

## Welcome to Bark Run! 2025

### What you need to know on the day

Firstly, thank you so much for your support!

The emphasis of our 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 (and your dog) 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 BRAND NEW 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. Please do not try to access these routes any other time of the year.**

### Arrival

- When you arrive at the event you will be directed to the top Trelissick carpark.
- 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 bowls for dogs at the finish.
- Toilets will be available by the Trelissick Cafe.
- National Trust refreshments are available to buy in the café from 9.30am.

### Registration

- **Please do not arrive before 8.15am. Registration will be open from 8.20-9.00am.**

- Our registration table will be within view from the car park. Here you will sign in and collect your race number. Our fabulous doggy bandanas will also be for sale for just £5!
- Every human walker and runner (adult and child) will be given an adhesive race number 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.
- **In the interest of safety, please DO NOT bring your dog to Registration.**
- All dogs who have raised a minimum of £20 sponsorship can collect their complimentary doggy bandana from our registration team.
- Once registered, please make your way to the café area and arrive ready to start your race at the allocated time below where you will be called to walk through the garden to the start line.
  - **WAVE ONE – RUNNERS (NO DOGS) will be called at 8.45am.**
  - **WAVE TWO – FAST RUNNERS will be called at 8.50am.**
  - **WAVE THREE – RUN/WALKERS will be called at 8.55am.**
  - **WAVE FOUR - WALKERS will be called at 9.00am.**
- The start line is reached after a gentle 7–8-minute stroll through the gardens.
- The finish line is in front of Trelissick House. Spectators can access the finish line via the public parkland gates near the top car park.
- Dog-friendly friends and family are welcome to watch. 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.

## Marshals

- Please follow the race signage and adhere to the instructions given by the event organisers. Our team of marshals will be on hand to keep everyone safe and on the right paths. Marshals will be at key sections of the course, or signs will be in place.
- There will be a high-vis first aider/runner from Edhen Vets on the course, and a first aider/sweeper behind the last walkers, so should you have any problems, assistance will be close at hand.
- First aid will be available from the Edhen Vets team.

## Route

- The course is a mixture of trail paths, tarmac and grass. Some sections of the course may accumulate mud, leaves, and puddles after rain. Please pay extra attention on uneven surfaces. Your safety is of great importance to us so we ask you to take great care whilst completing the route.
- Please remember that part of the route uses shared paths. **Please be considerate to the park and other park users at all times - this is a non-competitive event/fun run!**
- Take care near roads and car parks - some vehicles drive very 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.

## Dogs

- **All dogs must be on a lead at all times throughout the event.**
- We would strongly recommend using a harness for your dog if you are running whatever your pace, as this allows them to pull from the chest rather than the neck.
- We strongly encourage appropriate canicross harnesses and equipment for those fast running.
- Any dogs walking can wear a harness or collar of your choice, and we encourage short, hand-held, non-retractable leads at all times throughout the event. **Please do not use a flexi lead.**
- 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 line and by the National Trust Hut/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 must not hold the dog's lead - the accompanying adult must hold the dog's lead at all times.
- 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 and 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 14<sup>th</sup> March. You will be notified when and where your deluxe doggy hamper 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! We are delighted to have two selfie frames available on the finish line for you to capture your paw-some finishers!
- 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.

- As you cross the finish line, humans will receive a bespoke Harry Rabbits medal and tails will be wagging when your paw-some pooches are given their wonderful doggy bags! **ENJOY YOUR 5k and thank you for your support!**