

The 7th Annual Bonaire EcoSwim Information

10K, 5K, 3K & 1K Swims

Saturday, November 10th, 2007

The Magic of Bonaire:

In 1979, the waters around Bonaire were protected and designated an official marine park, helping Bonaire earn its reputation as 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. Bonaire is consistently rated number one in the world for best shore diving and one of the top four best dive destinations in the world. 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 to the island. Two of the swimmers' favorite restaurants are Capriccio's, an authentic Italian restaurant that has the best wine cellar 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 island's location in the southern Caribbean gives it an arid climate. The yearly average temperature is 82°F with 75% relative humidity while the average water temperature is between 78 to 84°F.

Events:

The events have changed for 2007. The events being offered are as follows: 10K solo swim; 5K solo swim; 5K swim with fins; 3K solo swim; 3K swim with fins; 1K solo swim; 1K swim with fins; and the kid's pier-to-pier fun swim, which is approximately 200 meters. **SWIMMERS CAN SWIM ONLY ONE EVENT.**

Race Courses:

The race course has changed for 2007, with participants swimming north instead of south. All events will start and finish at the dock at Captain Don's Habitat. The course for the 10K, 5K, 3K and 1K 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/Deadlines:

Entry fees for the 10K, 5K, 3K and 1K swims are US \$75.00 per swimmer, if received on or before October 27, 2007. The cost includes one ticket to the welcome dinner, a t-shirt and a swim cap. **The cost for entries received after October 27, 2007 is US \$85.00** and the t-shirt, swim cap, and dinner will be subject to availability. Registration for the pier-to-pier fun swim will be accepted both the day prior to and the day of the race. 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 on or before October 27th, 2007 for a cost of \$15 each. Additional t-shirt and pre-race dinner purchases after this date will be subject to availability.

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, November 9th, 2007

- 4:30 - 5:30 PM: **Mandatory check-in**, including goodie bag and t-shirt pickup at Captain Don's Habitat conference room. 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 conference room. Event courses and rules will be discussed, as well as any potential changes to the timeline for the race.

Saturday, November 10th, 2007

- 6:30 - 7:30 AM Race day check-in and body marking.
- 7:30 - 7:45 AM Last minute instructions.
- 8:00 AM Race start for 10K, 5K, 3K and 1K swims.
- 9:00 - 10:00 AM Registration for the kid's pier-to-pier swim.
- 10:30 AM Pier-to-pier fun swim.
- TBA Awards ceremony at Rum Runners @ Captain Don's Habitat.

Bonaire Accommodations and Travel:

Caradonna Dive Adventures: For discounted air and lodging packages, call:
1-800-328-2288 or 1-407-774-9000

Ask for Cammie Akins at x100 (Cammie@caradonna.com) or Vicki Nelson at x125 (Vicki@caradonna.com)

Captain Don's Habitat: North America Reservations: 1-800-327-6709

<http://www.habitatdiveresorts.com/bonaire>
Bonaire@HabitatDiveResorts.com

Sand Dollar Condominium Resort: For information and reservations, call toll free: 1-800-288-4773

<http://www.sanddollarbonaire.com>
usreservations@sanddollarbonaire.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 and 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, so **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 be sent to those on the mailing list. To add your name to the mailing list, please go to the following website: <http://www.AquaMoonAdventures.com>. If your email has changed remember you must sign up again with your current email in order to receive event 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 Previous Bonaire EcoSwims

"The Bonaire Eco Swim has definitely been one of the highlights of my long athletic career. The beautiful water and scenery, the fish, the hospitality of the local people, the impeccable organization of the event and the difficulty of the swim all contributed to this unforgettable experience. This swim has converted me from a sprint specialist to an open water enthusiast."

Heather Rietz, Nashville, TN

"I swam the Bonaire EcoSwim in 2005 and 2006. Bonaire has the most beautiful waters I've ever seen. The race organization crew are a fabulous bunch, and accommodations and food on the island are relaxed and excellent. The swimmers are such a fun bunch of people! As a novice open-water swimmer, I found the atmosphere surrounding the Bonaire EcoSwim supportive and encouraging. All levels of swimmers are embraced. I'm completely spoiled now, and will always compare my future swims to my experiences in Bonaire!!! I don't hesitate to recommend this event to anyone."

Amanda Hunt, Naperville, IL

"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, Beltsville, MD

"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, Naperville, IL

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 soooo 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, FL

Coach SunCoast Y Swimfit