

Four Winds Adventure Co. To Introduce Short Races With Inaugural Mountain Rage Series March 21-22 In Arizona



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Sedona, AZ. — Combining a challenging mix of ruggedness and austere terrain, Arizona's Tonto National Forest region will set the stage for the debut of Four Winds Adventure Race: The Mountain Rage Series March 21-22.

First 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 100 miles that may cover such venues as flatwater paddling, mountain biking, running and rope work — rappelling, Tyrolean traversing — 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.

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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