



Four Winds 2000 Schedule

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Sedona, Ariz. — Two new Mountain Rage locales and the fourth annual expedition-level USA Supreme Adventure Race highlight Four Winds Adventure Company's 2000 schedule.

The excitement starts this spring with the season's first Mountain Rage Series race in Southern Arizona and will continue throughout the year, offering racers a variety of landscapes, terrain, and physical and mental challenges:

- Mountain Rage/Lake Roosevelt, Ariz. -March 18-19
- Mountain Rage/Northern California-May 13-14
- USA Supreme Adventure Race/Idaho-July 14-22
- Mountain Rage/Ventura-Sept. 16-17
- Mountain Rage/Lake Mead, Nev.-Nov. 4-5

Maintaining the team aspect of adventure racing, the series will again feature four race categories in which athletes can compete, including:

- Four-person, mixed gender premiere division
- Four-person open division
- Two-person, mixed gender division
- Two-person open division

As was successfully introduced during the 1999 season, teams will accumulate points over the course of the year for each race, culminating in an overall Mountain Rage Series champion, who will win a free entry into the 2001 USA Supreme Adventure Race.

The Four Winds Adventure Company also will continue its policy of early registration discounts for all races. Details can be found at the Four Winds Web site.

Several Four Winds adventure training camps are scheduled for 2000, featuring experts in all aspects of the sport offering advice, training tips, specific mountaineering skills, in-depth training in land and water navigation, and a first-hand taste of adventure racing.

Those interested in volunteer opportunities in any Four Winds race are welcome to contact the company's headquarters. Through volunteering, racers may qualify for and accrue credits toward entry in a future Four Winds competition. Other involvement opportunities include joining the Four Winds adventure racing team or participating in time trials.