

## **First Mountain Bike Race by Bonaire Wellness Connexions July 29, 2007**

### **Introduction**

Adding to a menu of bicycling events, Bonaire Wellness Connexions has now announced that they will begin conducting mountain bike races for riders of all levels of experience. Their goal is to create local sports events for people of all ages and abilities who wish to compete and also to grow the sport of mountain bike racing on the island.

### **The Wonders of Bonaire**

With a beautiful nature to explore, many health and fitness programs take advantage of Bonaire's great outdoors. Hiking, mountain biking, kayaking, tai chi, and yoga are among the many activities designed to improve health and introduce members to the natural wonders of Bonaire. Since 1979, all the waters off the island's coast have been declared a marine park, which has led us to the enviable position of being ranked as one of the finest scuba diving and snorkeling destinations in the world.

### **Location**

Antenna di Bonaire Paging & Trunking System, Kaminda Broertje Janga, road to town of Rincon, Bonaire. The Dutch Caribbean Island of Bonaire, Netherlands Antilles is located 50 miles (80.45 km) north of Venezuela, 30 miles (48.5 Km) from Curacao and 86 miles (138.4 km) east of Aruba, outside of the hurricane belt. The island is 24 miles (38.6 km) long by 3 - 7 miles (4.8 – 11.3 km) wide.

### **Climate**

Bonaire is sunny all year long. The island's location in the southern Caribbean gives it an arid climate. The yearly average temperature is 82°F (28°C) with 75% relative humidity while the average water temperature is between 78 to 84°F (25.5 – 29°C).

### **Race Course**

We are using the same race course in July 29 as the one used in June 10 during the Pre-Race, so riders will have the opportunity to compare their lap times to the previous race. These are the specifics of the track:

The track has a total distance of 3.9 Km which Brad, our track coordinator, has measured with his GPS; two laps a total of 7.8 Km

and four laps a total of 15.6 Km. The picture of the course shows the distance and the elevation. The section from the start to the donkey trail is about 1.5k; the donkey trail is also about 1.5k, and the hill is about 0.6 k.

The race route is quite tiring, even though it is short. It is pretty tiring because of how much you bounce along the donkey trail. The first downhill section of the course is brutal, which is the section where riders must be really aware of danger. This section is a very steep downhill; however riders can safely ride along the right edge of the road and miss all the really big bumps. It's still very bumpy, but pretty safe.

### **Categories**

Since this is the first race organized by Bonaire Wellness Connexions, we have decided to carry out the race as simple as possible. The events for the 1<sup>st</sup> BWC Mountain Bike Race will be offered as follows:

#### *Kids:*

12 – 13 years old. One Lap (3.9 km) at 4:15 PM  
14 – 16 years old Two Laps (7.8 km) at 4:15 PM

#### *Beginners:*

Men/Women Two Laps (7.8 km) at 4:45 PM

#### *Master:*

Men/Women: Four Laps (15.6 km) at 4:45 PM

### **Entry Fees**

Men and Women: FL 25.00 (USD \$15.00)  
Kids under 16: FL 15.00 (USD \$9.00)

Note: Participation fee includes One T-shirt + drinks and fruits

### **Registrations**

Registrations begin at 3:00 PM until 4:00 PM by the Antenna Kaminda Broertje Janga, or pre-register by July 28 at Bonaire Wellness Connexions headquarters situated at Eden Beach Resort.

### **Event Timeline:**

Saturday July 28, 2007

8:00 AM - 5:00 PM: Pre-Registration deadline by Bonaire Wellness Connexions

Sunday July 29, 2007

3:00 – 4:00 PM Race day registration and body marking.

4:10 – 4:15 PM Last minute instructions.

4:15 – 4:45 PM Kids Race

4:45 – 6:00 PM Beginners and Masters Race

Awards ceremony

### **Bonaire Accommodations & Travel**

Eden Beach Resort: [www.edenbeach.com](http://www.edenbeach.com)  
For reservations: [info@edenbeach.com](mailto:info@edenbeach.com)  
Contact person: Julio Domingo

Golden Reef Inn: [www.goldenreefinn.com](http://www.goldenreefinn.com)  
For reservations: [info@goldenreefinn.com](mailto:info@goldenreefinn.com)

Capt. Don's Habitat: [www.habitatbonaire.com](http://www.habitatbonaire.com)  
For reservations: [cdh@maduro.com](mailto:cdh@maduro.com)

Airlines: Transaven (from Venezuela)  
[www.transaven.com](http://www.transaven.com)

DAE (From Curacao and Aruba)  
[www.flydae.com](http://www.flydae.com)

### **Additional Information**

- Pre-registrations will be open until July 28 at 5:00 PM. Any interested participants should meet at Bonaire Wellness Connexions headquarters by Eden Beach Resort.
- For travel to Bonaire, you **must** have a **current/valid passport**. It is your responsibility to meet all entrance requirements. Please check with the airlines or your government for additional requirements.
- There is a US\$35,00 departure tax when leaving Bonaire.
- Residents of Bonaire should contact BWC or the Freewieler to pre-register.
- Remember that Bonaire sits closer to the sun, so bring plenty of Sunscreen
- US currency and major credit cards are accepted on island. The local currency in the Netherlands Antilles is the NA Florin or Guilder.
- Several on island social activities may be offered (e. g., scuba diving, snorkeling, sunset cruises, dinner on the beach, pizza by the ocean, wine tasting, etc.). These activities are optional and additional fees will apply.

- As a condition of participation in this event all participants will be required to sign a Waiver/Release of Liability and also an event authorization form at the mandatory check in.

### **Questions**

Send them to [info@bonairewellness.com](mailto:info@bonairewellness.com)