



4th BWC Mountain Bike Race

Sunday, November 30, 2008

Objectives

- ◆ To promote and develop Bonaire as a active and wellness 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

During this race, hard climbs will be barely found and that's the reason why we call it *Tempo Race*; however there will be some very technical sections in the middle of the race course. The beginning of the course seems to be flat for almost 1K, but actually it is not. Riders will be rolling through what they call in Dutch a "fals plaat" course. The distance of a full lap is 4.4 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 to drive from Cultimara supermarket (situated in the middle of town) towards the town church. At the intersection which is in front of the church, turn left and then after 70mts turn right to follow Kaya Nikiboko Noord (road to More for Less Supermarket). Follow that street till the end, then you can follow the signs (blue-red arrows) that we will place along the road.

Categories

The events for the 4th BWC Mountain Bike Race will be as follows:

Kids	Time
9 – 11 years old. One Lap (4.4 km)	8:00 am
12 – 14 years old. Two Laps (8.8 km)	8:00 am
15 – 17 years old. Three Laps (13.2 km)	8:00 am
Beginners	
Men/Women Two Laps (8.8 km)	8:00 am
Sport	
Men/Women 18-28 years old: Five Laps (22 km)	8:00 am
Men/Women 29-38 years old: Five Laps (22 km)	8:00 am
Master	
A) Men/Women 39-48 years old: Four Laps (17.7 km)	8:00 am
B) Men/Women 49+: Four Laps (17.7 km)	8:00 am
Elite	
Men/Women: Six Laps (26.6 km)	8:00 am

Entry Fees

Men and Women: FL 15.00 (USD \$9.00)

Kids under 17: FL 5.00 (USD \$3.00)

Note: Participation fee includes drinks and fruits as well

Registrations

Registrations begin at 7:00 until 7:45 am at the race course, or pre-register before the race day at Bonaire Wellness Connexions headquarters situated at Eden Beach Resort.

Event Timeline

Saturday November 29, 2008

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

Sunday November 30, 2008

7:00 – 7:45 AM Race day registration and body marking.

7:55 – 8:00 AM Last minute instructions.

8:00 AM Race starts

9:30 AM Awards ceremony

Recommended Accommodations & Travel

- La Pura Vista: www.lapuravista.com
For reservations: info@lapuravista.com
Contact person: Debby Rauwers
- Eden Beach Resort: www.edenbeach.com
For reservations: info@edenbeach.com
Contact person: Jose Luis Domingo
- Airlines: DAE (From Venezuela, Curacao and Aruba)
www.flydae.com Tel. +599 717 0808

Additional Information

- Pre-registrations will be open until November 29 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 NAFL. 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 at the mandatory check in.

Questions

Please send them to info@bonairewellness.com

Miguel Angel Brito
Director

Bonaire Wellness Connexions BV

a: Kaya Gobernador N. Debrot 73, Bonaire NA

t: +(599) 717 3637 Ext. 608

m: +(599) 785 0767

f: +(599) 717 6710

www.bonairewellness.com