

**READ THE FLIER**

Think about what you would need to know to plan a trip on the Underground Railroad Bicycle Route.

### The Underground Railroad Bicycle Route Explore African American History by Bike!

#### See the Path, Feel the Courage:

- Travel along some of the same routes that African Americans used during their journey north.
- Explore famous sites used by African Americans during their escape from slavery.
- Visit museums and parks dedicated to preserving the story of the Underground Railroad.

#### Difficulty of Route:

Each leg of the trip is moderately difficult. This tour is for cyclists who ride regularly. Riders should expect rolling hills on some legs.

#### Recommended Number of Miles to Travel per Day:

Legs are 45–65 miles, depending on cyclist's level of fitness and amount of gear being carried.

#### Lodging Options:

Campsites and hotels are both available.

For more information, visit our website.



The Underground Railroad Bicycle Route spans 2,000 miles.

**SKILL PRACTICE**

Read each question. Fill in the bubble next to the correct answer.

- Which section or feature would you look at to find out how long each leg of the route is?
  - the map
  - See the Path, Feel the Courage
  - Difficulty of Route
  - Recommended Number of Miles to Travel per Day
- What information does the caption give?
  - the difficulty of the route
  - the start and end points of the route
  - the length of the route
  - where to find other information about the route
- The bulleted list tells you \_\_\_\_\_.
  - points of interest along the route
  - benefits of traveling the route
  - rules to follow when traveling the route
  - places to stay along the route
- Who is the intended audience of this flier?
  - students studying the Civil War
  - bicyclists who like history
  - bicyclists who are new to cycling
  - people with little time for vacation

**STRATEGY PRACTICE**

What is one important thing to know in order to plan a ride along this bicycle route?

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**READ THE PASSAGE** Look for information that tells you how the chart is organized.

### Strange Medicine

Science and medicine have come a long way over the past 1,000 years. Doctors understand a lot about how the body works, how diseases begin, and how to treat many diseases. But doctors were not always on the right track. Here are some of the strangest medical practices in history. As you can see, some of them worked, and some of them were the result of strange thinking!

Name of the Practice	Description of the Practice	When Was It First Used?	Does It Work?
Leeching	Doctors first placed leeches on patients in order to draw out the bad spirits, or "humors," in a person. Today, leeches are used to remove blood in order to reduce swelling and aid circulation.	Around 400 bc	Doctors have used leeches for over 2,000 years. In the right conditions, leeches are quite helpful at removing blood from wounds.
Trepanation (treh-pan-AY-shun)	Patients have a hole drilled, scraped, or hammered into their skull, allowing the brain tissue to be permanently exposed.	Evidence suggests that trepanation was used 10,000 years ago.	No. Your skull protects the brain from injury, exposure, and infection.
Maggot therapy	Maggots are poured into a wound. The maggots eat diseased and rotting tissue but allow healthy tissue to remain.	Eleventh century	Maggot therapy is effective in cleaning wounds.
Mercury therapy	Liquid mercury was used to clean wounds and as a treatment for many diseases.	Second century	Mercury is highly toxic. It is used in some medicines today in very small doses.

**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- Which section gives the chart's purpose?
  - Leeching
  - When Was It First Used?
  - the introduction
  - Description of the Practice
- The information in parentheses under "Trepanation" helps you \_\_\_\_\_.
  - define the word
  - pronounce the word
  - know the word's part of speech
  - alphabetize the word
- Under which heading would you look to find which practice is the oldest?
  - Name of the Practice
  - Description of the Practice
  - When Was It First Used?
  - Does It Work?
- Under which heading would you look to find which practice involves surgery?
  - Name of the Practice
  - Description of the Practice
  - When Was It First Used?
  - Does It Work?

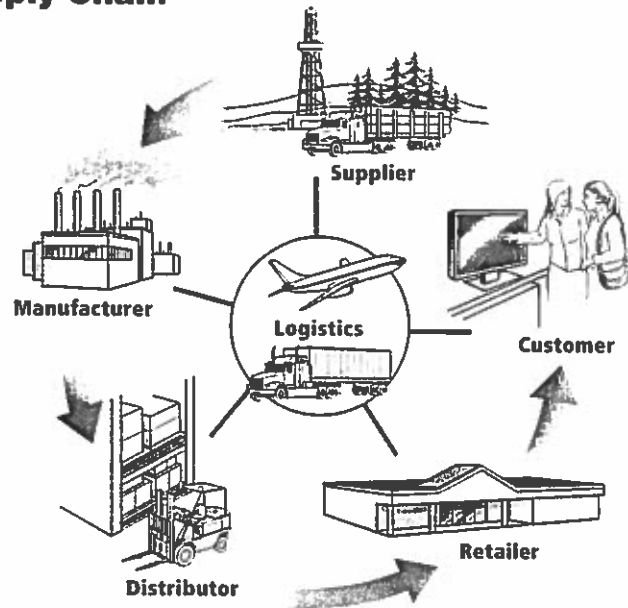
**STRATEGY PRACTICE** How does the chart make the information easier to understand?

**READ THE PASSAGE** Use the diagram to learn more about the main ideas of the passage.

### The Supply Chain

All of the things we use and enjoy, from computers to bicycles to the clothes we wear, would not exist without help from a lot of people.

Think about a bicycle, for example. The metal for the bicycle's frame comes from a supplier. The supplier sends the metal to a manufacturer, where workers then turn the metal into bicycle parts. The manufacturer then puts the bicycle together and sends it to a distributor. The distributor then sends the bicycles out by truck to the many stores, or retailers, across the country. The retailers then sell the bicycles to customers. Each link in the chain is connected by logistics, which transports goods from one stage to the next. From supplier to customer, the chain of people and places that help make and sell things like bicycles is called the supply chain.



**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- What is the last stage of the supply chain?
  - customer
  - supplier
  - distributor
  - retailer
- Which of these is an example of a retailer?
  - a factory that makes television screens
  - a person who wants to buy a new chair
  - a store that sells athletic shoes
  - a warehouse that holds new guitars until ordered
- A blizzard that shuts down highways would disrupt which part of the supply chain the most?
  - the retailer
  - logistics
  - the supplier
  - the manufacturer
- A customer ordering a bed online directly from a distributor would cut out which part of the supply chain?
  - the supplier
  - the distributor
  - the manufacturer
  - the retailer

**STRATEGY PRACTICE** What key information do the passage and the diagram convey?

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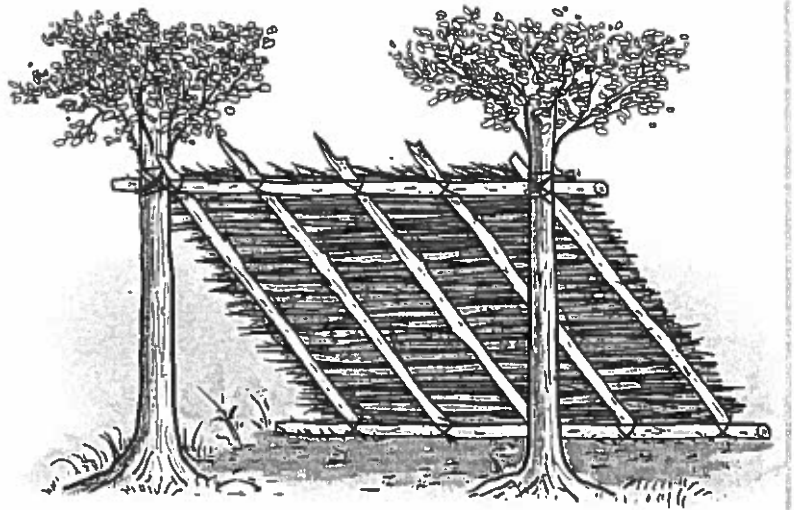
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**READ THE PASSAGE** Think about what information the illustration adds.

### A Shelter in Minutes

Stranded in the wilderness without a tent, tarp, or RV? No problem. With some sticks and leaves and a piece of rope or vine, you can build a lean-to. A lean-to is one of the most basic forms of shelter.

- Step 1:** Find two trees that are growing close together.
- Step 2:** Find two thick, straight sticks or branches long enough to touch both trees.
- Step 3:** With a rope or vine, tie one of the sticks or branches to the trees as high as you can. Lay the other stick on the ground parallel to the first one.
- Step 4:** Lay more sticks or branches perpendicular to the first two and tie them. This is the frame for your lean-to.
- Step 5:** Cover the frame with leaves, grass, or other materials to block the wind and rain.



**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- The illustration shows how to \_\_\_\_\_.
  - find good trees for making a lean-to
  - cover the lean-to frame with leaves
  - choose vines to tie the sticks
  - make a shelter in the wilderness
- What can you learn from the passage that you cannot see in the illustration?
  - the order in which to assemble the materials
  - the fact that you need sticks or branches
  - how the sticks form the frame
  - how to fill in the frame
- The illustration adds information by showing \_\_\_\_\_.
  - a completed lean-to
  - the lean-to's measurements
  - where to build a lean-to
  - how to sleep inside a lean-to
- According to the illustration, a lean-to is most like a \_\_\_\_\_.
  - tree
  - tent
  - truck
  - bathroom

**STRATEGY PRACTICE** Why is giving an illustration with instructions more effective than just listing the instructions by themselves?

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**READ THE PASSAGE** Look at the diagram before you read the passage. Then look at the diagram as you read.

## A Bog Develops

### What Are Bogs?

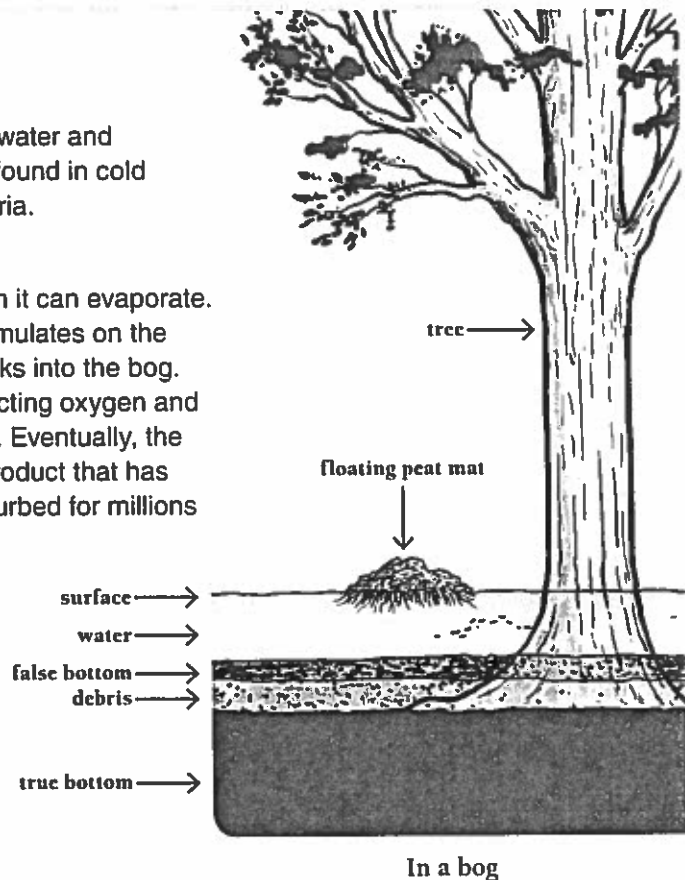
A bog is a spongy wetland filled with highly acidic water and partially decomposed plant material. Bogs are usually found in cold northern areas such as Ireland, Scandinavia, and Siberia.

### Formation

Bogs form in cool areas where rain falls faster than it can evaporate. As water sits in a lake or other depression, moss accumulates on the surface. There, the moss decays very slowly until it sinks into the bog. A new layer of moss builds on the surface again, restricting oxygen and blocking heat below. This further slows decomposition. Eventually, the partly decomposed plant material becomes peat—a product that has long been used in northern Europe as fuel. Left undisturbed for millions of years, peat becomes coal.

### Deceptive Ground

A bog may look solid when the peat mat spreads across the surface, but underneath it contains water, a false bottom (actually a layer of decomposing plant debris), and a true bottom. Occasionally an unwary walker falls through the top layer of a bog and drowns. Today, as in the past, wooden boardwalks are sometimes laid across bogs to provide safe passage.



**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- In which section would you find how land becomes a bog?
  - What Are Bogs?
  - Deceptive Ground
  - the diagram
  - Formation
- The diagram helps readers understand the text by \_\_\_\_\_.
  - mapping locations of dangerous bogs
  - illustrating how to walk safely on a bog
  - showing the layers of a typical bog
  - demonstrating how to use bog peat for fuel
- In the diagram, what is on the surface of a bog?
  - a tree
  - a false bottom
  - debris
  - a floating peat mat
- What can you find out in the “Deceptive Ground” section?
  - the definition of a bog
  - the dangers of bogs
  - how a bog decomposes
  - how bog peat is used

**STRATEGY PRACTICE** How did referring to the diagram as you read help you understand the information?

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