

# **2<sup>nd</sup> BWC Mountain Bike Race**

**Sunday, December 02, 2007**

## **Introduction**

As it was mentioned earlier in July, Bonaire Wellness Connexions has planned two mountain bike races for 2007. This time we are promoting the **2<sup>nd</sup> BWC Mountain Bike Race**.

## **Objectives**

- ◆ To promote and develop Bonaire as an adventure sports island
- ◆ 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 Bonaire

## **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**

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**

For this race we are using a whole new course. Hard climbs will be hardly found along this course however there will be some very technical sections. The beginning has some quick sand therefore we

advise participants to test the trail before the race. The distance of a full lap is 4.44 km.

Directions: The race will take place in the area of Yato Baku, behind the neighborhood of Amboina. The easiest way to get there is by following Kaya Nikiboko Noord (way to More for Less supermarket from town) till the end and then follow the signs (arrows) that we will place along the road.

## Categories

In our first race we had only few categories since we wanted to start as simple as possible. This time we are offering more possibilities to riders with different levels of experience. The events for the 2<sup>nd</sup> BWC Mountain Bike Race will be offered as follows:

|  |             |
|--|-------------|
| <b>Kids</b>                              | <b>Time</b> |
| 10 – 12 years old. One Lap (4.4 km)      | 7:35 am     |
| 13 – 14 years old. One Lap (4.4 km)      | 7:35 am     |
| 15 – 17 years old. Two Laps (8.8 km)     | 7:35 am     |
| <b>Beginners</b>                         | <b>Time</b> |
| Men/Women Two Laps (8.8 km)              | 8:00 am     |
| <b>Sport</b>                             | <b>Time</b> |
| Men 18-28 years old: Four Laps (17.7 km) | 8:00 am     |
| Men 29-38 years old: Four Laps (17.7 km) | 8:00 am     |
| <b>Master</b>                            | <b>Time</b> |
| Men 39+: Four Laps (17.7 km)             | 8:00 am     |
| Men 49+: Four Laps (17.7 km)             | 8:00 am     |
| <b>Elite</b>                             | <b>Time</b> |
| Men/Women: Six Laps (26.6 km)            | 8:00 am     |

## Entry Fees

Men and Women: FL 15.00 (USD \$9.00)  
Kids under 16: FL 5.00 (USD \$3.00)

Note: Participation fee includes drinks and fruits as well

## Registrations

Registrations begin at 7:00 until 7:30 am at the race course, or pre-register by December 1<sup>st</sup> at Bonaire Wellness Connexions headquarters situated at Eden Beach Resort.

### Event Timeline:

Saturday December 1, 2007

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

Sunday December 2, 2007

7:00 – 7:30 AM Race day registration and body marking.

7:30 – 7:35 AM Last minute instructions.

7:35 – 8:00 AM Kids Race

8:00 – 9:00 AM Beginners, Sport, Master and Elite Race

Awards ceremony

### **Recommended 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

La Pura Vista: [www.lapuravista.com](http://www.lapuravista.com)  
For reservations: [info@lapuravista.com](mailto:info@lapuravista.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**

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