



Bark Run!

Sunday 2nd March 9am

FAQ

What's Bark Run all about? Bark Run is a dog focussed, family friendly, fun 5k around the gardens, woodland, and private parkland of National Trust Treliassick. It's a **brand new** 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 2nd March starting at 9am. Registration is open from 8.20am in the lower car park at NT Treliassick. 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.

What's the route? The course is a mixture of trail paths, tarmac, and grass. Starting with a walk through the gardens to our 'Start Line' and finishing outside the stately Treliassick 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, their owners as well as running enthusiasts are being given access to some areas where foot and 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 to take part? **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 people to take part? 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 trail 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 brand new, 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 an appropriate 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 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 seek advice from your vet to check whether your dog is safe 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? There is a limited number of tickets available so we cannot guarantee availability on the day. We recommend purchasing in advance. Tickets can only be purchased from Eventbrite.

How do I enter? Tickets are available here - [Bark Run! 2025 Tickets, Sun 2 Mar 2025 at 09:00 | Eventbrite](#) and full event information can be found on our website - [Bark Run! 2025 - Cornwall Mind](#). Entry is £18 (+fees) for one dog and one adult. Every dog taking part will get a deluxe doggy bag on the finish line including donations from Edhen Vets and a gift from Seasalt. Entry for one adult is £12 (+fees) and one child is £8 (+fees). **We are offering a 15% discount for ticket sales in January.** There are custom-made medals for our human supporters and personalised race numbers too!

Do I need to raise sponsorship? Whilst there is no minimum sponsorship requirement, being a fundraising event, your sponsorship will make a difference. Every furry, faithful participant who raises a minimum of £20 sponsorship will receive a fabulous Cornwall 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! You can start fundraising by setting up your own JustGiving page - [Bark Run! 2025 - JustGiving](#). Every penny raised and donated will support our wellbeing and recovery groups for those experiencing mental health problems in Cornwall.

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

What about 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. Post Bark Run refreshments will be available in the National Trust Crofters Café.

Will you take photos? Everyone will be rewarded with access to our photo gallery. If you do not want your photograph to be taken by the official event photographers, please inform our team at registration who will highlight your race number.

What about health and safety? All participants are responsible for their own health and safety on the day. Participants are responsible for ensuring they are physically and mentally fit enough to take part in the event. Anyone unsure must seek medical advice from a GP before registering or attending the event. Participants are responsible for wearing suitable attire and footwear when attending Bark Run, taking into account the terrain, weather and any other factors on the day. By taking part, you understand that there is the possibility of conditions outside of our control that could lead to unforeseen risks. First Aid facilities will be available on the day.

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

