they can react. The main drawback in this strategy is that you have to be aware of where your competition is "he or she can just as easily disappear behind the cover of the swimmer beside you as well. You purposely sandbag the heats and semi-finals in order to get one of the outside lanes, where it is mega hard to see you. When the final comes around, you drop a smoke bomb on everybody and zip out to a quick lead and are never seen again. It was like you never existed until that fateful realization your competitors have when they touch and see you hanging off the lane rope at the other side of the pool happily chewing on your goggle straps. Sandbagging your heat swims a little too much means missing the final entirely, so be sure of what you are doing. All it takes is for a couple swimmers to swim a little faster than expected to bump you completely out of those outside lanes and out of second swim territory. No pacing, just blast out like a lunatic to as big a lead as you can muster on the first half and pray to anything and everything that you can sustain some measure of speed coming home. Risky, but makes for great viewing almost always gets the teammates and coaches on their feet, and also forces you to push yourself to upper limits of what your body can handle. Some of the most agony I have ever experienced is taking it out like a shot over the course of the front end of a race and then limping home. An added benefit of this strategy is that it forces the swimmers in your heat to react to what you are doing from the get-go, thereby taking them immediately off of their own race plan. Especially effective if you are not predominantly known for taking it out like the Tasmanian devil. Hurts like a son of a gun. Watching some swimmers pull you in mercilessly on the last lap while you try to keep your stroke from completely and utterly falling apart. Hot and Cold This is more for you sassy middle and full-blown distance swimmers. Turn up the pace on the second 25 or 50 of each 50 or After a couple times of doing this your competition will be fully aware of what you are doing and might do the opposite in order to gain extra ground on you. Mid-race Breakout Again this is more for the and up swimmers. At some pre-determined point during the race, somewhere in the middle perhaps, bust out and hammer down an exceptionally fast split. Picking up the pace suddenly and taking off will startle your opponent, and while they might give chase, the delay between you peacing out and them figuring out what is happening is sometimes enough to put an

insurmountable lead into place. If you try to sprint off, and no distance is gained, than you sense as though expended a whole bunch of fuel fruitlessly. Uber for Swimmers Jason Lezak did this perfectly in in the 4xm freestyle relay in Beijing. Best done at high speeds bigger the wake, bigger the draft , cozy up to the lane line and hitch a ride, saving that energy and nitro for the last burst into the wall. Getting too close to the lane rope and mashing your face and hands on it. Your competitor could see what you are doing and move away so far that he gives away his glorious draft to the swimmer on the other side. It includes a ten month log book, comprehensive goal setting section, monthly evaluations to be filled out with your coach, and more. Learn 8 more reasons why this tool kicks butt. Join the YourSwimBook weekly newsletter group and get motivational tips and more straight to your inbox. Sign up for free [here](#).

Chapter 4 : 7 Race Strategies to Confuse, Deflate, and Defeat the Competition

WINNING STRATEGIES FOR DISTANCE MUSHERS, practical advice and stories from a champion, Joe Runyan, a must read. WINNING STRATEGIES FOR DISTANCE MUSHERS, practical advice and stories from a champion, Joe Runyan, a must read.

Race opposition It is cold, oh, so cold, and snow is swirling in the fierce wind. The dogs plod on, their rhythmic panting and the steady shhhhh of the sled runners the only sound. The musher stands on the rear of the sled, his face almost completely covered against the bitter cold, his arm crooked around the handlebar so he can doze without falling off. In only an hour or so, he can bed down the dogs, sip a cup of hot chocolate, and grab a few hours of real sleep before hitting the trail that crosses the Nulato Hills on the way to Unalakleet. The Iditarod began in , the centennial celebration year of the purchase of Alaska from Russia, as a project of Joe Reddington Sr. Reddington wanted to revive sled dog racing and the culture it represented and Page was looking for an event to honor the mushers and the dogs who played a large part in the settlement of the state. The race was patterned after the All-Alaska Sweepstakes races held early in the century. The new race was named the Iditarod Trail Leonhard Seppala Memorial Race to pay tribute to the prospectors who boosted frontier economy by discovering and mining the gold in them thar hills and to mushers who carried diphtheria serum to Nome in to end an epidemic among the natives in that city. Seppala ran the last leg of the serum journey. Gold was discovered in a creek near the town in , and the great Alaska gold rush was on. Each year, the Iditarod begins in early March and runs for a bit more than two weeks. Early finishers cover the miles in about days; the last to cross the finish line take about days. The trail is peppered with rest stops where veterinarians check the dogs and mushers leave any dogs that are sick or too tired to continue. Mushers carry limited supplies on their sleds; bush pilots fly dog food to the rest stops. At least three rest stops are mandatory layovers of specific duration, two for eight hours, another for 24 hours. Wildlife can be a problem; experienced competitor Susan Butcher lost two dogs to a moose that was trapped in a steep-sided portion of the prepared trail and attacked her team. Once on the trail, dogs settle into a steady trot. The team of up to 16 dogs spreads behind the leader in pairs. The rules Although the Iditarod celebrates the toughness and pioneer spirit of the mushers, the race is governed by strict rules that protect dogs, handlers, and the integrity of the race. Top consideration is given to the health of the dogs. Every dog death is examined and mushers face discipline if the death is determined to be the result of negligence or cruelty. Mushers must wear a numbered bib for identification and carry the following supplies on the sled: The notebook is for the musher to record information about the dogs and for the veterinarians to examine; the rest of the gear may be checked at most checkpoints. The musher must use a sled or toboggan that is large enough to carry injured or fatigued dogs under a cover. He can ship one or two extra sleds to checkpoints along the trail and switch if necessary. No sled can be used more than once unless it is to replace one that has broken. The maximum number of dogs on a team at the start is 16, the minimum is At least five dogs must remain at the end of the race. No dogs can be added after the start of the race and all dogs must be either hitched to the tow line or riding on the sled. Mushers must exhibit good sportsmanship, cannot accept help along the trail except in emergencies, and must care for their own teams. If a musher kills an edible big game animal such as a moose in self-defense along the trail, he must stop and gut the animal before proceeding. Any mushers that come upon the scene must stay and help. The gutted animal must be reported at the next checkpoint. Mushers must sign in at each checkpoint and sign in and out at all mandatory stops. Each musher must take one hour stop during the race at a time that is most beneficial to the dogs. In addition to the hour layover, he must take two eight hour stops at designated checkpoints. Dog welfare The Iditarod dogs are a conglomeration of mixes known collectively as Alaskan Huskies. These dogs are basically northern stock, bred, born, and raised in some of the toughest climate conditions in the world. They have thick double coats against the cold and wind, big hearts and lungs for stamina, tight feet for hours on the trail, and a desire to run. They are well-conditioned for the race with year-round training and participation in other races during the season. The rules require the dogs to be maintained in good condition without the use of drugs. Injured, fatigued, or sick dogs must be dropped from

the race at a designated dog drop. The musher must file a form when leaving the dog and provide a chain and food for the animal. Dropped dogs are flown to Nome where the musher can pick them up after the race. Dog harnesses must be non-chafing, and mushers must carry a tie-out cable to secure the dogs at checkpoints. Cruel and inhumane treatment, defined as any treatment that causes preventable pain or suffering to the dog, is forbidden. Six dozen mushers fielding teams of dogs puts more than dogs on the trail. Generally, fewer than a handful of dogs die in or as a result of the race - a death rate of less than one-half of one percent. The Humane Society of the US and other animal rights groups have attempted to halt the race as inherently cruel, but the Iditarod Trail Committee and individual mushers have focused attention on the welfare of the dogs and the efforts made to keep them healthy and safe. Dogs that die on the trail must be taken to a checkpoint and the musher must file a report. A necropsy is conducted to determine the cause of death; the race marshal or an appointed judge determines if the musher can continue the race or is disqualified. If the death is obviously due to heat stress or cruel treatment, or if the musher declined to drop the dog from his team upon advice of a race veterinarian, the musher is disqualified. If the cause of death cannot be determined or was clearly unavoidable, the musher is not penalized. A sudden warm spell, a degrees cold snap, a blizzard, or a rampaging moose can change fortunes in a heartbeat. Race opposition In , Libby Riddles left Shaktoolik in a blizzard, miles from Nome and the finish line. The other front runners waited out the storm, and Riddles became the first woman to win the Iditarod. However, her victory, followed by four wins by Susan Butcher, brought turmoil to the honorable race. These two personable and tough women captured the attention of the nation; the publicity drew television coverage and animal rights activists, major sponsors dropped out and network television companies stopped broadcasting the race. The tide has turned in recent years, however; the sponsors are returning and Nature produced Sled Dogs: The activist campaign was led by the Humane Society of the US. HSUS accused mushers and promoters of tolerating cruelty in the raising and training of the dogs and the running of the race itself. The activists cited the culling methods of some marginal mushers who sometimes clubbed unwanted puppies to death and the death of two or three dogs on the trail each year. Rather than clean the bad apples out of the barrel, they indicted the whole system as inhumane. In spite of the precautions and safety rules already built into the Iditarod, the race committee accepted an HSUS representative in hopes of convincing the organization that the race is safe and humane and that the dogs are as eager to participate as the mushers. The activist was successful in getting the committee to tighten the rules further. Then, in and , several dogs died, some of them from a virus, others from eating spoiled food. According to one musher, the food had been stored in a warehouse in Anchorage, and an equipment failure had allowed some of it to thaw. Some of the food refroze and was inadvertently included in the shipments to the checkpoints. Iams, the last big promoter of the Iditarod, ended its participation after the race. The turmoil has died down. The Iditarod Trail Committee ousted the HSUS representative and major sponsors Iams and Timberland are gone, but many local, regional, and national businesses have picked up the slack. Mushers attract their own sponsors as well with hometown companies and dog food manufacturers providing money and goods to help drivers support their teams. Race results may make it into the sports section, or they may not. HSUS and other activist groups moved on to other campaigns as the race lowered its profile. The race goes on, out of the limelight, as mushers and dogs continue to challenge the elements and recapture the gold rush spirit of yesteryear. There is no doubt that the Iditarod race tests the mettle of man, woman, and dog. It is a challenge in an era when physical trials are all too rare. Those who participate enjoy pushing themselves to the limits and revel in the partnership they build with their dogs. A musher knows his dogs intimately. He learns which dogs have the heart for the big race and which would rather remain in the kennel. He knows which ones can withstand the rigors of the trail and which ones cannot. He is interested in working with his dogs, not punishing them beyond their endurance. More information, maps, musher biographies and race updates are at [The Iditarod](#). This site is maintained by The Iditarod Trail Committee. *Winning Strategies for Distance Mushers* is available from Amazon. You may print or download this material for non-commercial personal or school educational use. All other rights reserved. If you, your organization or business would like to reprint our articles in a newsletter or distribute them free of charge as an educational handout please see our reprint policy.

Chapter 5 : Sled Dog Studio: Sled Dog Symposium recordings

Do you want to remove all your recent searches? All recent searches will be deleted.

Posted by Sebastian Schnuelle Date: March 6, Waking up this morning, I had hoped, that the rain miraculously had changed to snow over night, opening the curtains, revealed that did not happen. Fairbanks has received more snow last night and it is currently snowing along the Yukon River in Galena and there is another winter storm warning for Unalakleet. When it comes down to it, most kennels in this day and age have genetically very proven dogs. Training has also changed greatly from the past, as where training miles were considered enough not too long ago, there are many teams with plus miles now. Wade Marrs commented that he had to put miles on his truck to get those training miles in. Bad weather or not, those mushers who want to be competitive will arrive at the starting line with a well conditioned team. Others like Dallas Seavey have personal veterinarians to work with. To sum it up, almost no stone is left unturned during preparation for the last great race. Yet, only 1 team can emerge at the Top of the list, at the end of the day in Nome under the burlled arch. By mid-race, around the time mushers are taking their 24 hr layover, the group of possible contenders is still relatively large, with often 20 plus teams being within 3 or 4 hrs of the lead team. Strategies vary greatly, mushers like Robert Sorlie liked to go in the lead early and stay there. Lance would usually wait until the half way point and then take command of the race. Notably the father and son Seavey have a more conservative approach with typically finishing strong and trying a bit of a come from behind strategy. Looking at the Finishing stats, the years to were known as the Mackey era, then John Baker winning in and now since Iditarod has entered the Seavey Era. Both Mitch and Dallas seem on top of their game. They are here to win, simple as that. But they are not the only ones. Many other mushers say the same. Although, already in how they say it, are great differences. I firmly believe that the pure willpower to win Iditarod these days is not enough to do so any more. Teams have to dig deep, very deep in order to pull the great feat off. There have to be other underlying factors some of them mentally present, others subconsciously there, of motivating that musher, to give all they have when it comes to crunch time. Martin Buser put it very well, when he states that these days the limiting factor are not the dogs anymore, it is more if the musher can stand up to the mental demands, specially the demands so little sleep brings. Are we going to see a first time Iditarod Champion like Aliy Zirkle? After finishing 2nd three years in a row, she must be beyond hungry for a win. She is tweaking her team, with bringing in 5 younger dogs, extra youth so to speak, the partiers who stay up all night. Is it Brent Sass, who wants to duplicate the impossible possible of winning Quest and Iditarod back to back. Is that enough motivation in his mind? Is it Pete Kaiser, who now has entered the winners circle of the Kusko. Yet it is a long time ago, that a team which has won the Kusko, won the Iditarod I the same year, if I am not mistaken the last time was Thomas Waerner might be hungry to take the trophy back to Norway. He is running the best of the best from 3 different kennels, of what that country has to offer for long distance dogs. He has the weight of fans from all those different kennels, weighing on his shoulders. Or are we going to see a past champion, someone like Jeff King, who really wants his 5th Championship, to pull equal with Rick Swenson. Jeff sure knows how to win, he has proven that before, he could be hungry enough and wanting to redeem those non finishes. If it is cold and windy and lots of flat river running, that could play well for past Champion John Baker. He seemed mentally not hungry when I talked to him. Martin answered straight up: I would have thrown Rohn into top contention, if he had the A group sorry Martin. I can see him being hungrier than dad. Also wanting to prove dad: Then again, the elder Buser is always thinking outside the box and might want to hand over the sword with a bang, a 5th title, before really giving the A Team to Rohn. For all of you race fans out there. I could not put the pages down. Will it be the Seavey and Seavey teams edging each other out? One thing is sure: It will be a pleasure to follow along, be it for those of you glued to the computer screen, or those of us lucky enough to be out on the trail. Happy trails to ALL!

Chapter 6 : Specifikace Winning Strategies for Distance Mushers Runyan JoePaperback - blog.quintoapp.

Joe Runyan is the author of [Winning Strategies for Distance Mushers](#) (), and collaborated with Iditarod champs Jeff King in writing [Cold Hands, Warm Heart](#)() and Lance Mackey in writing [The Lance Mackey Story](#) ().

Chapter 7 : Notice of Interruption - Anchorage Daily News

But mushers have used force to make dogs run and make them run faster. Here are some examples: Iditarod winner Joe Runyan wrote in "[Winning Strategies for Distance Mushers](#)" () that he gave slackers blasts from electrical shockers.

Chapter 8 : The Dog Musher | Professional Nomads

[Winning Strategies for Distance Mushers, Sacramento: Griffin Printing Co.](#), - Joe Runyan reported on the Iditarod for Iditarod sponsor Cabela's Incorporated [Electric shock collars are used to terrorize sled dogs](#).

Chapter 9 : Dog Owner's Guide: The Iditarod

The rules. Although the Iditarod celebrates the toughness and pioneer spirit of the mushers, the race is governed by strict rules that protect dogs, handlers, and the integrity of the race.