



What you need to know on the day

Firstly, thank you so much for your support!

The emphasis of our first Bark Run! event is to get active and have fun with your dog in the great outdoors. To ensure this a safe and enjoyable event for all, please read and follow the guidelines below. Thank you.

Please ensure that you fully prepare yourself for the challenge of this event. By registering for the event, you confirm that you are in a state of reasonable health and fitness.

The route is **approximately 5km** and is a family focused, fun run event which is not chip timed. You are however welcome to time yourself.

Location

- The event takes place at Trelissick, Feock, near Truro, Cornwall TR3 6QL.
- We have been generously gifted this bespoke 5k route from the National Trust and feel enormously privileged to have access to many areas where both paws and the public have never been before. Please be respectful of the space - and ensure all litter is disposed of responsibly.
- Please be aware that this course is a one-off opportunity and not accessible any other time of the year.

Arrival

- **Please do not arrive before 8.30 am**, but arrive ready to start your race. Please also be aware that this is the morning after the clocks go back!
- When you arrive at the event you will be directed to the top Trelissick carpark. You will then make your way towards the parkland into the start area, outside of the stately Trelissick House.
- National Trust car parking fees have been kindly waived for Bark Run entrants, but we do ask any National Trust members to please scan their cards on entry.
- Please bring with you a full, reusable water bottle. There will be water for dogs at the start/finish and also at the ferry entrance/end of the garden. Humans will be able to refill their water bottles at the Trelissick café.
- Toilets will be available by the Trelissick Cafe.
- National Trust refreshments are available to buy in the café from 9am.

Registration

- Every human walker and runner (adult and child) will be sent an adhesive race number in advance in the post which needs to be worn on the front of your t-shirt so it is clearly visible throughout

the whole route. This number is unique to your booking and must not be swapped with other participants.

- A member of our team will be waiting at the entrance to the public parkland to welcome you and register your attendance on the day.
- The start/finish line is in front of Trelissick House.
- Dog-friendly friends and family are welcome to watch at the start/finish area. If you're spectating, keep clear of participants on the course, and look after any children and dogs you may have with you.
- Parents/carers are politely reminded that their dogs and children are their responsibility at all times.
- Please give plenty of space to other dogs and people around you while you wait for your turn to start.

Start

- All participants, especially runners, are advised to warm up thoroughly.
- Please do not arrive outside Trelissick House before your intended start time. If you find a queue to start, please give everyone around you plenty of space.
- We are planning a staggered race start. Runners will set off in the first wave. Walkers will set off afterwards.
- **RUNNERS** - your start time will be between **845-855am**. Please stagger yourself based on your own speed – sprinters first, shufflers at the back please.
- **WALKERS** - your start time will be between **855-905am**.
- Please be aware that all walkers need to have left the gardens by 10am when they open to the public.

Marshals

- Please follow the race signage and adhere to the instructions given by the event organisers and marshals who are there to keep everyone safe and on the right paths. Marshals will be at key sections of the course, and signs will be in place.
- Two high-vis runners will be on the course along with a couple of sweepers behind the last walkers, all from Rosemullion Vets, so should you have any problems, assistance will be close at hand.
- Canine first aid will be available from the Rosemullion Vets team. We also have human first aiders on the course and at Trelissick.
- If you need to contact one of the team on the day, please use the following mobile number **07860 878456**. The main office number is 01872 862090 for any emergencies.

Route

- The course is run on a mixture of trail paths, tarmac and grass. Some sections of the course may accumulate mud, leaves, and puddles after rain. Your safety is of great importance to us so we would ask you to please pay extra attention on uneven surfaces and take great care whilst completing the route. Trail shoes are recommended for runners and boots for walkers.
- Please remember that part of the route uses shared paths. Please be considerate to the park and other park users at all times.
- Take care near roads and car parks - some vehicles drive quickly. Please be extra careful if you have children.
- When passing others on the course, choose a time when you have plenty space and make them aware you're going to be passing.

Course Description

- The route starts in the private grounds at the front of Trelissick House and crosses the parkland along the main drive westward to the lodge plantation, before taking the footpath to gain the road crossing, where care is needed, with traffic travelling to and from the King Harry Ferry.
- Marshals will guide you over the road, which is followed by a right turn and contour across the field eastward to pass through a copse, where care is needed to follow the narrow muddy path.
- Continue along the edge of the next field until a sharp right takes you onto a track beside properties. The track is followed through the private entrance at the North West corner of Trelissick Gardens.
- Turn left onto the main pathway through the Garden, keeping at all times on the path, where National Trust marshals will guide your route over the road bridge and into the main garden area. The paths are narrower here so care is required as you wind around, avoiding steps and descending towards the river and the Ferry exit out of the Garden.
- Caution is required as you pass through this narrow exit onto the South Woodland Walk, with views ahead to the River Fal. Follow the main track, keeping the river on your left and be aware now of other walkers as you continue South until views ahead are across the water to Turnaware Point and the Carrick Roads beyond.
- Follow the Woodland Walk as it turns northward towards Channals Creek, leaving the track and turning right and right again to contour around the perimeter of the field above South Wood, before Trelissick House comes into sight and the parkland stretches to the finish line.

Dogs

- All dogs must be on **short, hand held, non retractable leads** at all times throughout the event. **Please do not use a flexi lead.**
- Owners can choose whether to use a collar or harness for your dog. However, we would recommend using a harness for your dog if you are running as this allows them to pull from the chest rather than the neck.
- Please bring poo bags with you on the day. Please ensure all dog waste is cleared up and correctly disposed of. There will be additional poo bins available at the start/finish line and by the King Harry Ferry/garden exit.

- Please ensure that the **one dog per participant** ratio is adhered to, and that the adult handler always has full control.
- Please monitor the health and behaviour of your dog to ensure they are fit, healthy and able to take part in the event. If a dog becomes stressed at any point, we recommend they are removed from the course.
- Please ensure that your dog is fully vaccinated to reduce the risk of spreading infection. Please do not bring your dog if she is in season. Please refrain from attending if your dog has recently developed a cough.
- Please be respectful to other participants, don't allow your dog to lunge at others - some dogs can be anxious.
- Dogs love to run, but just like humans, dogs need to work up to a running distance. Please take your dog's training seriously. If you are unsure whether your dog is fit enough, please consult your vet.
- We again ask that **only dogs aged 1 year and above participate in the event.**
- (Most!) dogs still love to walk/run in the rain but in the event of extreme weather conditions/winds or unforeseen circumstances, the event may be postponed. Please keep an eye on our social media and please check your email in the lead up to the event.

Children

- Children must be accompanied by a responsible adult who is also registered to participate.
- Children under the age of 18 must be accompanied (within arm's reach) throughout the run by a parent, guardian or appropriate adult of the parent's choice.
- Parents/owners should ensure that their children and dogs are capable of completing the distance involved. It can take up to an hour to complete the 5K route, depending on your speed and whether you choose to run, jog or walk.
- Dogs are an important part of many families' lives. Please talk to your children in advance about safe behaviour around dogs. Please do not let your children approach dogs they don't know.

Sponsorship

- Thank you to those who have already sought sponsorship. We fully understand the financial times we all face so whilst there is no requirement, please seek some sponsorship if you feel you can. Your sponsorship will make a difference and will help us to continue to provide our services now and in the future.
- If you have raised any cash sponsorship, please kindly place in an envelope and bring along on the day with your sponsor form to hand in to our registration team.
- We will notify the dog who has raised the most sponsorship by Friday 4th November. You will be notified when and where your deluxe doggy hamper, kindly donated by Waitrose Truro, will be available to collect.

Photographs

- Every single one of you taking part will be rewarded with access to our photo gallery. We are hugely grateful to our volunteer photographers for gifting us their time to pap your pooches!
- If you do not want your photo taken by our team of photographers, please let our Cornwall Mind registration team know and they will highlight your race number.
- By tagging us in social media or sending us your photographs you agree to them being used by Cornwall Mind.

Finish

- As you cross the finish line, humans will receive a NT medal and a banana courtesy of Waitrose and tails will be wagging when your paw-some pooches are given their wonderful doggy bags!
- We are delighted to have two selfie frames available on the finish line for you to capture your paw-some finishers!
- Any participants who do not complete the course ie who do not cross the finish line, must inform a member of our team that they have left the course.
- **Enjoy your walk/run and thank you for your support!**