

BWC Half Marathon + 14K & 7K Fun Run

Instructions

April 6, 2008

The following shows the instructions for the 2008 BWC Half Marathon and 7K Fun Run on Bonaire, The Netherlands Antilles.

1. Please register at BWC's headquarters located at Eden Beach Resort or at De Freewieler before the race. Notice: we advise you to register and collect your number before race day, which will save time during registrations the day of the run.
2. Registrations start the day of the race at the entrance of Eden Beach Resort from 6am till 6.45am.
3. You must be fit and well to run this Half Marathon.
4. The day before the run make sure you have your number and safety pins.
5. Before the event, pin your running number to the front of your t-shirt. Do not forget your running number. There are no spare running numbers at the start.
6. Race starts at 7.00 am at the entrance of Eden Beach Resort.
7. **The course**: The total distance of the course is 7.1Km; starting from Eden Beach Resort and then it follows Kaya Gobernador N. Debrot towards south. Then it follows the ocean road – Kaya Playa Lechi, Kaya J.N.E. Craane - that runs until the town pier. At Plaza Wilhelmina, runners will turn left and then left again at Kaya Grandi to run towards Kaya Libertador Simon Bolivar. The run follows Kaya Korona and at the end runners will turn left to follow Kaya Amsterdam and then back to Eden Beach Resort. Notice: Some sections have traffic running the opposite direction – do not crossover the coned sections.
8. Drinks stations will be situated at every mile throughout the course. Water will be provided either in plastic bottles or cups. Please discard your bottles to the side of the road – do not drop them on the road in front of you where they can be hazardous to runners behind you.
9. The finish line will be situated along the entrance of Eden Beach Resort. If you become distressed the ambulance officers will be on hand to care for you.
10. "Don't forget to join us at the end of the race for a refreshment".

Please see the Google picture for the run course.

This is a sport event organized by Bonaire Wellness Connexions.
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