



***AMERICAS ADVENTURE RACE -
THE FOUR WINDS USA SUPREME ADVENTURE RACE***

***RULES AND REGULATIONS
(including Racer's Gear List)***

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.)

***RULES AND REGULATIONS
(including Racer's Gear List)***

ARTICLE I. THE FOUR WINDS EVENT ORGANIZATION

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

The official language of Four Winds Adventure Races is English.

Principals and organizers of Four Winds Adventure Races reserve the right to add, modify, replace or cancel venues or events at any time.

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Should any modifications be deemed necessary, Four Winds Adventures LLC 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 USA SUPREME ADVENTURE RACE

A RACE DATES TBA: Mandatory \Team skills review, assessment, and equipment gear check TBA.

1. Mountaineering and canyoneering safety and climbing systems, equipment and climbing skills review; team members must all demonstrate

- familiarity with putting on gear, rappelling and ascending system proficiency, and safe rescue techniques
2. Navigation skills review, UTM Review, GPS usage, Four Winds checkpoints and protocol, course and venue descriptors
 3. Kayak paddling and water skills review, and boat handling techniques and care, for rough water, flat water, proper handling and return of boats
 4. Biking equipment, course rules and regs, and safety review
 5. Proper horse handling, safety, allowable equipment review, and rider designation
 6. In-line skating/scootering equipment and basic skills
 7. Flight certifications and operations review (team-designated pilot).

Race teams or specific racers that have previously been approved through skills review and assessments at the any Four Winds Adventure Race since 2000 and can show proof of a prior Four Winds race, have completed the necessary protocol for venues they have experienced in past events. New venue events still require skills checks. All must be prepared for gear check. Any new members of these previously cleared teams must still complete the full review and assessments. Flight operations check-outs are mandatory for those team members listed as pilots for their teams.

Magellan GPS unit training TBA and will be carried by each team during the race to record the progress of each team.

Mandatory support crew requirements review TBA covering equipment, set-up, protocols, rules and regulations, transitions, gear drops, and so forth. Support crews will receive map information at the final Race briefing.

Mandatory team captain briefing TBA. Team captains will be responsible for ensuring that their team members are appraised of essential information they may learn at this briefing.

The final all-hands Race briefing occurs TBA The race start assembly point and race start location will be discussed at this briefing.

Media briefing to be scheduled with on-camera interviews for teams, etc. This meeting is mandatory for all teams.

B. THE RACE COURSE

The Four Winds USA Supreme Adventure Race, across public and private lands. The average completion time should take approximately 7 days. The course will cross approximately 350 to 400 miles of diverse eco-systems, including mountainous terrain, high desert and scenic waterways. Lands will require special care so as not to disturb the natural eco-systems and terrain that the Four Winds USA Supreme Adventure Race.

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 race course routings and instructions 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.

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Drinking water opportunities for racers, other than at TA's, are limited to the natural waterways, such as lakes, creeks, springs and streams, if running, and which must be purified before intake. Racers are reminded to carefully assess water needs, particularly considering high August temperatures in Utah at alpine and lower elevations, and also considering the drought conditions across most of the western US which have affected watershed and natural water supplies.

Racers must refill water supplies every chance they pass water opportunities.

Racers must be prepared to carry a required minimum of 120 oz. of water at the beginning of each venue.

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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.

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In addition to overall race times, with all teams being tracked, special timing may start and finish throughout the racecourse for venues.

Any mandatory adjustments would 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 bonuses or subtract penalties to the overall event clock time or any stages within the race and serve these penalties where appropriate.

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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 the cutoff period.

E. START OF COMPETITION AND DEADLINE

All teams should arrive at the race start assembly point, race ready, at the appointed time prior to the start of competition. Racers will receive race start assembly location and other race detail at the final race briefing. There will be cutoff time limits per venue, which have been designed to allow all teams adequate 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.

F. CHECK POINTS (CP's)

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 punched/noted at the proper numbered checkpoints in order and must be recorded with date and time of arrival at all checkpoints.

Teams will also be carrying Four Winds supplied Magellan® GPS units on the race course, into which waypoints must be entered at checkpoint locations in order to electronically track each team's course route and checkpoint attainment. GPS track logs will be the primary team CP record, punches and passports will be the secondary CP record.

GPS equipment and navigation guidelines for checkpoints are as follows:

- Magellan GPS equipment and navigation specifications are provided to ensure fair competition and technical compatibility with Four Winds Adventure Racing data processing equipment.
- Teams will not be permitted to use/download regional or Topographic maps into these GPS units.
- GPS data will be downloaded from all team Magellan GPS units at each TA by a qualified race official.
- The Magellan GPS tracklog will be used to verify actual route traversed as the primary check point verification method with punches and passports providing back up to the GPS track log.
- Race officials will periodically spot check all teams to ensure navigation aid compliance and maintain an atmosphere of fair competition.
- It is the team's responsibility to maintain the continuous operation and serviceability of their GPS unit while on the race course. Batteries are not provided by Four Winds. Failure to maintain GPS units in good working order for track log verification may result in penalties.
- The addition of GPS recording will improve many aspects of CP verification, team tracking and enable data to be recorded in ways to track team progress throughout the race course for family, media and sponsors. While the use of a GPS in dead reckoning mode will ease navigation for all teams, the world-class expedition level race course, multiple technical stages, as well as the ever-present challenges of weather and team cooperation will more than compensate for benefits gained in GPS use.

- Only the Four Winds supplied Magellan GPS Units will be allowed on the race course for use by competitors.

All date and time recordings will be performed when the last team member passes or arrives at a manned checkpoint. Teams will be informed of any additional detail regarding checkpoints recording and markings at the final race briefing.

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 can backtrack to the missed checkpoint and then can resume racing without added penalties where time and conditions allows 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, transition areas, crossings, venues, or any other aspects of the Race. 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.

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All teams are responsible for surrendering Checkpoint Control Records and Magellan GPS units at each transition to responsible race transition area personnel, and teams must recover these items before they proceed back out onto the course. Team are also responsible for surrendering these items to a race official immediately following the team's finish of the Race.

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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 prohibited 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, whether in or out of watercraft.

Wetsuits providing torso coverage (i.e. shorties or farmer johns), and waterproof jackets, are also mandatory requirement for water venues. Water temperatures low to 50 degrees may be encountered for hours at a time and a strong recommendation is made for full coverage wetsuits. (See mandatory kayak equipment Section IX. F)

Personal kayak paddles will be required by all members of every team. Kayaks provided by the Race organization are two-person, 16'4" hard-sided kayaks with skirts.

All care should be given to respect and not damage any watercraft provided by or through the Four Winds organization. Teams must portage, not drag, kayaks across land. Before continuing on, team members must clean their boats following their paddling venue. Teams must insure that kayaks are free of human waste of any kind. Teams must leave the watercraft sponge clean and clear of debris or trash, with all team-supplied fasteners, ropes, or lashing removed. Any kayaks returning, not in a clean condition or containing human waste will result in an automatic time penalty and can cause forfeiture of team deposit and incur time penalties.

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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 it is deemed that the team watercraft are 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 with waste may result in forfeiture of some or all of the boat deposit, as well as possible race time penalties.

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Every team must carry appropriate waterproof bags to contain and keep 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 mandatory 12-hour white or green glow stick in the upright position, to the stern of each kayak, to be lit at all times during darkness. Additionally, each competitor must affix a mandatory lit 12-hour glow stick, one on the front and one on the rear of the PFD for all night or darkness paddling or swimming sections. Swimming sections mandate PFD's and wet suits. Fins are allowed.

I. RIDE-RUN SECTIONS (not applicable to OIC team members)

Horses may carry only one approved/official rider at a time and one approved and tagged backpack, which must be attached to the rider.

Approved riders are determined by the race organization. This approval is generally determined by the skill level of the riders as gauged by a series of questions answered by those team members who will be riding, or by

performance relative to the areas. The outfitter providing the horses will also be consulted as to the skill level or proficiency of the riders in the field.

Areas where skill level must be demonstrated, either by performance or questioning, or a combination of both, are as follows:

- feet and hooves, lifting, picking
- general body condition - reviewing for sores, swelling, burrs, cuts, stickers
- checking all tack, girth tightness, twists in equipment, knowledge
- leading and backing from the ground
- mounted, moving forward and backing up
- proper reining
- moving out, walking and trotting
- correct behavior around horses, basic horsemanship knowledge including:
 - approaching a horse, front and rear
 - mounting and dismounting
 - correct side approach
 - foot, hand placement on horse and saddle
 - mounting style
 - rein placement
 - movement and noise guidelines
- watering and feeding on long trail rides
- what to do in case of injury

This is not necessarily an all-inclusive list, merely serving as a guideline.

However racers able to demonstrate proficiency in these areas do stand a good chance of being approved as riders.

It is recommended that two team members be designated as the official riders and the rest of the team be assigned to travel on foot. Riding horses is a responsibility that may not be granted to every team member.

Teams may change approved riders during the ride-run section of the race.

All team members must remain grouped together and within sight of each other during the ride-run section of the racecourse.

No spurs or whips will be allowed in the race. Any violation of these rules or abuse to any animal may carry disqualification for the team.

The riding itinerary may include a required number of rest periods to allow the horses to be watered and vet checked as necessary. The outfitter providing the horses may also determine the fitness and condition of the animal. This is to ensure that all horses can proceed safely and without harm to the animal throughout the entire ride-run section of the racecourse.

At identified mandatory check points, horses may be required to be presented to authorized personnel, where the animal's temperature may be taken, as well as their heartbeat and respiratory system examined.

There will be mandatory load requirements for rider and backpack, which shall be given prior to the overall race start. It should be noted that carrying packs can cause horses to become unbalanced and therefore impede progress of the riders. Teams should share load carrying in order to assure the steady progress

of all racers and not artificially handicap the horse and rider portions of the teams. Riders should mount without large packs. Minimal fanny packs or small day packs are required in this venue.

Riders are not allowed to wear rucksacks or large packs during this itinerary and any bags not exceeding the weight limit must be placed in such a way that they will not cause any pain or discomfort to the animal.

Rider with pack may be weighed in the field to ensure that horses not carry loads in excess of the maximum weight allowed.

Any teams with overly fatigued, limping or injured horses may be required to rest until the horse has been given clearance to continue, reshod or it is deemed necessary to replace the animal. If any of these factors are due to unskilled treatment of or unnecessary abuse to the animal, teams may be penalized or removed from the competition. At the very least it may be determined that a team must proceed without mounts and will be time penalized accordingly.

All team members traveling by horseback will wear protective helmets with chin straps at all times during that portion of the race.

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If any horse sustains an injury, throws a shoe or has difficulty during the riding section of the race, the rider will immediately dismount and wait while the team members set off to inform the racing organization. The sealed team radio may be used in this instance without penalty to the team. If a horse throws a shoe, the rider must dismount and may lead the horse walking in with other team members, while the team sends on team members to inform the racing organization. A team can only continue riding the horse once the problems have been adequately solved.

Mandatory horse riding equipment is called out in the equipment section.

J. 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 crews, or other teams' members. No other outside assistance is allowed while on the racecourse.

All mountain bikes must be equipped with headlights and rear lights in good working condition for night travel as required by motor vehicle law, 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.)

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

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

K. 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.

L. IN-LINE SKATING VENUES, LUGE VENUES, ETC.

Helmets will be required for these venues. Appropriate elbow and knees guards will be mandatory for in-line-skating/scootering, and wrist guards are recommended.

Night travel will require that headlights be lit and flashers be attached to racers backs/packs to be visible and unobstructed when viewing the rear of the racer. Any other reflective items are encouraged.

Travel may often be on roadways that have no sidewalks and proper caution must be exercised.

M. POWERED PARACHUTING

The Race organization will provide Powered Parachutes and flight helmets for solo-certified pilots competing in the flight venues of the event. OIC flyers will also be provided with flight helmets.

All power-parachuting venues are weather dependent and subject to change or cancellation at any time.

There may be more than one opportunity for power-parachuting venues to take place.

All clothing or other items must be firmly secured and approved by venue flight instructors. Mandatory equipment is modified for team pilots to minimal gear.

This means the pilot wearing appropriate clothing for the conditions, compass attached with lanyard around the pilot's neck. No additional equipment will be allowed without flight instructor approval. Pilots will be fully brief before any flying venue.

N. 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.

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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.

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 by check will be required at registration. This deposit from each team will serve to cover damages to watercraft equipment, GPS, or

emergency communications radios provided by or through the Four Winds organization. The deposit is refunded following the race upon surrender by the team of the watercraft, GPS, and radios in good condition as received. For assistance, teams may rely only on their support crew in designated transition areas, or other racers while racing. If the race organization makes available equipment repair professionals in transition areas, teams are allowed to take advantage of same. Teams may not receive support from spectators, media, race staff or CheckPoint personnel, or others, except in cases of emergency or medical necessity. The only exceptions to this would be stipulated in specific race instructions supplied to teams. Teams may not take water or food from other than their support crew or other racers, at any time, except when determined medically necessary or provided by the Race organization. Deviations from this may result in time penalties. 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 checkpoint or closest race official and informing them of intent to withdraw. Official withdrawal occurs upon surrender of the CheckPoint Control Records and Magellan GPS unit for recording waypoints, to a race official. In no instance other than absolute emergency should a team use a distress signal or emergency radios for notification. On occasion there may be a specific or special instruction given by the race organization regarding radio use. 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 with another 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 can still qualify for other finishers' prizes or 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. Subsequently, the team may be allowed to continue unranked on the course.

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.

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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.

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 ranked status.

Teams will be penalized for failing to return communications equipment, GPS units, ropes equipment, horses, tack, kayaks or other equipment supplied by the Four Winds race organization, back to designated transition area for the drop of those items. 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 unsportsman-like behavior or willful destruction of land, equipment or the eco-system 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, except in the case of safety obstacles, exceptions listed in UTM race instructions provided to teams, or race organization-directed instructions on the course. Unless directed/approved by the racing organization, teams cannot be transported by means other than the non-motorized methods specified in the venues for example, while racing in water venues, no other method of travel other than supplied watercraft or swimming is allowable. Biking portions may also be "hike-a-bike" sections, where bikes can be walked, carried, or run by individual team members. Horseback sections require a rider for a horse, unless there is a separate safety/injury problem.

All packaged race food/water (consumables) must carry a team 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.

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

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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.

There are no scheduled dark zones or gates, except in the case of flight operations. However in the event of safety considerations if dark zones or gates are imposed, violation is expressly prohibited and may result in disqualification of the team.

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. Teams are asked to be sensitive to the natural watershed that provides potable water for the populations in regional counties.

All safety gear 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 equipment is in place. Teams may retrace their steps or return to a previous gear drop/transition point for re-equipping with their support crew.

Loss or damage to the emergency radio or GPS will result in major time penalties, in addition to time-out while waiting for replacement if available. Loss or damage to the emergency radio or GPS results in forfeiture of team deposit for the radio/GPS.

Any use of any forbidden equipment such as 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 crew crews in transition areas, however the support crew may receive assistance from other support crew crews or race teams if needed. Teams may aid other teams without time penalty. Equipment repair personnel brought in by the Race organization may be allowed in transition areas.

Any team use of maps or GPS units on the racecourse 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 failure to follow directions by authorized Four Winds personnel will result in time penalties or disqualification.

Any team or team member, or support crew member displaying unsportsman-like behavior, threatening other teams or Four Winds personnel, acting in abusive or profane manner, or the like, will incur penalties for the team up to disqualification. Any considered disqualification or penalties 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 Four Winds. 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 that 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, followed by fairness, being of utmost importance in all cases.

Protests, challenges, or explanations must be submitted in writing within one hour of a team's finish to be considered.

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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 disqualifications 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.

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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 members.

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 biographical and medical information, film and video releases, or other waivers.

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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 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.

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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.

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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, horseback riding, kayaking, mountain climbing and ropes, orienteering, in-line skating, swimming, or other specific events or venues that may be performed in the race. Certain certified team members must possess valid solo pilot certifications.

All competitors are liable for review and to pass ability tests, which will be set up at the registration prior to the event. The Four Winds USA Supreme Adventure Race ability tests will include:

1. Navigation/orienteering review
2. Mountaineering review and climbing skills and systems review
3. Paddling, swimming, water safety and kayak review
4. Mountain biking safety gear/skills review
5. Horseback riding and horse handling review
6. In-line skating gear/skills review
7. Powered-parachuting pilot skills 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 of the Four Winds USA Supreme Adventure Race must be fully aware of the risks they run in supporting or competing in the different types of

venues in different weather systems, eco-systems with flora and fauna native to each (i.e. predatory animals) area across the racecourse in this competition.

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All racers and participants will agree to release Four Winds Adventures LLC, Four Winds Adventure Institute, and Race, its organizers, staff, volunteers, sponsors, vendors, agencies, and landowners, 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.

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B. REGISTRATION

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

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 a race, any registration fees become credits towards future Four Winds Adventure races, less handling fees (handling fees are 25% of the regular registration rate).

Registration checks are made payable to

Four Winds Adventures LLC
2675 West Highway 89A, # 451
Sedona AZ 86336

ARTICLE VII. SUPPORT CREWS

A. REQUIRED PERSONNEL/VEHICLES

A support crew is mandatory and must consist of one or two persons who are registered with the Four Winds USA Supreme 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.

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 other markings supplied by the Four Winds Adventures race organization at all times while in the staging, gear drop or transition areas. Failure to do so may result in denial of access to transition areas. 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 will not be allowed in restricted areas or non-designated areas of the racecourse, 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). 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.

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.

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 will be allowed access to additional areas of the course with presentation of official identification and signed releases and waivers prior to the start of competition.

Four Winds has rights to any and all photos, slides, recordings, negatives, digital images or videos resulting from Four Winds Adventure Races. Any subsequent commercial use of photos must have express written approval of Four Winds Adventures LLC.

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Professional video cameras are forbidden except where specifically allowed by Four Winds Adventures LLC. Footage shot with any personal or professional video or still cameras cannot be used for broadcast without express written permission from Four Winds Adventures LLC and principals. All such footage and recorded images will be made available for use by Four Winds Adventures LLC as soon as practical following the Race. Any film, audio and photography production rights of the 2003 Four Winds Adventure Races are reserved by Four Winds Adventures LLC.

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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 LLC, sponsors, and broadcast licensees.

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ARTICLE VIII. ACCOMPANYING PERSONS

All accompanying persons must be registered in advance of the race start with the event organizers. 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. 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 the appropriate (kayak) paddles for the water venues. Any equipment modifications or changes will be provided as soon as practicable or at the event to ensure that all teams are prepared on race day.

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

The equipment provided by the race organization:

1. One emergency radio per team, which will have a security deposit held until the radio is turned in at the end of the race. The emergency radio must be in possession of each team at all times during the competition. The team will be responsible for providing battery power (either AA or AAA) in the event it must be used for emergency, unless the race organization provides a spare battery.
2. One Magellan GPS unit, which will have a security deposit held until the GPS unit is turned in at the end of the race. The Magellan GPS unit must be turned on and tracking geolocation at all times during the competition.

3. Watercraft such as hard-sided, 2 person kayaks, with spray skirts, will be made available to competitors at the appropriate sections of the race.
4. Powered parachutes and flight helmets for the flight venues.
5. Any 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 capability.
6. Horse mounts with tack.

B. MANDATORY EQUIPMENT

Teams and racers shall supply all personal equipment necessary to cover the racecourse for varying types of terrain, weather and water conditions for the Four Winds USA Supreme Adventure Race. There will be spot checks for mandatory equipment along the course. This may include complete pack breakdowns at any time in the field, as well as in transition areas.

C. PERSONAL MANDATORY EQUIPMENT

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

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" or greater, which is easily accessible
5. 1 hand held flashlight (no mini light smaller than 3") and 1 head lamp (both in working order, both waterproof)
6. Extra batteries to keep lighting working for time durations greater than 8 hour at a stretch
7. A polar fleece top - 200 weight minimum
8. A working wind/waterproof torso shell (taped seals)
9. Protective gloves (for biking, climbing, or 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. Two green or white chem lights - 12 hour version, 6 inches or greater in length
14. One ski-type cap/balaclava/equivalent
15. Suitable shoes for all venues
16. One space blanket, minimum size 6' X 6'
17. 15-20 degree sleeping bag
18. Individual weatherproof bivvy per person or team tent shelter required
19. Survival mirror, at least 2" X 3"

20. Backpack suitable to carry all mandatory and other equipment as specified for each venue

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D. MANDATORY TEAM EQUIPMENT

Each team must possess and carry permanently throughout the competition:

1. A team first aid kit (See First Aid Kit below for detailed list of mandatory supplies.)
2. One water-sealed containment unit for emergency radio and battery provided by the event organization
3. One altimeter
4. Two compasses, each carried by separate individuals
5. One Four Winds supplied Magellan GPS unit devoid of any electronic map data, turned on throughout the competition. Sufficient AA batteries to power the team GPS unit non-stop throughout any venue (run time approx. 6 hours or longer).
6. One four season tent capable of keeping the entire team dry or two smaller four season tents capable of keeping 2 or 3 team members dry and out of the weather (see personal equipment section for optional individual bivy sack option)
7. Two authentic Coast Guard-approved waterproof strobe lamps in working order (typical strobe lamps measure 1" X 4" or greater)
8. Two Bike pump or inflation kits, each carried by separate individuals (bike venue only)
9. Two (for 4 person team, one for 2 person team) Mini repair/wrench kits, suitable to tighten all major bike components, each carried by separate individuals (bike venue only)
10. 10 feet of usable standard duct tape
11. One waterproof map case
12. One portable stove and mess kit
13. 15' small nylon lightweight cord
14. 75' or longer 10mm static line
15. Two bear bells, each carried by separate individuals
16. One indelible, waterproof black marker
17. Packaging of food/water/consumables must be marked in indelible ink with the team number

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

1. A mountain bike
2. An approved mountain biking helmet with chin strap
3. Functional, working biking headlight and rearlight suitable for bicycling per the motor vehicle laws

4. Flashers (which may be also suitable for rear lighting suitable per motor vehicle laws)
5. Reflective clothing for night biking
6. Tire repair kit and 2 (minimum) spare tubes

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

1. Approved climbing harness, either UIAA, NFPA, or ASTM rated
2. Climbing or biking helmet with a chinstrap
3. Four locking carabineers
4. One figure eight or ATC, or other approved rappelling device, allowed up to a 350' drop; brake bar devices will be provided on drops exceeding 350'
5. Two 3 foot sewn slings and one daisy chain
6. Two prussiks are required; may be used as back-up device to rappelling
7. Approved climbing/ascending system - no prussiks as primary ascending device
8. One pair leather climbing gloves, or other leather gloves suitable for climbing

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 or other water venues 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 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.
4. Dry bag, waterproof and suitable to keep clothing and mandatory equipment dry
5. Farmer John wetsuit, shortie, or some combination of top and bottom suitable for day or night water temperatures as low as 40 degrees F. (night temps off the water can be 32 degrees F. or lower). Recommend full body wetsuits as exposure to water temps at 50 degrees may occur over long periods of time.
6. Neoprene booties
7. Optional waterproof footwear in addition to neoprene booties
8. Whistle attached and accessible on P.F.D.
9. 2 chem lights/glow sticks (12 hour version) visibly affixed to each racer on the P.F.D, and activated during each night hour paddling section (possibly 4 or more sections)
10. One sponge per person

11. One bilge pump per boat
12. One throw bag per boat
13. 2 white or lime 12 hour chemical lights per boat for each night section (possibly 4 or more such sections)
14. Four red aerial distress flares (for water venues only)

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

H. MANDATORY INDIVIDUAL RACER HORSEBACK RIDING EQUIPMENT: ADDITION TO PERSONAL MANDATORY FULL TIME EQUIPMENT

1. A climbing helmet or mountain biking helmet with chin strap is acceptable as is a cross-country or polo type helmet
2. Hoof pick
3. Headlamp if night travel is permitted

I. MANDATORY IN-LINE SKATING VENUES, LUGE VENUES, ETC. EQUIPMENT: ADDITION TO PERSONAL MANDATORY FULL TIME EQUIPMENT

- In-line skates or scooter (non-motorized)
- A climbing helmet or mountain biking helmet with chin strap is acceptable
- Appropriate elbow and knees guards for in-line-skating, and wrist guards are recommended.
- Flashers attached to racers backs/packs to be visible and unobstructed when viewing the rear of the racer during night time
- Other reflective clothing

J. MANDATORY POWERED PARACHUTING EQUIPMENT: DIFFERENT FROM MANDATORY PERSONAL EQUIPMENT

- In this one exception, individual mandatory gear will not be required for this venue
- Care must be given to minimize weight of the loaded aircraft
- Venues will be of short duration and under supervision of the flight safety operations crew at all times
- Specific flight gear will be provided by the Race organization
- No unsecured gear or clothing allowed

K. MANDATORY TEAM FIRST AID KITS

- Water purification tablets - enough to purify 2 gallons of water
- 8 - 3/4" bandages
- 8 - 1" bandages
- 8 - Fingertip bandage
- 8 - Knuckle bandages

- 8 - Butterfly bandage
- 8 - Gauze pads 3" x 3" and 3" x 4"
- 2 - Eye pads
- 1 - 2" x 5 yards gauze roll
- 1 roll - 2" adhesive tape
- 1 - needle/safety pin type 1 1/2" length
- 1 - Razor blade
- 4 - 4"x6" moleskin pads
- 1 - First aid tweezers
- 1 - Thermometer
- 8 - Antibacterial towelettes
- 8 - Antibiotic ointment packets
- 1 pair - Scissors
- 1 oz. Hydrogen peroxide
- Electrolyte replacement (tablets or other equivalent such as Gatorade powder)
- 12 - Pain reliever/fever reducer tablets (such as Tylenol, Motrin, etc.)

L. SUPPORT CREW MANDATORY EQUIPMENT

Support crews must carry:

1. Waterproof tent or be capable of sleeping out of the weather in their support vehicles
2. Trash bags
3. Water
4. Vehicle identification and personal identification as Four Winds participant
5. Bucket to clean equipment or bikes if necessary

M. SUPPORT CREW FIRST AID KIT:

- Water purification tablets
- 3/4" bandages
- 1" bandages
- Fingertip bandages
- Knuckle bandages
- Butterfly bandages
- Gauze pads 3" x 3" and 3" x 4"
- 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
- Antidiarrhial tablets
- Sunscreen

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

The support first aid kits must be carried by the support 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 veni-puncture or start IV's.

N. FORBIDDEN EQUIPMENT for competitors on the racecourse

1. Weapons (excluding mandatory knives, bear spray)
2. Night vision goggles or apparatus
3. Cellular phones, pagers, or other unauthorized communications devices
4. GPS units other than those Magellan units supplied by Four Winds
5. Computers or PDAs with mapping programs
6. 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.

O. 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:

The emergency radios are to be used in cases of emergency only unless specified in race instructions. Emergencies would be any type of serious bodily injury or accident or exposure that would endanger life or limb. In this type of case, radios are to be used to contact emergency support for these situations. Channel 1 is the designated emergency communication channel for a race team

needing assistance. The radio should be used from a high point, or beyond land obstruction if possible to gain best advantage for radio communications. Information will be provided to teams of how and where to best contact race staff. If a team uses an emergency radio for a minor problem, the entire team could be penalized. Radio use and any related penalty application will be evaluated by course judges. Radio seals will be inspected at TA's or gear checkpoints. 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 will be given adequate consideration or awarded time bonuses 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.

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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 that 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.

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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.

ARTICLE XII. MEDICAL

A. EVENT FIRST AID

The Four Winds Adventure Race organization 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 teams and regionally available air rescue team. Experienced field personnel will head up our medical team, under the direction of the Utah Valley Medical Center. The Coast Guard Auxiliary will head up all water operations around the clock and will support the medical team in any emergency. Our medical support crews 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 crews, members of staff with radios, or send for help to the closest transition area or manned CheckPoint Control Point.

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 and Four Winds sponsor logo visibility. No other race organization logos may be visible on racer clothing, equipment, or vehicles, in deference to key sponsors of Four Winds Adventure Race events.

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

END OF RULES AND REGULATIONS

Four Winds USA Supreme Adventure Race