

# Event guidelines and participation criteria

## West to Zanzi challenge 2025



Gezond  
Presteren

# West to Zanzibar challenge - event guidelines and participation criteria

## event overview

Welcome to the **West to Zanzibar challenge**, the largest trail run event in Curaçao! This unique challenge offers participants the opportunity to experience the island's stunning landscapes across different distances, ranging from 7 km to 65 km. Whether you're an experienced trail runner or just getting started, we have a distance that suits you.

Participants can choose to run solo or as part of a relay team. The event is designed to be accessible for all fitness levels, while still providing a rewarding challenge for more seasoned runners.

The total course is divided in 5 stages with different lengths:

Stage 1: 7 km/ stage 2: 17 km/ stage 3: 12 km/ stage 4: 16 km/ stage 5: 13 km.

---

## who can participate?

The West to Zanzibar Challenge is open to anyone who meets the following criteria:

### 1. age requirement

- Participants must be at least 16 years old to join the event.
- Participants under 18 must have parental consent.

### 2. fitness level

- All participants should be in good health and physically fit to take part in the race.
- Participants should have prior running experience, especially for longer distances (36 km, 52 km, and 65 km).
- First-time runners are encouraged to start in a relay team and do 1 stage (the 5 stages vary between 7 and 17 km in length)
- Solo runners and relay team members must be prepared to handle the unique challenges of trail running, including uneven terrain and varying weather conditions.

### 3. health and safety

- Before registering, participants should consult a doctor if they have any concerns about their fitness or ability to participate.
  - Participants with any medical conditions must disclose this information during registration to ensure proper safety precautions can be taken.
-

## event categories

Participants can choose from the following event categories:

1. **solo race:**
  - 24 km, 36 km, 52 km, and 65 km options available.
  - Solo runners must complete the entire distance on their own, navigate with a watch or phone and checking in at designated support points.
  - Solo runners are self-supported during every stage.
2. **relay team:**
  - Teams of two or more runners will divide the total distance in the 5 stages.
  - A relay team consists of 2, 3, 4 or 5 runners.
  - Each team member will be responsible for completing one or more stages.
  - Relay runners must coordinate with their team and inform the event organizers of which member will run which stage.

---

## event rules and guidelines

1. **mandatory gear:**
  - All participants must carry essential gear for safety, including:
    - Hydration system (minimum 1,5 liter)
    - Whistle
    - Fully charged mobile phone + data (navigating back up)
    - (head)light (for stage 1 and 2)
2. **start and finish locations:**
  - Please note that the start and finish locations for each race distance may not be the same.
  - Relay teams must arrange their own transport.
3. **checkpoints and support points:**
  - Solo runners can store extra food and drinks in the support vehicles, which will be available at the end of each stage.
  - Upon reaching a support point, runners must check in with the coordinator and refill supplies before continuing to the next stage.
  - Upon leaving a support point, runners must check out with the coordinator.
4. **relay team guidelines:**
  - Relay teams are responsible for carrying their own food, drinks, and gear in their team vehicle.
  - Teams must inform the organization of any changes to the assigned runners for each stage.
  - Runners completing multiple stages must check in and out at each checkpoint to ensure their safety.

5. **signing in and out:**

- For the safety of all participants, signing in and out with the coordinator at the end of each stage is mandatory. This helps the organizers to track each runner's progress and location.

6. **time limits:**

- 15:00 (3pm) will be the time limit for closing the finish at Zanzibar.
- Runners who do not meet the time limit may be asked to withdraw from the event for safety reasons.

---

how to register

1. **online registration:**

Participants can register online via this [link](#) . Early registration is encouraged to secure your spot.

2. **entry fees:**

- solo distances: 80 XCG
- relay teams: 50 XCG per teammember
- Customized shirt: 40 XCG

Payments must be made via bank transfer to the following account:

- **MCB:** Aventis B.V / 33626102

Please mention your name and race distance as reference. Your registration will be confirmed once payment is received.

3. **whatsapp:** after registration you will be added to the West to Zanzi groupsapp where all the necessary info will be provided.

4. **Safety briefing:** 2 weeks before the event a mandatory safety brief will be provided to give you all the necessary info. Date and place will follow via Appgroup.

---

important dates

- **registration deadline:** November 1, 2025
- **event day:** Sunday December 7, 2025, start at 3 AM at Playa Kalki.

---

contact us

For more information, or if you have any questions, feel free to contact me:

Jordi Fransen

whatsApp: +316 51668377

instagram: [gezond.presteren](#)

email: [info@gezond-presteren.nl](mailto:info@gezond-presteren.nl)