

Four Winds Adventure Co. Brings Its Championship Mountain Rage Series Adventure Race to the Lake Mead/Las Vegas Region November 4-5, 2000



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Sedona, Ariz. — Wild horses, petroglyphs and cerulean blue waters of Lake Mead near Las Vegas await racers participating in the last Four Winds Mountain Rage Adventure Race of the year 2000. This is the second year that the race series will visit the Lake Mead region shouldering both Arizona and Nevada, and the first time that the Series Championship will be held in the region. The stark and dramatic landscape has the glitter of Las Vegas as a nighttime backdrop, and fall temperatures will drop sharply in the unforgiving desert to give adventure racers thermal, as well as athletic, endurance and mental challenges.

The year 2000 continues the Four Winds Mountain Rage Adventure Race Series which culminates with a series champion team emerging at the final race. Kicking off the series earlier this year was the weekend race on and around Tonto National Forest's Lake Roosevelt, won by world famous Team SCAR/Hi-Tec out of Santa Cruz, California. Springtime's Mountain Rage race was won by world-class Canadian team Subaru of Toronto. Early Fall's Mountain Rage race from the sea to the mountains in Ventura County, California, saw another world-class team - Southern California group Endorphin - take the winners' medals. The premier category comprising four-person mixed-gender teams will again compete against open divisions of four- and two-person teams, racing over an approximately 100+ mile secret course of paddling, mountain biking, running, hiking, and ropes work that includes rappelling and mountaineering in less than 36 hours in and around the Lake Mead region. Teams leading for points in the premier category of the series are Epinephrin of California; Epicor of Orange County, California; Dawg of Sacramento, California; and Santa Fe of their namesake city of enchantment in New Mexico.

Spectators may observe the race's start and finish as well as other venues in some designated areas. There will also be spectator opportunities on the waterways, as well as other venue opportunities.

The shorter Mountain Rage races and its older, bigger sibling, the week-long USA Supreme Adventure Race, are the creation of Dr. Bill Lionberger and Karen Livesay, two Americans of indigenous peoples descent-a Choctaw Chicasaw doctor and a 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 while honoring our natural resources. This was achieved in the 1997 Supreme Adventure Race, which took racers across the breathtaking Rocky Mountains of Colorado into New Mexico and the ancestral lands of the Southern Utes and Taos Indian tribes. In 1998, the Supreme Adventure Race again traversed the Rocky Mountains, this time in Montana and through historical lands of the Salish-Kootenai. In 1999, the tradition continued in rich historic regions of Wyoming, through the lands of the Bannock and Shoshone, south of the Tetons.

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 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 requires 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 of the Mountain Rage.