

# Figuring Trail Schedule and Food Drop Quantity

## **Rules of the Trail:**

- Mushers determine how much of each food to drop at designated checkpoints. (Iditarod Rules require at least 60 pounds of dog food per food-drop checkpoint)
- Travel Speed Average is 8 mph (48 miles/ 6 hour run).
- Run/Rest schedule is 6 hours running, 6 hours resting.
- Resting can occur at checkpoints or along trail between checkpoints.
- Musher will push up to 1 hour, OR hold back up to one hour to rest at a checkpoint..
- Musher can only break schedule to push more than one hour if destined for MANDATORY rests, to avoid camping on or along sea ice or Yukon River, to avoid camping more than once between two checkpoints, or traveling from White Mountain to Nome (No extended rest at Safety).
- Musher will feed dogs at each rest.
- MANDATORY RESTS: 24 hour @ McGrath, 8 hour @ Grayling, and 8 hour @ White Mountain.
- Food Quantity sent to the checkpoint for 24 hour rest should include 3 full feedings, and those sent to 8 hour layovers should be 1.3 times that of regular food drops.
- No food drops can be sent to Yentna, Finger Lake, Golovin, or Safety.
- One feeding should be sent to Nome.

❖ For planning purposes, it is reasonable to break both the run from Ophir to Iditarod and from Kaltag to Unalakleet into two equal runs. Also, plan to rest at all four checkpoints.

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