

Four Winds Adventure Co. Returns to Tonto National Forest For Second Mountain Rage Series March 20-21



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Sedona, AZ. — Combining a challenging mix of rugged, austere terrain, and desert and alpine eco-systems, Arizona's Lake Roosevelt region will again set the stage for the two-day Four Winds Adventure Race: The Mountain Rage Series March 20-21.

In 1999, the Mountain Rage Series becomes a five-race sequence — including the seven-day USA Supreme Adventure Race — which culminates with a series champion team emerging at year's end. Kicking off the series is the weekend race on and around Tonto National Forest's Lake Roosevelt. The premier category comprising four-person mixed-gender teams will compete against open divisions of four- and two-person teams, racing over a 100-mile secret course of flatwater paddling, mountain biking, running, hiking, and ropes work that includes rappelling, assisted ascents and tyrolean traverses — in less than 36 hours.

Spectators may observe the race's start and finish as well as other venues in designated areas.

The shorter Mountain Rage races and its older, bigger sibling, the week-long USA Supreme Adventure Race, are the creation of Dr. Bill Lionberger and Karen Livesay, two Americans of indigenous peoples descent — a Choctaw Chicasaw doctor and a multisport athlete, and a Costa Rican-Nicaraguan Indian businesswoman and horsewoman, respectively. Both share a passion for outdoor sports and a desire to develop adventure racing in the U.S., while exploring the lands and honoring the heritage of native peoples across America.

Through adventure racing, Four Winds provides athletes world-wide, the opportunity to experience the ultimate in physical, mental and personal challenges and growth, especially as related to native traditions. This was achieved in the 1997 Supreme Adventure Race, which took racers across the breathtaking Rocky Mountains of Colorado into New Mexico and the ancestral lands of the Southern Utes and Taos Indian tribes. In 1998, the Supreme Adventure Race again traversed the Rocky Mountains, this time in Montana and through historical lands of the Salish-Kootenai. The tradition continues this year in Wyoming and the lands of the Bannock and Shoshone, as the Supreme Adventure Race takes place in the southwestern area of the state.

For many athletes, shorter races offer the chance to experience a taste of adventure racing. However, the training regimens are somewhat different. Longer, classic adventure races force participants to rely on endurance, stamina and smarts — not just speed. Shorter races allow athletes to benefit from speed factors without requiring the strategy of elongated resource allocation or other simple long term endurance issues. Nevertheless, 30-40 hours with virtually no sleep, crossing rugged terrain in a variety of ways — on land and water — still requires participants to think like adventure racers, in a sport unlike any other ... with multiple venues, multiple days, and only themselves and their teammates to get them through the tough stuff.

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