

BWC Half Marathon + 14K & 7K Fun Run

March 14, 2010

Instructions:

The following shows the instructions for the 2010 BWC Half Marathon, 14K and 7K Fun Run on Bonaire, The Netherlands Antilles:

1. Please register at BWC headquarter located at Les Galleries Shopping Mall before the race. **Notice: we advise you to register and collect your number and safety pins before race day.**
2. Registrations will be available the day of the race as well and start at the entrance of Karels Beach Bar from 6am till 6.45am. Minimum age is 7 for the Half Marathon.
3. You must be fit and well to run the Half Marathon. Those who would like to walk instead may choose the 14K or 7K walk categories.
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 Karels Beach bar.
7. **The course:** The total distance of the course is 7.1Km; starting from Karels Beach Bar and then it follows → Kaya J.N.E. Craane towards City cafe → Plaza Wilhelmina → Kaya C.E.B. Hellmund → Kaya Grandi → Kaya Libertador Simon Bolivar → Kaya Korona → Kaya Caribe → Kaya Amsterdam → Kaya Gob. N. Debrot → Kaya playa Lechi → Kaya J.N.E Craane → back at Karels Beach bar.
8. **Notice:** Some sections have traffic running the opposite direction – do not crossover the coned sections.
9. 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.
10. The finish line will be situated along the entrance of Karels Beach Bar. If you become distressed the ambulance officers will be on hand to care for you.
11. "Don't forget to join us at the end of the race for a refreshment".

ENJOY THE RUN!

CATEGORIES:

21K Half Marathon Men & Women 18 years and above

14K Fun Run Men & Women 18 yrs to 49yrs

14K Fun Run Men & Women 50 yrs and above

7K Fun Run For Everyone

7K & 14K Walk For Everyone

**This is a sport event organized by Bonaire Wellness Connexions.
If you need more information please call or email us: +599 717 4142**

Cell: +599 785 0767. Email: info@bonairewellness.com

www.BonaireWellness.com