

6th Edition of the “Wooly Bully Races” Amherst Island, Ontario.

Date - Sunday, August 20, 2017

The Wooly Bully is a terrific family event which has three different runs: 1K Kids Fun Run, 5K/10K races.

The 10K race counts for points towards the KRRRA members Race Series standings. The 10K is also the final event in the ‘Tri-Island Series,’ which also includes the “Howe Island Hustle” and the “Wolfe Island 5K.” Go to www.krra.org for details on both 2017 series.

Races

5/10K events held on a very scenic out and back route along the South Shore of Lake Ontario. There will be at least 2 aid stations, each kilometer will be marked.

1K Fun Run

A timed event for children 5-12 years of age on an out and back course.

Location

The race site is at the farm of Dave Willard, Amherst Island, 600 South Shore Road. Signs will direct you to the sight once you leave the ferry.

Race Fees (do not include online charges or HST)

1K Fun Run	\$7.00
10/5K Races – 19 Years and Under	\$12.00
10/5K Races – 20 Years And Older	\$30.00
KRRRA members (5 and 10K)	\$25.00

1K Fun Run: This event is for children over 5 years of age. It will be timed but there will be no prizes for top runners. Parents can run with their children if they feel it necessary but not required to register. Each child will receive a souvenir ribbon at the finish line and refreshments.

REGISTRATION:

Online registration will be activated in mid-February and remain open until 11:59 p.m. Thursday, August 17, 2017. Please go to www.events.com

Race Kit Pick Up/Final Registration:

Saturday, August 19th. 10:00 a.m. to 1:00 p.m. Runner's Choice, 56 Brock Street, Kingston. Browse or pick up those last minute items inside the store. Pick up your race kit or register for any of the three events at that time.

You can also pick up your race kit over at the race site on race day, Island starting at 8:00 a.m. THERE IS NO RACE DAY REGISTRATION.

Prizes

1st man and woman in each race.

Top 3 in the following categories:

5K – 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80 plus

10K – 19 & under; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80 plus

T-shirts

Order a “Wooly Bully Races” t-shirt when you register online. These are ‘tech’ shirts gender sized, S, M, L & XL. There is an added charge of \$10.

Registration

Online registration for the Wooly Bully races will be activated by mid-February, 2017 with links to appear on this page.

Online registration closes Thursday, August 17th at 11:59pm

Post Race:

The Amherst Island Emergency Services Association will serve all runners a bar-b-que lunch (there will be veggie burger options), along with a soft drink and chips. There will also be some fruit and granola bars to all finishers along with water and Nuun electrolyte replacement. Bring a lawn chair along and enjoy the bar-b-que under the tents.

Amherst Island Ferry Info

Take the Amherst Island Ferry, located east of Bath, Ontario on Highway 33. The ferry departs from the dock located on Highway 33(Bath Road), Millhaven, Ontario, every hour on the half hour. The race start times are designed to give passengers on the 8:30 a.m. trip across ample time to land on Amherst Island, get to the race site and warm up. The ferry departs the Island every hour, on the hour.

Shuttle Service:

There is limited parking at the ferry dock, on a first come, first served basis in Millhaven. You can walk on to the ferry at no charge and a bus will be at the dock at Stella on Amherst Island to take you to the race site. This service will be in place for the 8:30 a.m. crossing. It will take you back to the Stella dock for the 11 a.m. and 12 noon trips. There will be a \$5 charge for this service, payable on the trip back from the site after the race.

Event Schedule

- 1K : 9:20 a.m.
- 10K: 9:35 a.m.
- 5K: 9:45a.m.

Contact

For more information or to volunteer, please contact Joe Du Vall at joe@runottawa.ca 613 292 7102 evenings only.

Past Results

Go to <http://www.runningbydesign.com/>