

The 6th Annual Bonaire EcoSwim Information 10k, 5k & Metric Mile Swims

Saturday, October 21st, 2006

The Magic of Bonaire:

In 1979, the waters around Bonaire were protected and designated an official marine park, helping Bonaire earn its reputation one of the world's most beautiful dive locations. Thanks to Bonaire's pristine reefs and diverse marine life, which are unique to the Caribbean, and the diligent stewardship of its marine resources, a water lover's paradise was created. Readers of Rodale's Scuba Diving magazine voted Bonaire as the best shore diving destination in the world for the 12th consecutive year. In May 2005, CNN/National Geographic ranked Bonaire amongst the top four best dive destinations in the world. For non-divers, snorkeling is also spectacular and windsurfing conditions on the windy side of the island are ideal! But that isn't all there is to do on Bonaire. You can also enjoy other world class adventures and activities including free-diving, mountain biking, sea kayaking, bird watching, horseback riding, and stargazing.

Bonaire also boasts a wide variety of cultural dining experiences. A team of chefs from several of Bonaire's multitude of restaurants took high honors two years in a row at international culinary competitions, bringing home many medals and honors the island. Two of the swimmers' favorite restaurants are Capriccio's, an authentic Italian restaurant that has the best wine cell in the Caribbean, and Casablanca, an Argentinean Grill that was voted the number one dive-destination restaurant in January 2005 by readers of Scuba Diving magazine.

Location:

The Dutch Caribbean Island of Bonaire, Netherlands Antilles, is located 50 miles north of Venezuela, 30 miles from Curacao and 86 miles east of Aruba, outside of the hurricane belt. The island is 24 miles long by 3 - 7 miles wide. The highest elevation is Brandaris Hill, which is 784 feet.

Climate:

Bonaire is sunny all year long. The yearly average temperature is 82°F and the average water temperature ranges from 78 - 84°F. The island's location in the southern Caribbean gives it an arid climate.

Events:

Six events are offered: 10k solo swim; 5k solo swim; 5k swim with fins; metric mile solo swim; metric mile with fins; and the kid's pier-to-pier fun swim, which is approximately 200 meters. *SWIMMERS CAN SWIM ONLY ONE EVENT.*

Race Courses:

All events will start and finish at the dock at Captain Don's Habitat. The course for the 10k, 5k and metric mile swims will be along the coast of Bonaire, rounding a fixed buoy. Water stops will be available for the 10k and 5k swims. The course for the kid's pier-to-pier fun swim will be from Captain Don's Habitat to Buddy Dive and back.

Entry Fees:

Entry fees for the 10k, 5k and metric mile swims are US\$75.00 per swimmer. This includes one ticket to the welcome dinner, a t-shirt and a swim cap. There is no cost for the kid's pier-to-pier fun swim.

Additional T-Shirts and Dinners:

Additional t-shirts and pre-race dinners may be purchased prior to September 30th, 2006 for a cost of \$15 each. Additional t-shirt and pre-race dinner purchases after this date will be subject to availability.

Entry Deadline:

For participants in the 10k, 5k and metric mile swims, entries must be received by September 30th, 2006 in order to receive the swim cap, t-shirt and dinner. Entries received after this date will receive a t-shirt, swim cap, and dinner based on availability. Registration for the pier-to-pier fun swim will be accepted both the day prior to and the day of the race.

Payment:

Checks should be *made payable to Aqua Moon Adventures* in US dollars and mailed with the completed entry form and signed waiver to the address shown below. Incomplete entries will not be accepted.

**Aqua Moon Adventures
2615 NW 99th Avenue
Coral Springs FL 33065**

Event Timeline:

Friday, October 20th, 2006

- 4:30 - 5:30 PM:** **Mandatory check-in**, including goodie bag and t-shirt pickup at Captain Don's Habitat (location will be available at the Captain Don's Habitat front desk by noon 10/19/06). Registration for the kid's pier-to-pier fun swim.
- 5:30 – 7:00 PM:** **Pre-event welcome dinner** at Rum Runners @ Captain Don's Habitat.
- 7:00 – 7:30 PM:** **Mandatory pre-race meeting** at Captain Don's Habitat. Event courses and rules will be discussed, as well as any potential changes to the timeline for the race. The time and location of the awards ceremony will also be discussed.

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- 6:30 - 7:30 AM** Race day check-in and body marking.
- 7:30 - 7:45 AM** Last minute instructions.
- 7:30 - 8:00 AM** Registration for the kid's pier-to-pier swim.
- 8:00 AM** Race start for 10k, 5k and metric mile swims.
- TBA** Pier-to-pier fun swim
- TBA** Awards ceremony

Bonaire Accommodations and Travel:

Capt. Don's Habitat: www.habitatbonaire.com
North America Reservations: 1-800-327-6709
For reservations: cdh@maduro.com

Sand Dollar Condominium Resort: www.sanddollarbonaire.com
For Information and reservations, call toll free: 1-800-288-4773
usreservations@sanddollarbonaire.com

Cammie Akins at Caradonna Dive Adventures - for assistance with travel, specializing in Caribbean travel.

For information and reservations, call toll free: 1-800-328-2288 x100

For information and reservations, call: 1-407-774-9000 x100

Cammie@caradonna.com

Additional Information:

- * It is your responsibility to attend the **mandatory pre-race check in and meetings** as important event information and potential changes will be discussed.
- * 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\$20 departure tax when leaving Bonaire.
- * Residents of Bonaire should contact Bonhata as your entries will be handled by them.
- * Remember that Bonaire sits closer to the sun, **bring plenty of Sunscreen!**
- * Bonaire is on Atlantic Standard Time, which is one hour ahead of Eastern Standard Time and the same as Eastern Daylight Time.
- * US currency and major credit cards are accepted on island. The local currency in the Netherland Antilles is the NA Florin or Guilder.
- * Several on island social activities may be offered (e. g., mountain biking, snorkeling, sunset cruises, dinner on the beach, pizza party, wine tastings, etc.). These activities are optional and additional fees will apply. As these activities have been very successful in the past, we anticipate offering at least one of these again this year. Details will be available at the pre-race meeting.
- * Any and all EVENT UPDATES will be posted on the website: www.aquamoonadventures.com
- * It is also a good idea to join the event's mailing list. In addition to posting any important updates on the website, these updates will also be sent to those on the mailing list. To add your name to the mailing list, please go to the following website: www.aquamoonadventures.com
- * If your email have changed be sure to sign up again with your current email to receive updates.
- * Due to the nature and complexity of this event no refunds will be given for any reason including event cancellation. The race director reserves the right to modify any and all information relating to this race.
- * 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? **Send them to:** info@randynutt.com

Testimonials from the 2005 Bonaire EcoSwim

"Just wanted to say thanks again for a great swim! Bonaire is great, whether you are swimming on top of the water, or diving below the surface. And I met so many wonderful people - swimmers are always the most fun! Still thinking about next year!"

Diana Corbin, Maryland

"Swimming the shores of Bonaire is the most spectacular swimming I have ever done in my 40 years of swimming. This event is open water swimming at its finest. Spectacular snorkeling, fabulous people and great organization! Don't miss it in 2006!"

Sue Welker, Illinois

Head Coach Naperville Waves Swim Club

"The Bonaire 5K swim was by far the most enjoyable and beautiful swim race that I have had the opportunity to compete in. The race coordination, administration and support during the race was excellent. In addition the 5k course was along the beautiful coral encrusted shoreline that created a backdrop for amazing fish sightings; I saw a spotted ray eel, sea turtle and a ship wreck during the swim! The Caribbean water is sooooo blue and incredibly clear that you really have to experience it for yourself to appreciate it. No postcard could ever do this water and location justice. I am looking forward to the challenge and new undersea adventures waiting for me to discover during the next Bonaire Eco Swim!"

Carol Carr, Nashville, TN

Westside Swim Coach -'80 & 84 Olympic Swimmer.

"Athletes who have participated in Randy Nutt's Bonaire Eco-Swim now agree with divers across the world that Bonaire is an aquatic paradise. While swimming in the waters of Bonaire, it is hard to take the time to turn your head for a breath, the reefs & fish below are mesmerizing. I won't miss this event next year!"

Ralph "LaneLine" MacIntyre, Atlanta, GA

"Randy and his gang put together yet another wonderful swim for all of us who decide swimming a 10K (or a 5K or a mile) at a glorious, tropical island is the way to go. It was an adventure that warms your heart and strengthens your soul. I'll be back next year for sure."

Gretchen Van De Carr

Durham, NC

"The Bonaire Open Water Swim is a wonderful opportunity to swim one's choice in distances in a truly beautiful setting. Besides this, the island offers a great chance to get away from the world as we know it and really relax and enjoy the water, the people, the fish and the assortment of restaurants. Highly recommended!!"

Russ Frazier, Tampa

Coach SunCoast Y Swimfit