



NEWSLETTER JUNE 2010

Jaargang 1, nr. 2

We hope you enjoyed the first edition of our newsletter last month. We received already some reactions and comments.

Thank you!

Right now we're presenting the second one. Again with a lot of nice things, tips and tricks in the world of cycling on Bonaire.

For the ones who are not receiving this letter yet and you know they are interested: Send them to Freewielers website and join in!



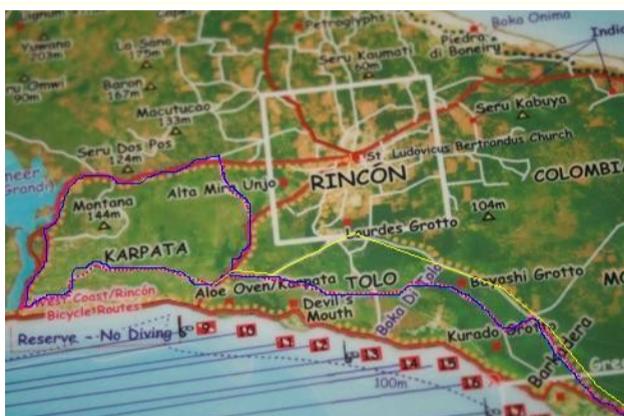
De Freewieler & Caribbean Sports

TRAIL OF THE MONTH

Start: Kralendijk, Kaya Grandi:

Direction Hato on paved road, go through Hato and Sabadeco. Turn right to climb Broertje Janga. After 500 meters turn left, go straight and follow single-track till you reach the dirt road. Turn right on the dirt road till the T-crosspoint. Take a good look, behind the electricity pole is a very small single-trail. Go there and follow this till you reach the dirt road, turn left / downhill. On the paved road go right and climb to Alta Mira. Just before you reach the top turn left to the dirt road. You see the sign 'Alta Mira Unjo'. When you enter this dirt road, immediately go left again and follow this road down till you enter the paved road Dos Pos - Rincon (15km). Turn left, direction Goto Lake. Stay on this road, after you passed the lake you will climb a 19% hill. Follow this road to Bopec (20km), in front of the entrance you'll see a dirt road in the corner. Take this road till you reach Karpata and turn left. After about 600 meters going up, go right to the dirt road to Subi Rincon. Follow this road back to Kralendijk. Total: 37 km.

— trail
— trail back



SALES & MORE

Ladies Check this out!

Nowadays you can find a lot of different saddles for your bicycle. Are you looking for a very comfortable saddle for your mountainbike or dutchbike we have something very nice to offer:



'Sunlite C9 series'

is made of gel foam material and has a vented anatomic relief system. You're not only helping yourself by buying one; from each sale, a dollar goes to the breastcancer foundation.



30 % off



Bike locks
Naf. 64,95 now

Naf 49,95

Eat for Speed, but also Eat to Recover!

How and when to eat when you are cycling long distances.

Here is the advice of an American researcher: 'Fuel right beforehand, and plan recovery eating ahead of time, portioning out food if necessary to ensure that healthy options are available immediately after your ride. Eat fruit like blueberries and strawberries first, they contain lots of anti-inflammatory antioxidants. Then cap your day with the following ride specific meals: Noodle Salad with chicken. Because your efforts are short they're not disruptive to the digestive system, so you can often eat whole foods sooner after a workout than if you had, say, ridden a century. You also need more protein to help repair muscles after anaerobic exercise. Soba noodles, which are popular in Japan, are made from buckwheat, a high quality source of protein containing eight essential amino acids your body uses to help repair tissue and build new cells.



Rent your mountainbike or comfortable Dutch bike!

For nice rides with friends or family, rent a Ridley mountainbike or Dutch bike from the brand Bikkel at Caribbean Sports.

You can find us in 'De Freewieler' building.

All Mountainbikes have tubesless tires, helmets and waterbottles are included!

www.caribbeansportsbonaire.com

Mountainbike Tours

For all levels of experience, we offer challenging mountainbike tours and rides!



For more information call: +599 717 5252 / +599 7870270



For everyone who's interested in mountainbike races, check the calendar

Calendar 2010

juni	13	MTB/RACE	Bell/Sorsaka
	13	Ennia Kids Triathlon	CTA
	20	vaderdag Schottegat loop	
	26	TT Race NK	CWB
	27	RACE NK	CWB
juli	11	MTB	Pedal Pusher
	17+18	Caribbean Champion Road Race Junioren	Aruba
	17 - 1 aug	Centroamericanos del Caribe	Puerto Rico
augustus	15	Kids MTB	Wannebike
	22	MTB/RACE Nature	Pedal Pushers
	28	Nat.Kamp. MTB kids	Koral Tabak
	29	Nat.Kamp. MTB senioren	Wacao
september	5	Team Time Trial	Kooyman
	12	MTB/RACE	SSCC
	25-26	Klassico Race fiets	CWB
oktober	3	Kids MTB	SMS
	10	Kids MTB, 's morgens	Silver Extrem
	10	Indiv TT, 's middags	TEC
	17	BDO Off Road Triathlon	Porto Mari
	17	MTB Bonaire	CTA
	23-24	Caribbean Champion Chip Elite	BWC
	31	MTB/RACE IAA	Guadelupe
	31	Fatum loop	Silver X/Trinery
eerste week		Panamericanos MASTER Ruta I Pista	Cuba
november	6	Amstel/Telegraaf Race	van Vliet
	7	Kids MTB Beach Cross	TEC
	14	MTB Coral Estate	CWB
	21	Ennia Kids Triathlon	Koredor
December	12	MTB extreme start J.Noord.weg	Vista Bike