

# iMittarod

By Kate Atherley

## NOTE

This pattern is available for download for free, for the #UglyDogs fans of Team BraverMountain, Sled Dog aficionados, and other dog lovers and good sorts.

If you made the mittens and have enjoyed the project, consider making a donation to Skiku, a nonprofit organization whose mission is to foster the health and recreational benefits of Alaska through sustainable programs providing cross-country skiing instruction to the children and communities of urban and rural Alaska. The program has strong support from village leaders and school officials who recognize that the program imparts a practical skill and equips children with the means to participate in a sport that has life-changing potential.

Please visit [Skiku.com](http://Skiku.com) to make a monetary donation and/or make a pair of mittens to donate to someone in need of warm hands. Please mail your knitwear donations to Skiku, P.O. Box 231408, Anchorage, AK 99523.

Fingerless mittens, ideal for keeping your hands warm when you're knitting, or caring for the dogs. There are two levels of pattern. Choose based on your skill level and how engaging a project you want!

*Sprint* uses only the fundamental knitting skills: casting on, knit and purl, binding off. It's ideal for newer knitters, or those seeking a relaxing project that doesn't require too much attention.

*Long Run* requires experience working small circumferences in the round with traditional or flexible DPNs, Magic Loop or Two Circulars; increasing, decreasing. It takes a little bit more focus, but the benefit is a more traditional mitten fit.

If you're making the mittens to give away, I recommend making the middle size of the *Sprint* design – they fit pretty much everyone.

## Yarn Choice

Wool or wool blends are best for warmth. Avoid yarns that are 100% cotton or man-made fibers, as they don't insulate, and if they get wet they can freeze.

If you're looking for a 100% wool yarn, I recommend Berroco Ultra Wool and Paton's Classic Wool. Lion Brand's Wool-Ease Worsted is an excellent wool/acrylic blend, with a great price point and a wonderful color selection. If budget permits, look for yarns that have alpaca, mohair, silk or cashmere in the blend – these fibers are even warmer than wool. Berroco's Ultra Alpaca is a fantastic wool and alpaca blend that's broadly available; many indie dyers sell blends of merino with cashmere and sometimes even silk.



# Sprint

A straightforward knit, perfect for working on while watching the trackers or waiting at a checkpoint.

*Skills required:* Casting on, binding off, working ribbing. The mittens are seamed, but I've provided a link to a tutorial.

## SIZES & FINISHED MEASUREMENTS

### Adult S (M, L)

**Circumference:** 5 (6, 6.5) inches [12.5 (14, 16) cm (unstretched)

**Length:** 8.5 (9, 9) inches/21.5 [23, 24] cm.

*These mitts are very stretchy and accommodating—they should measure about 2-3 inches [5-8 cm] less than the wearer's wrist circumference. If you're not sure sizing, the Medium will fit pretty much anyone.*

## MATERIALS

Approximately 100 (110, 120) yds [90 (100, 110)] m  
Worsted weight yarn

Look for yarns that are labelled to use with 4.5mm/US# 7 needles, with a listed gauge of 20 stitches/4 inches (10 cm).

## Needles

4.5 mm/US #7 knitting needles  
a single knitting needle, size US 5.5-6.5mm/US #9-10.5, for binding off

## Notions

safety pin or removable stitch marker  
yarn needle

## GAUGE

22 stitches and 30 rows = 4 inches [10 cm] ribbing pattern, unstretched

## PATTERN NOTES & STITCH GUIDE

I recommend using either the Long Tail or Cable cast on methods

Long tail cast on: <https://knitty.com/ISSUEw18/FEATw18WK/FEATw18WK.php>

Cable cast on: <http://knitty.com/ISSUEsummer05/FEATsum05TT.html>

Seaming: <http://knitty.com/ISSUESpring04/mattress.html>

## METHOD

Leaving a 12 inch [30 cm] tail (beyond what you need for the cast on, if you're using the Long tail method), cast on 30 (34, 38) stitches.

Row 1 (RS): K2, \*p2, k2; repeat from \* to end.

Row 2 (WS): P2, \*k2, p2; repeat from \* to end.

*Tip:* Hook a safety pin or removable stitch marker in the fabric at the start of the RS rows, to help you keep track!

Repeat Rows 1 & 2 until piece measures 8.5 (9, 9.5) inches [21.5 (23, 24) cm, ending with a WS row.

Using the larger needle in your right hand to work the stitches, bind off in rib – knitting the knits and purling the purls.

Cut yarn, leaving a 12 inch [30 cm] tail.





## Finishing

Wash wrist warmers according to washing instructions on the yarn ball band, and lay flat to dry.

With RS facing, fold the wristwarmers lengthwise, so that the side edges meet in the middle. Using the tail from the cast-on, sew a 5 inch [12.5 cm] seam along the side edges.

With RS facing and using the tail from the bind-off, sew a 2 inch [5 cm] seam along the side edges. You will be leaving a hole between the two seams for the thumb. Weave in ends.



With thanks to Rachel and Bear. And Lori.

## Long Run

Pattern offers two gauges – worsted and fingering. The design features a long cuff for extra warmth, and the thumb is gusseted, for an improved fit.

*Skills required:* working small circumferences in the round with traditional or flexible DPNs, Magic Loop or Two Circulars; increasing, decreasing.



### GAUGES

Fingering/sock weight: 28 sts & 44 rounds = 4 inches [10 cm] in stocking stitch

Worsted weight: 20 sts & 28 rounds = 4 inches [10 cm] in stocking stitch

### SIZES & FINISHED MEASUREMENTS

Size	Adult XXS/ Preteen	Adult XS/ Teen	Adult S	Adult M	Adult L	Adult XL	Adult XXL
Mitten Circumf.	6 inches/ 15 cm	6.5 inches/ 16.5 cm	7 inches/ 18 cm	7.5 inches/ 19 cm	8 inches/ 20.5 cm	8.5 inches/ 21.5 cm	9 inches/ 23 cm

Choose the mitten circumference that's about a one half to a full inch [1 to 2.5 cm] smaller than the measurement of your hand, taken around the palm, above the thumb. Hand length is adjustable to fit.

### MATERIALS

#### Estimated Yarn Required

Size	XXS	XS	S	M	L	XL	XXL
Fingering/ sock Weight	125 yds/ 115 m	150 yds/ 135 m	170 yds/ 155 m	205 yds/ 185 m	240 yds/ 220 m	275 yds/ 250 m	310 yds/ 282 m
Worsted Weight	80 yds/ 75 m	95 yds/ 85 m	110 yds/ 100 m	130 yds/ 120 m	155 yds/ 141 m	175 yds/ 160 m	200 yds/ 180 m

### Needles

If working Fingering weight: 2.75 mm/US #2 needles for small circumference in the round

If working Worsted weight: 4.5 mm/US #7 needles for small circumference in the round

*Use traditional or flexible DPNs, 1 long circular or 2 short circulars, as you prefer.*

### Notions

stitch marker

stitch holder or short length of scrap yarn

## PATTERN NOTES

For any stitch count, the first set of numbers are for the fingering weight version; the second for the worsted weight. Measurements given apply to both versions – in that case, the first set of numbers is imperial, the second, metric.

*Long tail cast on:* <https://knitty.com/ISSUEw18/FEATw18WK/FEATw18WK.php>

*PM:* Place marker.

*To cast on 1 st:* Make a backwards (e-wrap) loop with the working yarn and place it on the right needle. See illustration to the right.



*M1:* Use the backwards loop method, as per casting on above.

*M1R:* Insert tip of left needle from back to front under strand of yarn that runs between the last stitch on the right needle and the first stitch on the left needle; knit this strand through the front loop. 1 st increased.

*M1L:* Insert tip of left needle from front to back under strand of yarn that runs between the last stitch on the right needle and the first stitch on the left needle; knit this strand through the back loop. 1 st increased.

*SSK:* Slip the next 2 sts, one-by-one, as if to knit. Insert the tip of the left needle, from left to right, into the fronts of those two sts, and knit them together. 1 st decreased.

## METHOD

### 1. Cuff

Using Long Tail or Twisted German methods, CO 36 (40, 44, 44, 48, 52, 52)/24 (28, 32, 32, 32, 36, 40) sts. Distribute stitches evenly across your needles as you prefer, and join for working in the round.

*Ribbing round:* (K1, p1) around.

Work ribbing as set for 3 (3, 3, 3.25, 3.25, 3.5, 3.5) inches [7.5 (7.5, 7.5, 8.5, 8.5, 9, 9) cm].

### 2. Increase for Hand

*Next round:* Knit, increasing 6 (6, 6, 8, 8, 8, 12)/ 6 (4, 4, 6, 8, 6, 6) sts evenly around as follows:

#### Fingering Weight Version

Size XXS: (K6, m1) six times. 42 sts.

Size XS: ([K7, m1] twice, k6, m1) twice. 46 sts.

Size S: ([K7, m1] twice, k8, m1) twice. 50 sts.

Size M: (K5, m1, k6, m1) four times. 52 sts.

Size L: (K6, m1) eight times. 56 sts.

Size XL: (K6, m1, k7, m1) four times. 60 sts.

Size XXL: ([K4, m1] twice, k5, m1) four times. 64 sts.

#### Worsted Weight Version

Size XXS: (K4, m1) six times. 30 sts.

Size XS: (K7, m1) four times. 32 sts.

Size S: (K8, m1) four times. 36 sts.

Size M: ([K5, m1] twice, k6, m1) twice. 38 sts.

Size L: (K4, m1) eight times. 40 sts.

Size XL: (K6, m1) six times. 42 sts.

Size XXL: ([K7, m1] twice, k6, m1) twice. 46 sts.

### 3. Increase For Thumb Gusset

*Next round, place marker for gusset:* K to last st, pm, k1.

*Round 1, Increase round:* K to marker, slip marker, M1R, k to end of round, M1L. 2 sts increased.

*Rounds 2 & 3:* Knit.

Repeat *Rounds 1-3*, 5 (6, 6, 6, 6, 6, 6)/ 3 (1, 1, 4, 6, 6, 7) more times.

Fingering weight version only: Work an Increase round followed by 1 plain knit round 1 (0, 1, 2, 3, 3, 4) times. 15 (15, 17, 19, 21, 21, 23) sts between marker and end of round.

Worsted weight version only: Work an Increase round followed by 3 plain knit rounds 1 (3, 3, 1, 0, 0, 0) times. 11 (11, 11, 13, 15, 15, 17) sts between marker and end of round.

### 4. Divide For Thumb

*Next round:* K to marker, remove marker; slip the next 15 (15, 17, 19, 21, 21, 23)/ 11 (11, 11, 13, 15, 15, 17) sts to a holder or scrap yarn; using the backwards loop method, cast on 1 st over gap.

42 (46, 50, 52, 56, 60, 64)/ 30 (32, 36, 38, 40, 42, 46) sts.

## 5. Hand

Knit all rounds until hand measures 1 inch [2.5 cm] less than desired final length. See table below for suggestions, if you're making the mittens for someone else.

Actual palm circumference	6.5 – 7.5 inches [16.5-19] cm	7.5 – 8.5 inches [19-21.5 cm]	8.5 – 9.5 inches [21.5-24 cm]	9.5 – 10 inches [24-25.5 cm]
<i>Suggested upper hand length for fingerless mitten, to ribbing</i>	1 inch [2.5 cm]	1.25 inches [3 cm]	1.5 inches [4 cm]	1.75 inches [4.5 cm]

*Next round:* Knit, decreasing 6 (6, 6, 8, 8, 8, 12)/6 (4, 4, 6, 8, 6, 6) sts evenly around as follows:

### Fingering Weight Version

Size XXS: (K5, k2tog) six times. 36 sts.  
Size XS: ([K6, k2tog] twice, k5, k2tog) twice. 40 sts.  
Size S: ([K6, k2tog] twice, k7, k2tog) twice. 44 sts.  
Size M: (K4, k2tog, k5, k2tog) four times. 44 sts.  
Size L: (K5, k2tog) eight times. 48 sts.  
Size XL: (K5, k2tog, k6, k2tog) four times. 52 sts.  
Size XXL: ([K3, k2tog] twice k4, k2tog) four times. 52 sts.

### Worsted Weight Version

Size XXS: (K3, k2tog) six times. 24 sts.  
Size XS: (K6, k2tog) four times. 28 sts.  
Size S: (K7, k2tog) four times. 32 sts.  
Size M: ([K4, k2tog] twice, k5, k2tog) twice. 32 sts.  
Size L: (K3, k2tog) eight times. 32 sts.  
Size XL: (K5, k2tog) six times. 36 sts.  
Size XXL: ([K6, k2tog] twice, k5, k2tog) twice. 40 sts.

*Next round, establish ribbing:* (K1, p1) around.

Work ribbing as set for 1 inch (2.5 cm), or to final desired length.

BO as follows: \*BO 4 sts as normal, in ribbing pattern, make a yo on the right-hand needle and bind that off (lifting the adjacent stitch over as normal); repeat from \* until all sts have been bound off.

## 6. Thumb

Setup: Return the 15 (15, 17, 19, 21, 21, 23)/11 (11, 11, 13, 15, 15, 17) sts from the holder to needles. With RS facing, rejoin yarn and pick up and knit 3 st in the gap, over the cast-on st for the hand. K to the end of the held sts, and then k the first of the picked-up stitches, distributing sts across needles as you prefer and joining for working in the round. 18 (18, 20, 22, 24, 24, 26)/ 14 (14, 14, 16, 18, 18, 20) sts.

*Next round, decrease to help close up gap:* K1, k2tog, k to last 2 sts of round, ssk. 16 (16, 18, 20, 22, 22, 24)/12 (12, 12, 14, 16, 16, 18) sts.

*Next round, establish ribbing:* (K1, p1) around.

Work ribbing as set for 1 inch [2.5 cm], or to final desired length. BO as for hand.

## 7. Finishing

Wash according to the washing instructions for the yarn, and let them air dry. Weave in all ends. Use tail at base of thumb to close up the inevitable hole there.