

Race Support

Drinks stations will be situated throughout the course and at the finish. Water will be provided either in cups or small plastic bags. If a rider becomes distressed, officers will be on hand to care for him/her.

Categories

Kids (Saturday May 2, 2009)

	Time
10 – 12 years old. Two Laps (8.8 km)	4:30 pm
13 – 15 years old. Two Laps (8.8 km)	4:30 pm
16 – 18 years old. Three Laps (13.2 km)	4:30 pm

Adults (Sunday May 3, 2009)

Beginners

	Time
Men/Women Two Laps (8.8 km)	7:00 am

Sport

Men/Women 19-28 years old: Four Laps (17.6 km)	7:00 am
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Men/Women 29-38 years old: Four Laps (17.6 km)	7:00 am
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Master

A) Men/Women 39-48 years old: Four Laps (17.6 km)	7:00 am
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B) Men/Women 49+: Four Laps (17.6 km)	7:00 am
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Elite

Men/Women: Seven Laps (30.8 km)	7:00 am
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Entry Fees

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

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

Registration

Participants must pre-register before the race day at Bonaire Wellness Connexions headquarters or by email. **NO REGISTRATIONS THE RACE DAY.**

Directions to the race

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 church of town. At the intersection, which is in front of the church, turn left and then after 70 mts 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.