

Four Winds Adventure Co. To Present Second Mountain Rage Series Race Nov. 7-8 At Lake Powell



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Oct 13, 1998

Sedona, AZ. — Against the spectacular and diverse scenery and landscapes of Lake Powell, nearly 30 adventure racing teams from as far away as Hawaii, Canada and Massachusetts will converge for the Four Winds Adventure Race: The Mountain Rage Series Nov. 7-8.

Second in a series of short races from the Sedona-based Four Winds Adventure Company, the two-day contest will feature three- and five-person, mixed-gender teams competing against themselves and each other over a secret course approximately 120 miles that will cover such venues canyoneering, mountain biking, land and water orienteering, hiking and climbing, canoeing/kayaking, and rope work — rappelling and ascending — in just less than 36 hours.

Spectators may observe the race's start and finish, as well as other venues in designated areas.

The Mountain Rage and its older, bigger sibling, the week-long Four Winds Adventure Race, are the creation of Dr. Bill Lionberger and Karen Livesay, two Americans of indigenous peoples descent — a Choctaw Chickasaw doctor and multisport athlete, and a Costa Rican-Nicaraguan Indian businesswoman and horsewoman, respectively. Both share a passion for outdoor sports and a desire to develop adventure racing in the U.S., while exploring the lands and honoring the heritage of native peoples across America.

Through adventure racing, Four Winds provides athletes world-wide, the opportunity to experience the ultimate in physical, mental, and personal challenges and growth, especially as related to native traditions. This was achieved with the inaugural Four Winds '97, which took racers across the breathtaking southwest Rocky Mountains, through the ancestral lands of the Southern Ute and Taos Indian tribes.

Earlier this year, the Mountain Rage Series was introduced at Lake Roosevelt, Arizona, and Four Winds '98 pushed racers to their limits in Montana's Rocky Mountains in June.

For many athletes, shorter races offer the chance to experience a taste of adventure racing. However, the training regimens are somewhat different. Longer, classic adventure races force participants to rely on endurance, stamina, strategy and smarts — not just speed. Shorter races allow athletes to benefit from speed factors without requiring the strategy of elongated resource allocation or other simple long-term endurance issues. Nevertheless, 30-40 hours with virtually no sleep, crossing rugged terrain in a variety of ways — on land and water — still require participants to think like adventure racers, in a sport unlike any other... with multiple venues, multiple days, and only themselves and their teammates to get them through the tough stuff.

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