

H4H Big Battlefield Bike Ride

All your FAQs answered!



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The Challenge

When does the trip take place?

The trip takes place from 20th - 26th May 2012.

What do I have to do to join the Challenge?

To sign up to this challenge, all you need to do is to complete the online application form and pay a £190 registration fee. Please note that the registration fee is non-refundable but in the event of postponement, can be transferred to a later trip within two years of the date of departure.

You will then need to raise the suggested minimum fundraising target of £2,300. In order to ensure that the charity maximizes funds to support our wounded, please endeavor to ensure that the first £1,000 has been received by Help for Heroes by **1th March 2012**, and the remaining £1300 towards your suggested minimum fundraising target is with us by **31st August 2012**.

The registration fee goes directly to our tour operator to cover initial administration costs of your trip.

What is included in the cost?

- Return transport to and from the UK (ferry/ train)
- Accommodation, based on twin share (hotels are broadly equivalent to mid-range European standard)
- Any necessary transfers in destination as specified in the itinerary
- All meals on the majority of biking days as specified in the itinerary
- A fully trained leader and local guides
- English-speaking doctor

What is not included?

- Visas if required
- Personal Travel Insurance
- Tips to local staff
- Alcohol
- Personal equipment – a full kit list will be provided
- Vaccinations
- Personal spending money (we would recommend approx. £100 - £150 for personal expenses)

Can I claim gift aid on my sponsorship?

Most of the people who sponsor you will be able to claim Gift Aid on that sponsorship. However, there are some rules and regulations that relate to family members claiming gift aid, which must be adhered to. In essence, anyone who is your direct relative may not claim gift aid. As Gift Aid can be quite confusing, the H4H Challenges team has written a Gift Aid guidance document, which you will receive with your fundraising pack.

How does H4H benefit from the Challenge?

At least 65% of the £2,300 suggested minimum sponsorship will be treated as a donation to Help for Heroes. If you raise over the suggested minimum then 100% of the surplus goes towards direct, practical support for those wounded, sick or injured since 9/11.

Do I need to meet any medical requirements?

It is really important that we are aware of any medical condition that you might have. When you register you will be required to complete a medical questionnaire. We endeavour to allow everyone who registers to take part in the challenge and it is very unlikely that any medical condition will prevent you from doing the trek.

Trip Information

Who organises the Challenge?

Help for Heroes work with Discover Adventure, who is our tour operator, who organise all aspects of the challenge on our behalf.

What will the cycling be like?

The BBBR is a challenge. We will be riding up to 70 miles a day and some of the countryside is what they call undulating! Northern France is not flat and much of the trip is over landscape comparable to the rolling downs of Wiltshire and Dorset. We strongly recommend that you bring a road/racing-style bike for the trip.

What will the weather be like?

The climate of northern Europe is similar to that of southern England, with temperatures in May/June ranging from 14°C to 28°C. Some rain is likely even in the summer months and it may be windy in flatter areas. Inland and nearer the mountains, expect temperatures to be warmer but weather conditions can change quickly: for the Big Battlefield Bike Ride you need to be prepared for all weathers!

What will the food be like?

We cater for all tastes and the food is great and always varied. It is advised to that you let us know in advance of any special dietary requirements to ensure they are catered for! Water stops are provided during the challenge.

How fit do need I to be to take part in the challenge?

Our Bike Rides are designed to be challenging yet achievable. However the more you train and the fitter you are, the more you will enjoy the challenge! Therefore, do start training as early as you can. Upon registering you will receive a H4H training and fitness guide to help you train for your challenge.

H4H runs a number of UK day events throughout the country, which you can take part in as part of your training programme. Further details of UK challenges can be found on the H4H website.

Challenge support

How will I be supported before the Challenge?

You will have a dedicated point of contact at Help for Heroes to support you every step of the way in the run up to the challenge. In addition, you will also be sent our comprehensive fundraising guide, regular updates, training guide as well as lots of information about Help for Heroes and the work we are doing to help you in your fundraising.

How will I be supported on the Challenge?

A support crew will accompany you during your challenge, which will consist of trained leaders, an English speaking doctor as well as a support Team from H4H.

Fundraising such a lot of money sounds daunting, where do I start?

The Challenges team here at H4H are always here to guide you through your fundraising, it is worth remembering that raising the sponsorship is part of the experience and the earlier you start the easier it will be! Once you register we will send you our comprehensive fundraising guide to help you get started. We also recommend that you set up a Bmycharity page as soon as possible to kick start your fundraising efforts! www.bmycharity.com

What if I can't raise the suggested minimum sponsorship?

If you cannot raise the suggested minimum sponsorship in time, then it is possible to transfer your registration fee over to a trip in the future to allow yourself more time to fundraise. If you are struggling with your fundraising please give us a call as early as possible so that we can advise on the best course of action for you.

Sounds good, how do I find out more information?

Please call the challenges team on 01725 514106 for a chat and to find out more, or email challenges@helpforheroes.org.uk. Alternatively, please register directly on our website and we will be in touch with you to welcome you to the team!