



***The 'Woolly Bully Races'  
On Beautiful & Historic Amherst Island***

Greetings, all! Here are some final details, related to this Sunday's 12<sup>th</sup> edition of the 'Woolly Bully Races,' Sunday, August 18<sup>th</sup>, set for beautiful and historic Amherst Island. Dave Willard is our host.

The race site is located at 600 South Shore Road on Amherst Island at the homestead of Dave Willard. Once you exit the ferry and get to the stop sign at Front Road, turn left and continue for approximately 8 kilometres along. There will be signs directing you all the way to the site. There is ample parking. Please follow directions as you arrive on site.

**Amherst Island Ferry – Please Take Note: *For an island race, getting a spot on the ferry is job one. The dock is located on Highway 33, east of Bath, Ontario at Millhaven. The 9:30 a.m. crossing will not get you to the race on time. The 7:30 a.m. and 8:30 a.m. ferry are the ones to take, unless you want to really get a spot and cross at 6:30...Should you get to the ferry for the 8:30 a.m. trip and discover that the queue is full, you can cross over on the ferry as a pedestrian or with your bicycle. You can park your car in spaces available at the dock, board the ferry (no charge) and we have people at the Stella dock on Amherst Island to take you to the race site and get you back to the dock after the race. If those spaces are full, our volunteer, Judy Bierma, will guide you to the Millhaven Legion, located a block or so away from the ferry dock. You can park there and walk back to the ferry.***

**Race Kit Pick Up:** You are invited to pick up your race bib at Runner's Choice between 10:00 a.m. and 1:00 p.m. Saturday, August 17<sup>th</sup>. You can also pick it up on race day at our site at 600 South Shore Road on Amherst Island. We will be ready for those who come over on the 7:30 a.m. crossing as well as 8:30 a.m.

**PLEASE NOTE THAT THERE WILL BE BAG CHECK IF YOU DO NOT DRIVE YOUR CAR ONTO THE FERRY.** We expect that most of you will store valuables inside your vehicle.

**Race Timing, Results and Awards:** We will be using the Sportstats remote timing system (as was the case for all KRRR races thus far in 2024). Timing chips will be attached to your race bib with results downloaded to their site shortly after the race.

**No Dogs Please:** Our host, Dave Willard, has reminded us to tell everyone to please not bring your family pet over to the race. We will be on his sheep farm and other dogs will upset his sheep dogs.

***RACE START TIMES:*** The **10K and 5K start simultaneously at 10:00 a.m.** Please note that South Shore Road is not paved, it is a gravel surface. **The 1K Children's Fun Run commences at 9:40 a.m.** All events will include a turnaround at the halfway mark and you will be directed by marshals and cones to head back towards the finish line.

**Post Race Refreshments and Draw Prizes:** Refreshments will be provided to each runner immediately after finishing and will consist of a bag lunch and sport drink. Water and Nuun will also be available.

**Tri-Island Medals:** Please note that those who complete the Woolly Bully 10K and have completed the Howe and Wolfe Island events, Tri-Island medals will be given out during the awards ceremony.

**1K Fun Run:** This event is designed for youth 5-12 years of age and will be timed. There are no prizes for first, second or last place. All participants will receive a ribbon and a snack afterwards. Parents can run with their child if absolutely necessary....

**Distance Markers & Water Stations:** Each kilometre in both races will be posted on the route. These details will be outlined prior to race start. Water stations will

be located at the 2 and 4 kilometre points. 5K runners will get water twice, 10K has four opportunities as both routes are out and back in configuration.

**Post Race:** Dave Willard, who hosts the race on his farm, asked me to remind everyone that after the race, you can take a dip in Lake Ontario just metres past the finish line. There is a rock table, the water is clean, clear and fairly shallow.

**The Back Kitchen Cafe & Amherst Island General Store** If you are still a bit peckish, even after the post race refreshments we serve, you may want to order something from the 'Back Kitchen Cafe,' where the groovy cats who live on Amherst Island dine on a night out. Order ahead, online, before you leave the site after your race. <https://thebackkitchen.square.site/> Please note that the ***Amherst Island general store*** will be open as well, located just up the road from the Back End Kitchen, both situated on Front Road, near the ferry dock.

If there is anything that has been left out of this lengthy notice, drop me a line [jduvall1953@gmail.com](mailto:jduvall1953@gmail.com) and I will give you the skinny and include it in the very brief race announcements this Sunday.

Net proceeds will be directed to the 'Neilson Store Museum and Cultural Centre,' located in Stella. Many of the museum's board members are volunteering at the day's event. We are looking forward to seeing you all on race day!