

Wellness 110 Article Reviews:
INFORMATION SHEET

You will be required to read and reflect on a number of Wellness topics using selected articles.

Requirements when writing a reflection:

Step one:

Summarize your article (5-10 sentences). Who, what where, when..
What is the overall theme /topic?

**Step Two-
Reflect**

How important is this article to understanding Wellness Dimensions
Explain your answer by indicating which of the Wellness Domain (s) the article is about . **Please use specific examples in the article that reflect this.**

Reminder:

Domains include: Intellectual, Social, Physical, Occupational,
Environmental, Spiritual, Emotional

Step 3

Include a title page – Title, your name, date, Teachers name, subject .

Step 4

Due Date:

All article must be handed in on the due date given.

Step 5

Pass in Options:

You may submit your assignment in person or email/ Microsoft teams.

*Article # 1 Due Nov. 12/20
Title - "9 Toes' Winter adventure
Mixes skill with nature."

Due:
Nov. 12/20

Article #1 Wellness 110



More than 100 people armed with snowshoes on Saturday took part in the 9 Toe Winter Adventure Race, a competitive challenge that blends orienteering skills and physical endurance with nature. The event was held outside at the Hugh John Flemming Forestry Complex. PHOTO: MICHAEL STAPLES/THE DAILY GLEANER

'9 toe' winter adventure mixes skill with nature

February 4, 2019

MICHAEL STAPLES
THE DAILY GLEANER

It was just too much fun for Michele Coleman to ignore.

That's why the Fredericton resident joined more than 100 other people armed with snowshoes Saturday for an organized romp in the woods.

It was called the 9 Nine Toe Winter Adventure Race, a competitive challenge that blends orienteering skills and physical endurance with nature.

"It makes you get out and train for it, so it gets you out in the winter," Coleman said. "You meet a bunch of people, it's well organized and it's for a good cause."

The event raises money for two Fredericton-area Scout groups.

Coleman said Saturday was the fourth time she has participated.

Although the race started under

sunny skies, it ended during a snow-storm.

About 120 people took part in the five-hour adventure, including two Scout groups, forestry students and public racers.

"It's an orienteering style race," organizer Andrew Jefferies said. "Essentially, each team is given a map with checkpoints they need to get to. They need to use just a map and compass and navigation skills to find each of the checkpoints. Some of them are along paths, some of them are in the deep woods and off trail and there are some navigational challenges that are thrown into the mix as well."

There were two courses – a standard one consisting of five kilometres for beginners and an advanced one of 20 km for more seasoned participants.

Murray Simpson said the fun element also made him sign up.

"I do a lot of running and outdoor activities," the Fredericton resident said. "I enjoy it."

In past years the race was held at Kilarney Lake, but this year the trails in and around the Hugh John Flemming Forestry Centre were part of the challenge.

Jefferies said the name was chosen because it represents cold weather and adventure.

"We thought nothing was a better indication of winter than losing a toe from frostbite."

At the end of the exercise points were added up and a winner was announced.

There is no cup, Jefferies said, but something better is offered.

"We have made fudge prizes for the first, second and third place teams," Jefferies said with a chuckle. "And we have some [other] great prizes from our sponsors."