

Bark Run!

Sunday 30th Oct 9am.

FAQ

What's Bark Run! all about? - Bark Run! is a dog focussed 5k family fun run around the gardens, woodland, and private parkland of National Trust Trelissick – a bespoke route kindly made available just for us and our paw-some supporters! Bark Run! is a fundraising event to raise awareness and funds for Cornwall Mind, your local mental health charity. We encourage you to bring your furry, faithful friends, but all human supporters are most welcome too! Walk, jog or run – it's up to you!

When and where? - **Sunday 30th October starting at 9am.** Registration is open from 8am outside Trelissick House. Participants will be started in staggered waves (this will be communicated pre-event) with those running the course setting off first. Those walking the course will set off afterwards.

The course? - The course is run on a mixture of trail paths, tarmac, and grass. Starting and finishing outside the stately Trelissick House, the route takes in part of the beautiful gardens, woodland paths and private parkland. With kind and exclusive permission from The National Trust, dogs and their owners are being given access to some areas where paw-prints have never previously been!

What's the distance? - The route is an approximately 5km although it has not been accurately measured. The event will not be timed although you are of course welcome to time yourself. Please come along and join in whatever your pace!

Is there an age limit for dogs for the event? - **All dogs must be at least one year of age to participate.** Please also consider the breed, general fitness and health of your dog when deciding whether to run or walk.

Is there an age limit for the event? - Human supporters of all ages and abilities can take part. All participants purchasing a Dog and Adult Ticket must be aged 18 or above on the day of the event. To ensure the safety of all participants, children must be accompanied by an adult aged 18 or above. Child tickets can only be purchased alongside an adult ticket. Children and dogs are the responsibility of their parents/carers/owners at all times.

Is Bark Run suitable for everyone? - The event is all about having fun, being active in a beautiful setting and enjoying the company of our faithful, furry friends. You are welcome to run the course, walk the course or do a bit of both. If you are unsure about your ability to complete the course, we recommend speaking to your GP. If you are unsure whether your dog is fit enough, please consult your vet. Runners/walkers pushing buggies are welcome, but please take care of others around you. It is not permitted to run/walk with a pushchair and a dog at the same time.

Can I join without a dog? - Yes! **We welcome runners and walkers without dogs.** We recognise that this bespoke 5k route will be of wider interest to those seeking a unique, active challenge in such a stunning location. We do ask all participants to bear in mind that the event is aimed at our furry friends and so advise everyone attending to ensure they feel confident and comfortable around the company of dogs before entering.

Can I let my dog off the lead? - No, **dogs need to be kept on a short, hand-held, non-retractable lead at all times.** Please remember that the Bark Run! route accesses some shared paths, and you may encounter other users.

Can I take part with more than 1 dog? - Yes of course however, ticket entry is for One Adult and One Dog. Two adults will therefore need to register to bring two dogs – and so on!

My dog can be reactive to other dogs, can we still join? - The safety of all humans and dogs taking part in the Bark Run! is our top priority. Due to the high number of dogs taking part in this event, all dogs – and humans - participating in the event need to be sociable around other dogs. If we feel that your dog is becoming reactive or stressed on the day, you may be asked to leave the event by a member of our team.

My dog has a disability can they still take part? - We would urge you to firstly seek advice from your vet and if they are happy for your dog to take part.

Can my child hold the lead? - **No. The accompanying adult is responsible for the dog and must hold the dog's lead at all times.**

Can I register on the day? - No. Tickets can only be purchased from Eventbrite in advance.

How do I enter? - Tickets are available from [Bark Run! Tickets, Sun 30 Oct 2022 at 09:00 | Eventbrite](#) – full event information can be found on our website [Bark Run 2022! - Cornwall Mind](#). Entry is £15 for One Dog and One Adult. Every dog taking part will be given a doggy bag on the finish line including treats from Waitrose, a gift from Seasalt and there are medals for our youngest supporters! Adult only and Child only entries are just £5. There is no additional booking fee.

Do I need to raise sponsorship? - There is no minimum sponsorship requirement however, every four-legged participant who raises a minimum of £15 sponsorship will receive a Mind dog bandana and certificate with our grateful thanks. There will be a prize for the dog who raises the most sponsorship – a luxury hamper kindly donated by Waitrose. You can start fundraising by setting up your own JustGiving page and adding your furry fundraiser to [Bark Run! - JustGiving](#). Every penny raised and donated will support our wellbeing and recovery groups for those struggling with poor mental health in Cornwall. At Cornwall Mind, we are passionate about the benefits that being a dog owner can bring and Bark Run! is an active, fundraising event with this same emphasis on our faithful, furry friends.

What should I expect on the day? - Information will be sent in advance to all race entries. Please also follow our Facebook event page for further details. [Bark Run! | Facebook](#).

Photos - Everyone will be rewarded with access to our photo gallery. If, however you do not want your photograph to be taken by the official event photographers, please inform our team at Registration, who will provide you with a sticker/marker to wear on your race number.

Refreshments - Please bring a reusable water bottle with you on the day. Dog bowls will be provided. There will be a few tasty doggy treats on the finish line for our paw-some supporters and bananas will also be provided, all courtesy of Waitrose. Post Bark Run! refreshments will be available in the National Trust Crofters Café.

How do I get in touch with the Cornwall Mind team? - Please email lucy@cornwallmind.org with any event specific questions.