



***THE FOUR WINDS  
MOUNTAIN RAGE ADVENTURE RACE  
Rules And Regulations  
(including Racer's Gear List)***

It is meant to assist you in planning for your races. Check back frequently to see if changes have been posted. Check the 4-Winds home-page and race-info-page as each race nears to get the latest info and releases for that race. Also, check our calendar page to locate any changes posted for future races. To help you identify when a gear list changes, each gear list will be tagged with a revision number and the date of the current revision and the date of the last revision. (This list is subject to change by the 4-Winds management without notice.)

**ARTICLE I. THE FOUR WINDS EVENT ORGANIZATION**

Four Winds Adventure Races are produced by Four Winds Adventures and the Four Winds Adventure Institute, a non-profit entity.

The official language of Four Winds Adventure Races is English.

The organizers of Four Winds Adventure Races reserve the right to add, modify, replace or cancel venues or events at any time. \_\_\_\_\_ Initial here.

Should any modifications be deemed necessary, Four Winds Adventures will contact all teams so that they may make any adjustments in training or equipment that will be required in the race.

**ARTICLE II. THE FOUR WINDS MOUNTAIN RAGE ADVENTURE RACE**

A Mandatory registration, team check-out for ability and skills testing, team captain responsibilities, and equipment review to be announced. A mandatory team captain only meeting to be announced. Team skills review, assessment, and equipment gear checks are as follows:

1. Mountaineering and canyoneering safety and climbing systems, equipment and climbing skills review; team members must all demonstrate familiarity with putting on gear, rappelling proficiency, and safe rescue techniques
2. Navigation skills review, UTM review, Four Winds checkpoints and protocol, course and venue descriptors
3. Paddling and water skills review, boat handling techniques and safety for rough/moving/flat-water, and proper return of boats

#### 4. Biking equipment, course rules and regulations, and safety review

Race team individuals that have previously been approved through skills review and assessments within the past 4 years at a Four Winds Adventure Race, have completed the necessary protocol and may opt out of the skills review and assessment by emailing the Four Winds office at [info@4windsadventure.com](mailto:info@4windsadventure.com) 3 weeks prior to the event of their previous review and assessment. If this is not on record, the team members will be required to again go through the review and assessment portion of check-in. If proof is provided via email by the requisite date, the team members must simply be prepared for gear check. Any new members of previously cleared teams must still complete the full review and assessments.

If the race is support, mandatory support crew requirements briefing and requirements review to be announced covering equipment, set-up, protocols, rules and regulations, transitions, gear drops, and so forth, following the final race briefing. The final race briefing, start of the race, finish the race, time cutoff Closing celebration and awards presentation to be announced.

### **B. THE RACE COURSE**

The Four Winds Mountain Rage Adventure Race location TBA on public and private lands. The average completion time should take approximately 34 hours with a cutoff thereafter. The course will cross approximately 120 miles of diverse ecosystems, including mountainous terrain, and scenic waterways. Some lands will require special care so as not to disturb the natural ecosystems and terrain that the Four Winds Mountain Rage Adventure Race and participants have been granted the right to cross.

All racers will be expected to adhere to specified race course routings as presented to them by the race organization. This is part of the racers' agreement to comply with rules and regulations as dictated and permitted by overseeing agencies who have arranged for passage across lands upon which the race is run. Deviations from racecourse routings are not permitted, and racers could be disqualified or at the very least, penalized for any deviations. The extremely sensitive nature of the area ecosystem demands respect, vigilance and adherence to guidelines for travel. \_\_\_\_\_ Initial here.

Drinking water opportunities for racers are limited to the obvious lake area or some small springs, if running. Racers are reminded to carefully assess water needs, and be prepared to carry a required minimum of 120 oz. or more of water at the beginning of each venue.

\_\_\_\_\_ Initial here.

### **C. RACE TIMING**

The official race clocks will begin at the start of the race and stop for each team when an entire team has crossed the finish line.

Time periods may be adjusted to compensate for unforeseen circumstances necessitating the addition or deletion of time to the event race clock or team's race time. \_\_\_\_\_ Initial here.

Any mandatory adjustments should be applied across the board to all teams, unless the adjustments are due to infractions, penalties or other unforeseen circumstances.

Individual team times will not necessarily reflect race-organization checkpoint delays or adjustments deemed necessary.

Any adjustments that would reflect against a team's time will be reviewed by a panel of judges to ensure that any timing adjustments are distributed fairly and are necessary. The panel of judges reserves the right at all times to add or subtract penalties or bonuses to the overall event clock time, any team's venue time, or any stages within the race. \_\_\_\_\_ Initial here.

#### **D. TEAM FINISHING CLASSIFICATION**

All team finishing classifications will be based on when final team members cross the finish line, as calculated by the event timing committee, and taking into account any adjusted time factors required throughout the race course and venues.

Teams with the fastest overall times will be ranked after any timing adjustments to determine the winner and final ranking. A reference time will be calculated when the last team member has crossed the finish line before any cutoff period.

#### **E. START OF COMPETITION AND DEADLINE**

All teams should arrive at the start point, race ready, as specified by the race organization, for example, approximately one hour prior to the start of competition. Racers will receive race start point location and other race detail at the final race briefing TBA.

There will be cutoff time limits per venue, which have been designed to allow all teams a specified time to complete each venue. Teams requiring time beyond the fixed cutoff may be given special circumstance consideration on a case by case basis, in keeping with the philosophies of Four Winds Adventure Races, and at the sole discretion of Four Winds Adventures.

#### **F. CHECK POINTS**

Each team will be supplied with two Four Winds Check Point Control Records that shall be carried by separate team members at all times during the race. The second record will carry the same information as the first record. Both records must be recorded with a punch mark at the designated checkpoint number and space on the records. Check points are locations detailed by UTM grid coordinates, that when put into proper succession, ultimately outline the course routing.

All date and time recordings will be performed when the last team member passes or arrives at any manned checkpoints. Certain unmanned checkpoints will have punches or individual markings that must be punched or noted in the Check Point Control Records. Teams will be informed of any additional detail regarding checkpoint punches or markings at the final race briefing November 2nd.

Missed checkpoints will result in time penalties and cause the team to be excluded from overall ranking, unless circumstances determined by the race organization are deemed otherwise. A team may be allowed to backtrack to the missed check point and resume racing without added penalties, as long as any existing course venue time cutoffs are maintained in the team's progress.

Teams must, with full cooperation, follow the instructions given by officials and persons responsible for checkpoints. Failing to follow directions given by officials and persons responsible may cause teams to face penalties and time sanctions, or could even lead to disqualification from competition. \_\_\_\_\_ Initial here.

All teams are responsible for surrendering Check Point Control records to a race official immediately following the team's finish of the race. \_\_\_\_\_ Initial here.

### **G. NIGHT COMPETITION**

Teams must plan their racing strategy to include appropriate gear, equipment, clothing, and lighting for planned non-stop night racing. This strategy may include items above and beyond the mandatory gear list as long as they are not on the forbidden item list.

### **H. KAYAKS, WATER EVENTS**

It is mandatory that all competitors wear Coast Guard Type III or better life jackets (personal flotation devices or P.F.D's) at all times while participating in all water events. Racers are to provide their own life jackets (non-inflating life jackets are allowed). Racers must attach functional glowsticks to their P.F.D.'s, activated for any and all night travel on waterways. Personal kayak paddles will be required for all members of every team. Kayaks provided by Race organization are two-person, 16'4" hardsided kayaks with skirts. Wetsuits providing torso coverage (i.e., shorties or Farmer Johns), suitable for 50 degree F. water temperature, and waterproof jackets, are also a mandatory requirement for water venues. (See mandatory kayak equipment Section IX.G)

All care should be given to respect and not damage any watercraft provided by or through the Four Winds organization. Race teams must portage, not drag, kayaks across land. Before continuing on, race team members must clean their boats following their paddling venue. Race teams must ensure that kayaks are free of human waste. Race team members must leave the watercraft sponge clean and clear of debris or trash, with all team-supplied fasteners, ropes, or lashing removed. Failure to return kayaks in clean condition will result in an automatic time penalty and may cause the team to forfeit some or all of its boat deposit. \_\_\_\_\_ Initial here.

Any damaged watercraft may result in time penalties and may not be replaced or repaired by the organization. Deposits will be required from teams to cover team incurred damage to the watercraft. These deposits are refundable at the end of the race when watercraft is returned in good condition as received. Any damaged watercraft may result in boat costs being charged against the boat deposit. Any watercraft returned dirty or containing waste may result in forfeiture of some or all of boat deposit. \_\_\_\_\_ Initial here.

Every team must carry appropriate waterproof bags to contain and keep clothing and equipment watertight while traveling on waterways.

While traveling in watercraft, care should be taken to stow any equipment, which could cause friction or damage to the watercraft.

All team members shall wear climbing, biking, or rafting helmets (helmets with chinstraps) while traveling down any moving water sections of the racecourse.

All team members must at all times remain grouped together and within close proximity, generally within 50 yards or less during daylight hours, and 25 yards or less during night or darkness, always within sight of each other throughout all water venues.

For night travel, U.S. Coast Guard rules apply - boat lights, lit for night travel, are mandatory for all night water sections. For the supplied kayaks, teams will tape on one each mandatory 12-hour white or green glow stick in the upright position, to the bow and stern of each kayak, to be lit at all times during darkness. Additionally, each competitor

must attach a lit 12-hour glow stick, one on the front and one on the rear of the P.F.D. for all night or darkness paddling sections.

## **I. MOUNTAIN BIKES**

All competitors will use and ride their own mountain bikes. Bike towing within teams will not incur a penalty, but must be performed safely - with careful consideration to terrain, traffic, and speed.

Any and all mechanical problems encountered while racing will be handled by the individual team members, support crew or other teams' members. No other outside assistance is allowed while on the racecourse.

All mountain bikes must be equipped with appropriate headlights and rear lights, suitable for bicycling, in good working condition for night travel, and in use for all night bike sections of the course.

Without exception, all racers will wear their biking or other approved helmets at all times while racing mountain biking sections. (See Mandatory Mountain Biking Equipment Section IX.E)

It is recommended that support teams be equipped with means to clean mountain bikes at transition areas (i.e. for mud: buckets, water, brush).

Teams need to remain grouped together within sight of each other throughout all mountain biking venues.

## **J. MOUNTAINEERING AND ROPES VENUES**

Teams must be prepared for day and night travel in all mountaineering sections. The mandatory climbing helmet must be on each competitor's head while the competitor is on rope or in potential rockfall zones.

## **K. GENERAL**

All racers must wear unaltered Four Winds provided racing bibs or jerseys on the outside of their clothing or P.F.D.'s AT ALL TIMES while racing on the course. Time penalties or possible disqualification may apply if racing bibs are not visible during the competition (there are exceptions in transition areas while racers are changing clothes). No alterations of the racing bibs are allowed. \_\_\_\_\_ Initial here.

Teams need to remain grouped together within sight of each other, not to exceed 50 yards approximately, throughout all venues. Teams that significantly exceed this distance may be subject to time penalties, and/or must collect individual team members before being allowed to proceed. \_\_\_\_\_ Initial here.

Teams must complete all venues as identified in race instructions, or as modified by the race organization, in order to remain ranked in competition.

A team deposit of \$850 will be required at registration. This deposit from each team will serve to cover damages to watercraft equipment provided by or through the Four Winds organization. The deposit is refundable following the race upon surrender of the watercraft in good condition as received. There is a non-refundable portion of the deposit of no less than \$100, should human waste (i.e. urine) be detected in a boat, subsequent to team usage. \_\_\_\_\_ Initial here.

For assistance, teams may rely only on their support crew in designated transition areas, or other racers while racing. Support crews are not allowed on other parts of the racecourse outside of transition areas, unless specifically directed by Four Winds staff. Violations of this may lead to penalties, up to and including disqualification. Teams may not receive support from spectators, media, race staff or checkpoint personnel, or others, except in cases of emergency or medical necessity. Teams may not take water or food from other than their support crew or other racers, at any time, except when determined medically necessary. Deviations from any of these may result in time penalties, up to and/or including disqualification.

Any failure to comply with mandatory safety precautions may trigger time penalties or disqualification from the race.

### **ARTICLE III. TEAM WITHDRAWAL FROM COMPETITION**

In the case of a team withdrawal, the team must inform the racing organization by the best means available and in the shortest possible time, usually by going to the closest check point or closest race official and informing them of intent to withdraw. Official withdrawal occurs upon surrender of the Check Point Control Records to a race official.

In no instance other than absolute emergency should a team use a distress signal for notification.

If a team fails to notify the racing organization of its withdrawal and the organization is forced to bring about a specific search for the team, the financial responsibility of said search could fall on each competitor who has not taken the necessary steps to officially inform the racing organization of whereabouts and withdrawal from the competition.

In cases where a team has lost members due to the inability to continue for health or other reasons, the team may be allowed to join a second team with similar circumstances and continue on to the finish line of the race. This type of team combining, however, would disqualify both teams from the awards categories, however the teams' individuals may still qualify for other finishers' prizes and awards.

In the event that a team member cannot continue with his team, and the team has communicated with the race organization, the entire team must wait until help has arrived for the disabled team member before consideration can be given to allowing the remaining team members to resume racing.

Any emergency evacuation, either by land or by helicopter, is reserved only for sick and injured competitors. Fees associated with this type of rescue are borne by the injured party. \_\_\_\_\_ Initial here.

Any race participants, who have removed themselves from competition, either due to the inability to continue, injuries or disqualification, will be required to join their support crews for the remainder of the race.

Any failure to comply with mandatory safety precautions may trigger time penalties or disqualification from the race.

## ARTICLE IV. JUDGES, PENALTIES

### A. PENALTY SUMMARY

This list is designed as a guideline for all teams and does not constitute all situations that may be penalized. Any intentional infringement of the Four Winds events, rules and regulations may result in team disqualification, and is at the sole discretion of the Four Winds judges.

All racers must wear unaltered, provided racing bibs or jerseys visible at all times while on the race course or face possible disqualification.

Any team missing a checkpoint must return to that point before continuing. The missed checkpoint can carry time penalties, can cause the team to be unranked, and can also disqualify the team from winning the overall start to finish of the race. Teams must complete venues as specified by the race organization or face time penalties and possibly lose rank status.

Teams will be penalized for failing to return ropes equipment, kayaks or other equipment supplied by the Four Winds race organization, back to drop areas or the designated transition area(s). Deposits may also be lost in the case of missing or damaged equipment.

Any team failing to follow any mandatory equipment requirements, safety regulations or regulations with regard to equipment may be penalized or disqualified. There may be mandatory gear checks on the racecourse at any time. Any unfair or unsportsmanlike behavior or willful destruction of land, equipment, or the ecosystem upon which the race is run, may be met by penalties or disqualification, as well as restitution of damage. Any intentional team sabotage will lead to team disqualification.

Any unauthorized transportation beyond that which is allowable in the venues in each stage of the race will result in penalties or disqualification. For example, while racing in water venues, no other method of travel other than supplied watercraft is allowable, except in the case of safety obstacles or exceptions listed in race instructions provided to teams. Biking portions may also be "hike-a-bike" sections, where bikes can be walked or run by individual team members.

No teams may alter the composition of a team during competition. Any composition changes, if allowable, must be authorized and recorded by authorized personnel only, and may eliminate a team from ranked status or the race. Any team member completing the entire racecourse will be eligible to receive finisher awards. \_\_\_\_\_ Initial here.

All packaged race food/water (consumables) must carry the team's number written on the packaging in indelible, waterproof ink. Teams carrying unmarked consumables may incur an automatic time penalty. Any marked packaging from consumables found on the racecourse will carry an automatic time penalty for the team designated on the packaging.

Throughout the racecourse, all trash must be carried out by the competitors. In transition areas, or other designated race areas for teams and their support crews, racers and support crews are responsible for clean up and policing their space. Team trash cannot be left at TA's (unless in a trash receptacle specified by Four Winds staff), on Four Winds equipment, or with Four Winds staff. There are no exceptions to these rules. Failure to comply will incur time penalties for offending teams.

All human waste must be buried well above any running water sections and at least six inches deep, or carried out by the racing team. Failure to comply with these regulations may result in team disqualification.

All safety gear and mandatory equipment required for each venue and each event must be in place and worn by the competitors in order to proceed with that specific venue. If teams do not have the safety gear or mandatory equipment to proceed in the venue they will be stopped at that point and will not continue until the required safety gear or mandatory equipment is in place. Teams may retrace their steps or return to a previous major checkpoint for re-equipping with their support team.

Any use of any forbidden equipment such as GPS, cell phones, any electronic communications device, PDA's, night vision goggles, I.V. bags, or weapons (excluding the folding knife requirement), will result in penalties or disqualification.

Any use of unauthorized assistance along the racecourse may constitute a time penalty or disqualification.

Teams should only receive assistance from their support team crews in transition areas, however the support team crews may receive assistance from other support team crews or race teams if needed. Teams may aid other teams without time penalty anywhere on the course.

Any use of maps other than those provided by the Four Winds race organization is not allowed, and will result in time penalties or disqualification.

Any team or team member failing to follow directions by authorized Four Winds personnel will result in time penalties or disqualification.

Any considered disqualification will be reviewed by a panel of judges to help ensure fairness.

## **B. PANEL OF JUDGES**

There will be a panel of judges available throughout the entire racecourse that will include professional guides, principals and experts from the Four Winds Adventure Company. The judges will help ensure that all competitors abide by the race's rules, regulations and appropriate standards of conduct. The judges will further help ensure those rules, which have been applied to one team, will apply to all teams.

The judges will carefully evaluate and rule on any breach of race regulations, with safety being of utmost importance in all cases.

Protests or explanations must be submitted in writing within one hour of a team's finish to be considered. \_\_\_\_\_ Initial here.

## **C. POWER OF THE JUDGES**

The appointed judges, as a panel, will have the responsibility of imposing any necessary time penalties, adjusted rank status, or disqualification during or following the race.

The judges will review any breach of racing regulations. The judges will review and rule on any complaints received from teams or submitted to them by Four Winds staff.

The judges will decide on any race-related changes, venue changes or any necessary regulations that may need to be imposed in the course of the event. Adventure races, by their very nature, are filled with challenges and situations that cannot always be predicted. Therefore the race organization reserves the right to change, modify, add or delete any part of the course at any time as it deems necessary. \_\_\_\_\_ Initial here.



The judges have the power to sanction teams by time penalties or by expelling a team from the race if necessary. The judges will rule on all rules and regulations and they may also award time bonuses where appropriate or indicated.

## **ARTICLE VI. THE COMPETITORS**

### **A. INDIVIDUALS**

All registration will be taken on a per team basis. Teams must be comprised of two racers or four racers and must include one to two support crew. The premier category is the four person mixed gender team category. Open division categories exist for a limited number of teams of two or four persons.

Each team member must be capable of performing the activities of all venues including orienteering in an outdoor wilderness setting.

All competitors must additionally comply with any specific rules or regulations dictated by the organizations and agencies that have arranged passage through the lands, localities, counties and states upon which the race is run.

All competitors agree to provide signed biographical and medical information, film and video releases, or other waivers. \_\_\_\_\_ Initial here.

Each competitor is solely responsible for his or her involvement in the competition. Each competitor will be the sole judge of whether or not he or she should begin and continue competing, unless after consulting with the Four Winds Adventure Race medical staff, is advised against continuing the competition.

In all health-related situations, the doctors and related medical staff on site shall have the last word as to whether a competitor can safely continue or not.

All competitors must be over the age of 18 years. \_\_\_\_\_ Initial here.

All competitors are responsible for familiarizing and preparing themselves for any health and fitness requirements or conditioning for the regions where events will take place. This may include extreme heat, altitude, dampness or extreme cold.

All competitors must be able to swim. \_\_\_\_\_ Initial here.

If there is a split or break up within a team competing, some members may opt to continue on to finish the race, however they are no longer ranked. If this situation arises, the team must notify and be given clearance to continue by the race organization.

All competitors must possess the abilities and qualifications required by the Four Winds organization in the disciplines of mountain biking, kayaking, mountain climbing, orienteering, or other specific events or venues that may be performed in the race.

All competitors are liable for review and to pass ability tests, which will be set up at the registration prior to the event. Mountain Rage ability tests will include:

1. Navigation/orienteering review
2. Mountaineering review and climbing skills and systems review
3. Paddling, swimming, and (open) water safety review
4. Mountain biking safety gear/skill review

Competitors must be able to pass the basic requirements of skills review, communicating and demonstrating proficiency in the listed areas, in order to be allowed to compete in the race.

All participants who enter the Four Winds Mountain Rage Adventure Race must be fully aware of the risks they run in supporting or competing in the different types of venues in different ecosystems with flora and fauna native to each area across the racecourse in this competition. \_\_\_\_\_ Initial here.

All racers and participants will agree to release Four Winds Adventures, Four Winds Adventure Institute, and race, its organizers, staff, volunteers, sponsors, vendors, agencies, and land owners in advance, from any to all criminal or civil responsibility, in the case of personal accident or damage to property, or other personal injury in the Four Winds Adventure Race. \_\_\_\_\_ Initial here.

## **B. REGISTRATION**

Team spots are reserved on a first-come first-served basis, with the submission of the first payment. Four Winds Adventures reserves the right to approve all team registrations. A team is fully registered when the registration fee is paid in full.

Teams are eligible for competition when the team is fully registered, and all necessary paperwork, waivers, gear check and skills reviews are completed.

In the event of a team withdrawal prior to the start of the race, any registration fees will become credits only towards future Four Winds Adventure races, less handling fees (handling fees are 40% of the regular registration rate).

### **Checks are made payable to:**

Four Winds Adventures  
2675 West Highway 89A, Suite 451  
Sedona AZ 86336.

## **ARTICLE VII. SUPPORT TEAMS**

### **A. REQUIRED PERSONNEL/VEHICLES**

A support crew is mandatory and must consist of one or two persons who are registered with the Four Winds Mountain Rage Adventure Race.

All outside help, unless in the case of emergency, is prohibited in any form for the team.

However, support crews may receive assistance from other support crews within the staging, gear drop, or transition areas. Support crews will not be allowed in restricted areas or non-designated areas of the racecourse, to ensure fairness to all teams. All team support is authorized only within specified transition areas, unless authorized by Four Winds staff.

All support crews and vehicles must wear or have attached and visible, designated support badges, vests or markings supplied by Four Winds Adventures at all times while in the staging, gear drop, or transition areas. Failure to do so may result in denial of access to those areas.

Support crews are not allowed on the racecourse outside of the transition areas, unless specifically directed by Four Winds staff. There is no external support, beyond that which they carry by themselves, allowed for any team outside of transition areas.

Support crews must carry adequate supplies of water and trash bags to properly manage and collect all trash and garbage throughout the race. No trash, garbage, or waste can be left behind or deposited with any Four Winds personnel, vehicles or trailers.

Support crews must, with full cooperation, follow the instructions given by officials and persons responsible for TA's. Failure of support crews to follow directions given by officials and persons responsible may cause teams to face penalties and time sanctions, or could even lead to disqualification from competition. \_\_\_\_\_ Initial here.

Support crews will not be allowed in restricted areas, to ensure fairness to all teams. A violation by support crews of any rules may result in penalties to the teams.

Assistance or accompanying persons must wear at all times their identification badges. Failure to do so may result in denial of access to staging, gear drop, or transition areas.

The number of vehicles allowed on the course per team is limited to 1 (one).

Support crew vehicles must at all times during the competition, and in transition areas or traveling to transition areas, have any appropriate race stickers, numbers, or other identifiers, as supplied by Four Winds, attached and visible.

Some roads for support crew travel are primitive in condition, muddy and rutted (depending on weather). Most roads for support crew travel are suitable for standard passenger vehicles with a high clearance. A vehicle pulling a trailer is permitted.

## **B. TEAM REPORTERS AND PRESS ISSUES**

Team reporters are optional at Four Winds Adventure Races. Teams may, at their expense and at their option, provide a team reporter. Special badges for recognition in transition areas will designate all team reporters as such. Team reporters may not help in team support in any way, at any time, except in an emergency, during the entire race. (A member of a regular two person support crew may also be designated as the team reporter, in which case this individual may serve double duty.)

Any team reporter must be transported by the support crew and cannot use any additional vehicles, unless the race organization determines otherwise. Team reporters must adhere to the same rules required of the support crews. Any infractions of the rules or regulations by a team reporter may also result in a penalty for the team.

Team reporters who are professional journalists may be allowed special access to additional areas of the course with presentation of official identification and signed releases and waivers before the start of competition, with prior notification made through Four Winds public relations personnel. Four Winds has rights to any and all images, photos, slides, recordings, negatives or videos resulting from Four Winds Adventure Races. \_\_\_\_\_ Initial here.

Any subsequent commercial use of photos or videos must have express written approval of Four Winds Adventures.

Professional video or still photo cameras are forbidden except where specifically allowed by Four Winds Adventures. Footage shot with any personal or professional video or still image cameras cannot be used for reprint or broadcast without express written permission from Four Winds Adventures and principals. All such footage and recorded images will be made available for use by Four Winds Adventures, as soon as practical following the race. Any film, audio and photography production rights of the Four Winds Adventure Races 2001 are reserved by Four Winds Adventures. \_\_\_\_\_ Initial here

Competitors, support crew members, accompanying persons and family and friends agree that photographing, filming, audio recording, and so forth, of images and voices, for promotional, educational, or informative purposes, is acceptable and permitted for Four Winds Adventures, sponsors, and broadcast licensees. \_\_\_\_\_ Initial here

## **ARTICLE VIII. ACCOMPANYING PERSONS**

All accompanying persons, who are not support crew members, must also be registered in advance of the race start (during team registration) with the event organizers. Race teams have the responsibility of checking these persons in at registration. All accompanying persons are welcome at the start of the race, the finish of the race and designated spectator viewing areas to be announced prior to the race. Accompanying persons or spectators will be restricted to designated areas and will not be allowed to provide team support in any way.

All accompanying persons will not be permitted to transport support equipment for the teams. Accompanying persons must, at all times during the competition, wear badges designating accompanying person and any approved vehicles of accompanying persons must have, at all times, identification provided by the organization indicating that they are accompanying persons' vehicles.

## **ARTICLE IX. EQUIPMENT**

### **A. AUTHORIZED EQUIPMENT**

Boats for water venues are 2-person hard-sided kayaks with supplied spray skirts. Racers should bring kayak paddles for the water venues.

Any equipment modifications or changes will be provided as soon as practical or at the event to ensure that all teams are prepared on race day.

All competitors and support crews will supply their own food, water and other drink for the entire racing event and will coordinate and rely on their support crews to prepare and provide for all other necessary equipment and its distribution into staging, gear drop, and transition areas. There may be limited gear/equipment drops in the Four Winds Mountain Rage Race at the discretion of the race organization.

The equipment provided by the race organization:

1. Watercraft such as hard-sided, 2 person kayaks, with spray skirts, will be made available to competitors at the appropriate sections of the racecourse.
2. Certain required mountain climbing sections will have professionally prepared and supplied ropes for that section. Rappelling devices will also be supplied by the race organization for sections beyond figure eight and ATC limits.

### **B. MANDATORY EQUIPMENT**

Teams and racers shall supply all equipment necessary to cover the race course for varying types of terrain, weather and water conditions for the November Mountain Rage Adventure Race in the Lake Mead Region, Nevada & Arizona.

There may be spot checks for mandatory equipment along the course at any time. This may include complete pack breakdowns at any time in the field, as well as in transition areas.

Personal paddles will be required by all team members for water venues; spare paddles will not be provided by the organization. Teams will provide their own suitable paddles for kayaks on various water sections of the course.

### **C. PERSONAL MANDATORY EQUIPMENT**

Each team member must supply the following and must carry these items at all times during competition:

1. 1 Small shovel (a broad scoop or wide blade, no spoons) for dealing with personal waste
2. A lighter or other weatherproof fire starter
3. A whistle
4. A knife with a fixed or locking, straight or serrated blade of 3 1/2", which is easily accessible
5. One hand held flashlight (no mini light smaller than 3") and 1 head lamp (both in working order, both waterproof)
6. One set of spare batteries for each light in #5
7. A polar fleece top - 200 weight minimum
8. A working wind/waterproof torso shell (taped seals closed)
9. Protective gloves (for biking, climbing, water sections)
10. One pair of sunglasses with UV protection
11. Water bottles or water bladder capacity (minimum) 120 oz. or greater
12. One race organization provided racing bib or jersey to be worn and visible over other clothing without exception, at all times on the race course
13. Four chem lights - 12 hour version, 6 inches or greater in length - for the water venues (2 to be attached to PFD during night section of course)
14. One ski type hat/balaclava equivalent
15. Suitable shoes for all venues
16. Survival mirror at least 2" x 3"
17. One space blanket, minimum size 6' x 6'
18. Backpack suitable to carry all mandatory and other equipment as specified for each venue. \_\_\_\_\_ Initial here

### **D. MANDATORY FULL TIME TEAM EQUIPMENT**

Each team must possess and carry permanently throughout the competition:

1. A team first aid kit (see first aid kit below for mandatory list of supplies)
2. One altimeter
3. Two compasses, each carried by separate individuals
4. Two authentic Coast Guard-approved water strobe lamps in working order (typical strobe lamps measure 1" x 4" or greater)
5. 10' of standard useable duct tape
6. One waterproof map case
7. 15" small nylon lightweight cord
8. One indelible black waterproof marker
9. Packaging of food/water/consumables must be marked in indelible ink with the team number
10. Two bike pumps or inflation kits, each carried by separate individuals (bike venue only)

11. Two (for four person team, one for two person team) mini repair/wrench kits, suitable to tighten all major bike components, each carried by separate individuals (bike venue only)

**E. MINIMUM MANDATORY INDIVIDUAL RACER MOUNTAIN BIKING EQUIPMENT: ADDITION TO INDIVIDUAL FULL TIME EQUIPMENT**

- A mountain bike
- An approved mountain biking helmet with chin strap
- Functional, working biking headlight and rear light (or red flasher) suitable for bicycling per the motor vehicle laws
- Tire repair kit and 2 (minimum) spare tubes

**F. MINIMUM MANDATORY INDIVIDUAL RACER MOUNTAINEERING EQUIPMENT: ADDITION TO FULL TIME EQUIPMENT**

1. Approved climbing harness, wither UIAA, NFPA, or ASTM rated
2. Climbing or biking helmet with a chin strap
3. Two locking carabiners
4. One figure eight or ATC, or other approved rappelling device
5. One daisy chain or suitable substitute for online self rescue
6. Two Prussiks
7. One pair climbing, or other leather suitable for climbing, gloves

**G. MINIMUM MANDATORY INDIVIDUAL RACER KAYAK EQUIPMENT: ADDITION TO FULL TIME EQUIPMENT**

1. Life jacket (that does not require inflation) suitable for rafting and kayaking which allows uninhibited movement and with the minimal flotation requirement by the U.S. Coast Guard for Type III P.F.D's
2. The required fixed or folding knife with 3 1/2" blade or greater, within easy reach during the water section
3. Personal kayak paddle will be required by all team members for water venues; spare paddles will not be provided by the race organization.
4. Dry bag, waterproof and suitable to keep clothing and mandatory equipment dry, even while towing through water swim sections.
5. Farmer John wet suit, shortie, or some combination of top and bottom suitable for day or night water temperatures as low as 50 degrees F.
6. Neoprene booties
7. Whistle attached and accessible on P.F.D.
8. Two chem lights/glow sticks (12 hour version) visibly affixed to each racer on the upper front and back of P.F.D and activated during each night hour paddling section (personal mandatory gear requires two more chem lights or glow sticks as well)
9. One sponge per person (for self bailing)
10. One bilge pump per boat
11. Two white or lime 12 hour chemical lights per boat
12. One throw bag per boat
13. Four red aerial distress flares

(Teams must be prepared for conditions of water crossing both in and out of watercraft)

## **H. MANDATORY TEAM FIRST AID KITS**

(for both two person and four person teams)

- Water purification tablets - enough to purify 1 gallon of water per person
- 8 - 3/4" bandages
- 8 - 1" bandages
- 8 - Fingertip bandages
- 8 - Knuckle bandages
- 8 - Butterfly bandages
- 8 4x4 gauze pads
- 1 - 2" x 5 yards gauze roll
- 2 - eye pads
- 1 roll - 2" adhesive tape
- 2 - 4"x6" moleskin pads
- 1 - Razor blade
- 1 - First aid tweezers
- 1 - Thermometer
- 8 - Antibacterial towelettes
- 8 - Antibiotic ointment packets
- 1 pair - Scissors
- 1 oz. Hydrogen peroxide
- Electrolyte replacement tablets
- 12 - Pain reliever/fever reducer tablets (such as Tylenol, Motrin, etc.)
- 1 - needle/safety pin (type-1) 1/2" length

## **I. SUPPORT TEAM MANDATORY EQUIPMENT**

Support teams must carry:

- Waterproof tent or be capable of sleeping out of the weather in their support vehicles
- Trash bags
- Water
- Vehicle or personal identification as Four Winds participant
- Bucket to clean equipment or bikes if necessary
- All other team essentials or mandatory gear not in current use by team

## **J. SUPPORT TEAM CREW FIRST AID KIT: Optional**

- Water purification tablets
- 3/4" bandages
- 1" bandages
- Fingertip bandages
- Knuckle bandages
- Butterfly bandages

- Gauze pads 4x4
- Eye pads
- 2" x 5 yards gauze roll
- 1/2 "adhesive tape
- Mole skin
- Needle
- Razor blade
- First aid tweezers
- Thermometer
- Antibacterial towelettes
- Antibiotic ointment packet
- Cortisone cream, 1 oz.
- Scissors
- Hydrogen peroxide
- Sore throat lozenges
- Cough control lozenges
- Antihistamine tablets
- Decongestant tablets
- Antacid tablets
- Analgesic tablets
- Electrolyte replacement tablets
- Antidiarrheal tablets
- Sunscreen

Team First Aid Kits must be carried by the team at all times.

The support first aid kits should be carried by the support team crew. Teams are not limited to the above first aid equipment and may provide additional supplies as needed, with the exception of those items that may only be administered by Four Winds Medical Staff, i.e. teams or support crews may not perform venipuncture or start I.V.'s.

#### **K. FORBIDDEN EQUIPMENT**

1. Weapons (excluding mandatory knives)
2. G.P.S. (Global Positioning Systems), P.D.A (Personal Digital Assistant), computers
3. Night vision goggles or apparatus
4. Cellular phones, pagers, or other unauthorized communications devices
5. Any mode of transportation other than those authorized by the event organizers and the specific approved venues

This short list does not necessarily comprise a complete and comprehensive list of all forbidden equipment. Check with the race officials for details.

#### **L. EQUIPMENT REPAIR**

During the competition, competitors are generally responsible for protecting and repairing any equipment as provided by the race organization.



## **ARTICLE X. SAFETY**

### **A. PROCEDURES TO BE USED IN THE CASE OF EMERGENCY:**

Extreme emergencies would be any type of serious bodily injury or accident or exposure that would endanger life or limb. In this type of case, teams are to make every effort to contact race organization personnel at the nearest checkpoint for emergency support for these situations.

Any team coming upon a team or person who has been injured or who is in peril must stop and render assistance, if assistance is needed. Teams helping other teams may be awarded time bonuses or credits for their efforts. Logged start and end times and involved team names are required for this consideration.

If helicopter assistance is required, a person can signal the rescue team by standing, feet together with arms up, forming a "Y" for "yes, need help." If emergency helicopter assistance is not needed the person can stand with arms down as in the letter "N" which means no formal helicopter assistance is needed. \_\_\_\_\_ Initial here.

The race organizers may adjust, modify or change the race course if a portion of the course is a safety threat, or for any reason deemed necessary by the racing organization.

## **ARTICLE XI. INSURANCE**

### **A. LIABILITY**

The race organization carries event third party liability policy, as mandated and required by the federal, state, county and other entities involved in the oversight of the event.

### **B. MISCELLANEOUS**

The Four Winds Race organization will not be held responsible for theft or loss of any objects or materials, or anything else which has been entrusted to the organization, transported in its vehicles or left in its perimeter areas. Any recovered lost, missing, or abandoned racer or support crew equipment can be shipped back to the owner at the owner's expense. \_\_\_\_\_ Initial here.

### **C. EXCESS MEDICAL INSURANCE**

It is suggested that individual racers provide for their own major medical or supplemental medical insurance. This is strictly the responsibility of each competitor.

Excess of any other medical insurance coverage available is through the USARA Accident Excess Medical Expense and Accidental Death and Dismemberment coverage in the following amounts, with losses subject to a \$500 deductible: \$25,000 each person (no deductible); \$5,000 Death by Accidental Cause; \$10,000 Dismemberment Schedule. This is automatically in place as a result of a racer's purchase of a USARA membership license.

## **ARTICLE XII. MEDICAL**

### **A. EVENT FIRST AID**

Four Winds Adventures will be providing first aid medical support services during the event. Four Winds will have broad based regional medical support with round-the-clock

coverage during race time. There will be available water and land rescue team and regionally available air rescue team. Experienced field personnel will head up our medical team.

Our medical support teams will be mobile as well as basing out of our major transition areas. It is expected that a race team experiencing an emergency will make every reasonable effort to contact medical support teams, members of staff with radios, or send for help to the closest transition area or manned Check Point Control.

There are no penalties imposed for receiving emergency or supportive medical treatment.

## **B. EMERGENCY MEDICAL OR OTHER TREATMENT OUTSIDE THE SCOPE OF THE EVENT/FIRST AID**

For any injuries serious enough, and beyond the scope of the provided field first aid treatments, the injured party will be handed off by medical team staff to the closest available transport to a hospital or facility capable of handling the emergency.

Transport, depending on the type of emergency, may involve county agencies and support services. We recommend that all racers be capable of covering the minimum deductibles if an emergency should arise, requiring outside assistance or transport to a local hospital.

## **ARTICLE XIII. TEAM SPONSORSHIP**

Team sponsors or suppliers will have the opportunity for exposure for their advertising on racer vehicle, clothing and equipment, except for those spots reserved for Four Winds and key race event sponsors. Team sponsor logo visibility should not interfere with nor supercede Four Winds logo visibility.

Racers should check with the racing organization for any items of a questionable nature.

## **END OF RULES AND REGULATIONS**

Four Winds Mountain Rage Adventure Race