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Cold Weather Outing

A Klondike derby is first and foremost a cold weather outdoor event, it is expected that all scouts and scouters will prepare and dress accordingly. Dressing accordingly will not only ensure the safety of all participants, but also provide for the maximum level of potential enjoyment.

Cold Weather Comfort & Safety

A key fundamental of cold weather camping and outings is to KEEP DRY. Moisture will reduce the insulating properties of almost everything. An easy acronym to remember is COLD.

C  Keep yourself and your clothes Clean.
O  Avoid Overheating.
L  Wear clothes loose and in Layers
D  Keep Dry

A few thoughts on clothing and layering:
• Make sure all layers are loose fitting to optimize insulation.
• Keep yourself dry, both from weather and perspiration.
• Remember, wool retains most of its insulating properties when wet, while cotton loses almost all insulating properties when wet.
• Boots with good insulating and waterproofing properties should be worn, tennis shoes or sneakers are not appropriate footwear.
• Use wicking/liner socks along with wool socks to improve insulation.
• Upper and lower thermal underwear.
• Head cover; remember, most of your body heat escapes through your head, a wool cap that can cover your ears is best.
• While gloves provide independent use of fingers, mittens provide better warmth.
• If you require a fire to keep warm, then you are not dressed properly. If heat can get in through the layers, so can the cold.

Cold weather reminders:
• Drink plenty of water.
• Learn to recognize cold weather health problems, use buddy system even when in groups to ensure everyone is safe.
• Eating ice and snow will reduce your body temperature, and it is impure; do not eat it.
• The glare of sun off snow can cause snow blindness, use dark sunglasses on sunny days.
Clothing for Cold weather activities:

**Torso:**
- Long, thermal underwear
- Shirt or inner layer
- Sweater or light jacket
- Wind or rain gear

**Legs:**
- Long, thermal underwear
- Inner pants, wool or wool blend
- Wind or rain pants

**Feet:**
- Wicking inner socks
- Insulating socks; wool or wool blend
- Boot liners with insulated insoles
- Waterproof, loose fitting boots

**Other extremities:**
- Head coverings, wool, with ability to cover ears
- Wool scarf, or other neck covering
- Mittens or gloves
Health and Safety

Weather
All scouts and scouters should be mindful of the environmental factors involved with a Klondike Derby. Everyone should be mindful of their own and others health and welfare. The use of the buddy system can be invaluable in situations like this. Any signs of cold weather related injuries should be addressed promptly.

Warming Station
The Ohio Rec. hall will be used as a warming and first aid station. Hot beverages will be available at this location.

Health Officer
Units are responsible for all common incidents and medical issues like at any unit activity. Any injuries require immediate medical attention 911 should be called. There will be a designated health officer and aid station at this event where we would like injuries reported to, however units hold primary responsibility for monitoring the health and safety of their own Scouts.

Health Forms
Scout leaders must have a current copy of part A & B of the BSA health form for all participants (including adult leaders). These will need to be available upon request of the designated health officer or camp master. See Appendix A for a copy of part A & B of the most current BSA health form.

Parking
Participant parking will be primarily along the side of the Nellis road. Parking in the lot will be for handicap parking, equipment loading and unloading primarily. Because of the constant movement of participants and traffic in this area must be minimalized and access for emergency vehicles must be maintained.
Other Information

Pre-Registration
All troops must pre-register for this event no later than January 24th. This registration must include a roster of scouts and scouters attending the event. The Pre-registration is vital in ensuring an adequate amount of food and patches are made available for all attendees. The cost will be $15 for Scouts. There will be no cost for leaders attending.

Lunch
Lunch will be provided and is included in part of your event fee. Starting at Noon food will be served in the Rec. Hall building. Lunch will consist of hotdogs, homemade soups, hot coco and coffee for adults.

Arrow of Light
We are encouraging troops to invite AOL from their partnering packs to join them and participate in the activities at this years Klondike Derby. This is a great opportunity for the AOL to attend and participate in a scouting activity to complete the requirement for the Arrow of Light Award. And as this is a popular transition time for AOL into Scouts BSA it makes for a good transition activity. AOL who lack a partnering troop can be teamed up with a troop upon request.
Gear for Sled

Any of the gear listed can be used for the scouts benefit at any and all of the stations. In fact failure to bring some key items could create problems in completing some of the tasks scouts will be charged with at this event.

Things to bring:

<table>
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<th>#1 Most important; Scouts (who are properly dressed)</th>
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<tr>
<td>Arrow of Light Scouts</td>
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<td>Paper &amp; pen/pencil</td>
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<td>Wood for fire starting</td>
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<td>Trash bag</td>
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<td>Scout Handbook</td>
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<td>Compass</td>
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<td>Small shovel or entrenching tool</td>
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What not to bring:

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<th>Poor sportsmanship</th>
<th>Gas lighters</th>
<th>Chemical fire starters</th>
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## Schedule of Events

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<th>Time</th>
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<td>8:00–9:00</td>
<td>Registration</td>
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<td>9:15 promptly</td>
<td>Opening Ceremony</td>
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<td>9:30–12:30</td>
<td>Events</td>
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<td>Noon–1:30</td>
<td>Lunch break &amp; scoring of snow snakes</td>
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<td>1:30</td>
<td>Troops gather for Great Sled Race</td>
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<tr>
<td>20 minutes following the completion of the Great Sled Race</td>
<td>Closing Ceremony &amp; presentation of awards</td>
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Events

For each of the events that scouts will be participating in, any and all of the items on their sled (that come from the approved list) can be utilized to help in the completion of the tasks they face.

**Cross Cut Saw**
Scouts will use a 2 man cross cut saw to cut through a log. This will be a timed event. (a saw, log, and sawbuck will be provided)

**Pancake Flipping**
Come prepared to put your best pancake flipping skills to work. All materials needed will be provided.

**Knot Skills**
Be ready to put your basic knot skills to the test with this activity.

**Snow Blind**
Be ready to work together to guide your patrol through the frozen wilderness

**Trivia**
How well do you know your scouting history and trivia that most first year scouts should know?

**Patch Design**
In the Rec. Hall will be slips of paper in which we hope people take some time to design the image for this years patch. It will be up to scouts to bring their own coloring supplies if needed.
Events Continued

Firestarting
This is a timed event. Scouts will build and light a fire with the goal of burning through a string 3 ft. off the ground. This station will have a strictly enforced time limit of 15 minutes. Scouts will start with a clear fire pit, the time spent building the fire itself will count into the time of the event, so all materials should be prepared prior to the event. The point of ignition shall not be more than 3” from the base. No chemical fuels or lighters may be used. Any attempt to pre-soak materials with “Boy Scout water” will end with a disqualification. The use of a ferro rod/hot sparker will earn 30 seconds taken off ending time, the use of flint and steel will earn 1 minute taken off ending time. Scouts are also responsible for putting out and cleaning their fire after the competition. (The string that must be burnt is the only thing provided)

Snow Snake
It is encouraged that every scout create and bring their own snow snake to the Klondike derby. At the snow snake event scouts will compete individually for distance. See Appendix D for Snow Snake design plans.

Snow Snake Design
In addition to the distance competition, there will also be a design competition where our judges will decide upon the 3 most creatively designed snow snakes.

The Great Sled Race
This years Great Sled Race will utilize the snowmobile drag race track on the grounds of the Ohio Rec. center.
We would not be able to pull off an event like this without the support of the units from within our district. Special thanks to everyone and the units who help make great events like these happen.

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<td>Pancake Flipping</td>
<td>Troop 1 Frankfort</td>
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<tr>
<td>Cross Cut Saw</td>
<td>Troop 111 Whitesboro</td>
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<tr>
<td>Fire Starting</td>
<td>Troop 25 Mohawk</td>
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<tr>
<td>Snow Blind</td>
<td>Troop 39 Newport</td>
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<td>Knot Skills</td>
<td>Troop 108 Waterville</td>
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<td>Trivia</td>
<td>District Committee</td>
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<td>Lunch</td>
<td>Troop 4 New Hartford</td>
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Awards

Klondike Derby Patch
The scout who’s Klondike Derby Patch design is chosen will be recognized.

Snow Snake Awards
1st, 2nd, and 3rd place winners will be announced for the individual scouts with the longest Snow Snake throw.

1st, 2nd and 3rd place winners will be announced for the individual scouts who’s Snow Snake receives the most number of votes in the design competition.

The Great Sled Race
1st, 2nd, and 3rd place winners will be announced for the troops/patrols with the fastest times in the Great Sled Race.

Klondike Derby Overall Winner
1st, 2nd, and 3rd place winners will be announced for the troops/patrols with the highest overall number of points earned throughout the day.
The Klondike Sled

Modeled after the Eskimo dog sled, the Boy Scout Klondike Derby Sled encourages a connection to the explorers of old. The Klondike Sled should not be looked upon as a hassle of a project for a one day event, but rather a useful tool, an opportunity for skill building and team work. A well built sled not only offers opportunities for team building, but a valuable tool for other winter camping outings. Much like a patrol box, they provide a great deal of function for various winter events when hulling gear into and out of camp.

While there are no “official” dimensions for a sled there are some general guidelines. In addition to the information provided here, there is a wealth of resources available with a simple internet search. In appendix C you will find directions for your more common style of Klondike Derby sled taken from a Boy’s Life article.

"If January really is the Moon of Difficulties, let us get busy and overcome some of them, and we’ll do that by building an arctic sled without being in the Arctics, the kind the Eskimos made before white men came to spoil their ingenuity with shop made things.”

Dan Beard
The Snow Snake

The Challenging and competitive game of Snow Snake has been part of North American culture for hundreds of years. The Snow Snake competition is said to be an Iroquois game that dates back nearly 500 years. It is said that the game developed from a means of communication used among Iroquois villages during the winter months. Each owner took great pride in their own unique snake, decorating them with intricate carving, artistic designs and embellishments of feathers and bones. The Snow Snake became a local community sport during long winter months when the tracks were not occupied in the relay of messages.

The creating of a basic Snow Snake is a fairly easy and cheap process. No great feats of carpentry are required and many lumber sellers may be happy to provide scrap materials that could also be fashioned into a Snow Snake. In Appendix D you can find just one of many example of how to build a Snow Snake. A simple Google search can provide many more plans and examples.

We would like to encourage every scout to show up with their own custom Snow Snake to this years Klondike Derby. There will be awards given for individual scouts who achieve the longest throw with their snake. Along with a design competition where event staff will vote on their favorite Snow Snake design. Winners of which will be recognized at the awards ceremony.

**Snow Snake Regulations**
- Must be made of wood
- Can not have runners
- No spear points
- Must be launched underhand
- Any kind of wax may be added
- Use of Snow Snake in an unsafe fashion (ex. throwing like a spear) will result in disqualification
Appendix A

Klondike Sled Project

By Steven Maxwell • Illustrations by Len Churchill

Cross-country sled races deliver adventure, endurance and a wilderness challenge. And these plans are your ticket to that world. This sled is specially designed for Klondike Derby races in which boys—not dogs—provide the pulling power. Even though this sled is fast and strong, you don’t have to be a master carpenter to build it. Cost of materials is about $100.

How to Use These Directions

The instructions are divided into four parts: Building the Runners, Installing the Floor, Adding the Rails, and Finishing Up. Read everything at least once before you begin so you know how it all fits together. Then focus on each section as you work. Also, be sure to read “Prepared for Safety,” which follows. What’s the point in building a Klondike sled if you get hurt in the process?

Building the Runners

The runners take more punishment than any other part of the sled. That’s why they need to be made of tough wood. Ash is the material of choice here—the same wood used for snowshoes and old-time cross-country skis. It’s tough and flexible, and the open grain holds wax well—an important detail that’ll help win races.

If you can’t find ash lumber where you live, oak, maple or hickory are good, too. Just don’t use pine, cedar or any wood soft enough to be dented easily by your thumbnail. These are fine for other parts of the sled, but softwood won’t last long as runners or runner blocks.

When professionals build dogsleds they cook the ends of the runners for about an hour in special steam cabinets, then clamp the softened wood to form curves when it cools. Sound complicated? It’s really not. Since you need to curve only the ends of your runners, you can easily make your own steam cabinet using short lengths of galvanized duct pipe and an electric kitchen kettle. The plans show how. Make sure an adult is on hand to help you.

There’s another option for runners. The plans show how to slice partway through the ends of the runners to make the wood flexible without steaming. This is called kerf bending, and it works O.K., though it does weaken the runners. They don’t look as cool, either. Use this method only if nothing else is possible.

The fastest, easiest way to get your sled on the snow is to use a pair of old downhill skis as runners. Even though they’re usually made of fiberglass, skis can still be drilled and fastened easily to the rest of the sled. They’re tough, too.

With runners ready, it’s time to drill them for the No. 12 x 2-inch screws that fasten them to the runner blocks. The plans show where each block goes and how the screws are positioned. Because they’re hardwood, you’ll need to create pilot holes using a ½-inch-diameter drill bit, to ease the entry of the screw. The plans show how to use screws as they extend through the runners to mark the runner blocks for accurate drilling. Also see “Drilling and Gluing” for more help.

Installing the Floor

At this stage, you have two separate runners with four blocks attached to the top of each one. Now it’s time to join these into a single unit using the four main floor supports. Cut these to length, then drill screw holes and fasten them to the runner blocks using glue and just one No. 10 x 1½-inch screw per joint. Even though the front floor support is the same size as the other floor supports, leave it off for now. The plans show how the edge of the front floor support needs to be angled a bit, but that’s a job for later.

Pretty easy so far, right? Don’t get too confident because there’s trouble lurking ahead, something that could make your sled crooked if you don’t avoid it. Luckily, there’s a slick trick to do just that:

With the two runners joined by the four floor supports, measure the length of diagonal distances taken from the outer corner of one floor support to the diagonally opposite corner of another. The plans show how. If your growing sled is square, then these measurements will be equal. Trouble is, they’re probably not going to be, though that’s no reason to panic. Remember how you put only one screw in each joint? That lets you push and pull the runners until diagonals are equal, plus or minus ½ inch. Once they are, the base of your sled is square. You can count on it! Now add the second

DID YOU PAY?

These plans are available on the Boys’ Life Web site (www.boyslife.org) as an Adobe Acrobat PDF file, for downloading. Cost: $10 per copy. Payment is on the honor system. Failure to pay—whether for a PDF file, photocopy or any other duplication of the plans—limits the magazine’s ability to create other exciting, professionally designed projects (not to mention a lifetime of guilt, and a sled doomed to last-place finishes and certain structural failure).

Please remit to: Boys’ Life Snow Sled Plans, P.O. Box 152079, Irving, TX 75015-2079.
screw to each joint to lock everything in place. Then fasten the floor boards with glue and screws.

The plans include a close-up view of how the front floor support, floor boards and runners come together. Take a close look at this now. You'll need to use a hand plane to angle the leading edge of the front floor support so the floor support and runners are in full contact where they meet. This is the hardest part of the project, but even this isn't a big deal. The plans show the angle to be about 35 degrees, but it will vary depending on the curvature on the ends of your runners. When all looks good, clamp the front floor support in place and drive screws through the runners into it. More screws will be added later through the sloped top rail to secure the floor boards.

Adding the Rails

The sled's rail assembly is made of 8 uprights, 2 angled tops, and a hand rail. Like everything else on the sled, these parts fit together in strong, simple ways with screws and glue. Cut the four kinds of rail uprights you'll need now—two of each type—then fasten them to the runner blocks, straight up and down, with glue and two screws per joint. The rail uprights are listed longer than necessary so you can trim along the sloped top rails with a handsaw to remove a triangular block of waste after installation. Follow the plans for the location of these parts and fasten them now. You may be tempted to trim all the rail uprights now, but don't do it. Trim only the back rail uprights so you can install the rail handle, also using screws and glue. Leave the other rail uprights until the glue dries.

Finishing Up

Your sled's looking pretty good by now, right? But there are still a few things to take care of. The plans show the two 1/4-inch-diameter holes you'll need to drill through the floor boards, behind the front floor support, for the tow rope. You should also sand the sharp corners off the rail handle and sloped top rails, so no one gets splinters. Painting or varnishing your sled is optional. It'll look better if you do, but it is a lot of work, and it won't make the sled last any longer. Whatever you do, don't coat the underside of the runners. See "Wax Works" below for a speed-demon trail-tip.

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**Materials List**

**FOR THE RUNNER ASSEMBLIES**

| RUNNERS  | hardwood 1/2"-thick x 3 1/2"-wide x 89"-long | 2 |
| RUNNER BLOCKS | hardwood 1 1/2" x 3 1/2" x 3 1/2" | 8 |

**FOR THE FLOOR**

| FLOOR BOARDS | softwood 3/4" x 3 1/2" x 73" | 5 |
| MAIN FLOOR SUPPORTS | softwood 3/4" x 3 1/2" x 18" | 4 |
| FRONT FLOOR SUPPORT | softwood 3/4" x 3 1/2" x 19 1/2"* | 1 |

**FOR THE RAIL ASSEMBLY**

| SLOPED TOP RAILS | softwood 3/4" x 3 1/2" x 82" | 2 |
| RAIL HANDLE | softwood 3/4" x 3 1/2" x 19 1/2" | 1 |
| FRONT RAIL UPRIGHT | softwood 3/4" x 3 1/2" x 14" | 2 |
| SHORT MIDDLE UPRIGHT | softwood 3/4" x 3 1/2" x 22" | 2 |
| LONG MIDDLE UPRIGHT | softwood 3/4" x 3 1/2" x 31" | 2 |
| BACK RAIL UPRIGHT | softwood 3/4" x 3 1/2" x 40" | 2 |

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| *Trim front edge to fit curve of your runners, about 35 degrees. |
Appendix B

Snow Snake Construction

Materials:
- Stave - hickory, ash or pine, 1¼" square X 5 feet long
- Pocketknife
- Sandpaper
- Paint – several colors
- Varnish
- Paint Brushes
- Bolt - ¼" diameter X 1" long
- 2 - Thumb Tacks

To make the snow snake shown in Fig. A, mark off on your wooden stave the dimensions shown in Fig. B. Mark them first on the two sides numbered 1 and 2, then on the rounded lines from end to end of the stave, as indicated.

![Diagram of stave with dimensions]

Draw the outline of the head and the flat back, both top and side views, as shown in Fig. C.

![Diagram of head and back views]

To hold the stave for carving, place it on a workbench or on a rough board, holding it in place by nailing a short crosspiece to the board at each end of the stave, as shown in Fig. D.

![Diagram of stave held in place]

Carve with the grain. Working with and against the grain is clearly shown in Fig. E.

Starting with the angular edges of the stave, trim off thin slivers, a little at a time, with your knife. Do not try to take the whole edge down to the line all at one time. If you own a small plane, this could be used instead of the knife.
Repeat this carving on the other side. If it is done slowly and carefully, the belly side of the snake will be smoothly rounded.

While the stave still rests between the blocks, wrap a piece of sandpaper around a small block of wood and sand the rounded sides, removing all roughness. Then polish the sides with fine-grained sandpaper.

Now turn the stave over and, as shown in Fig. F, whittle the excess wood away from the back of the head and all the way down the straight part of the flat back. Remove layer after layer, as demonstrated in Fig. G.

![Diagram of stave with sanding areas highlighted]

The next step is to form the snake’s head. Start by shaping the top and then the bottom of the head. Finally taper the sides of the head toward the nose, leaving just a very narrow strip along the top of the head. The shaded areas in Figs. C and F are to be cut away.

The head and flat back must also be given a good sanding, first with coarse and then with fine sandpaper. The sandpaper on the block is to be used when sanding the back. If you hold the block straight, it will prevent you from rounding the edges.

Native decorations should be added along the snake’s back. Fig. H shows a simple design. Draw up the squares as indicated on a strip of paper, and sketch in the design on your squares. Using carbon paper, trace your design onto the back of the snake, starting near the head.

![Diagram of snake with design on back]

The design should be painted in with in small jars. Three colors are indicated in Fig. H, but use whatever colors you wish. The entire snow snake should then be varnished. If you own a wood-burning set, the design can be
burned in, instead of painted, and then varnished. The dots shown in Fig. I have been burned in with the tip of the iron. Be sure to add features to the head, if desired.

To make it possible to varnish the snake on all sides at one time, a small screw eye can be fastened to the tail end, and the snake can then be hung from a nail.

To make the snow snake waterproof and warp-proof, three thin coats of varnish are better than one thick coat.

The ¼" bolt can be inserted into the back of the head as shown in Fig. L to increase the weight at the head. The finishing touches on the snake are the eyes and mouth. Insert the two tacks for the eyes and cut the mouth in a V-shape, using the small blade of the pocketknife. Both are shown if Fig. M.
Appendix C

Troop Roster

2020
Adirondack Foothills District
Klondike Derby
February 1st, 2020
Troop: _____________

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*Make sure a current health form is available for everyone listed on this roster.*