



## FREQUENTLY ASKED QUESTIONS

### REGISTRATION FEES AND FUNDRAISING TARGETS

The suggested minimum fundraising target for this challenge depending on your ride distance is outlined in the below table, along with your registration fee, which covers the cost of your participation.

	Registration fee	Suggested fundraising target
<b>100 mile</b>	£52	£150
<b>50 mile</b>	£45	£125
<b>DIY option</b>	£19	£1 a mile

Your fundraising will go directly to servicemen and women who have suffered life-changing injuries. You will have 6 weeks after your challenge to boost your fundraising.

People donate and sponsor in good faith and need to be well informed about where their money is going. H4H encourages all fundraisers to be open and transparent; this applies to all fundraising activities, including collections in supermarkets, private fundraising events with family (e.g. curry night) cake sales etc. The H4H Events Team will be on hand to guide you every step of the way to help you to reach and smash that target!

### WHATS INCLUDED?

WHAT IS INCLUDED IN THE REG FEE?	WHAT ARE MY PERSONAL COSTS?
<ul style="list-style-type: none"> <li>• Full support crew; including medical and mechanical provision</li> <li>• Fully signed route</li> <li>• A Dawn Raid 2017 souvenir t-shirt and medal</li> <li>• Feed stations during the ride</li> <li>• Food at the start and finish of the event</li> <li>• Family fun day at the finale</li> </ul>	<ul style="list-style-type: none"> <li>• Bike Insurance – recommended</li> <li>• Travel to the start and from the finish of the ride</li> <li>• Spending money</li> <li>• Personal clothing and kit, including helmet, high-vis vest and Lights (You will not be permitted to ride without Lights and Helmet)</li> <li>• Dawn Raid Cycling Jersey</li> </ul>



## TIMINGS?

Although exact timings are to be confirmed we've outlined approximate start and finish timings for each of the ride distances

	Approx. start	Approx. finish
<b>100 mile</b>	0300	1400
<b>50 mile</b>	0900	1400
<b>DIY option</b>	n/a	1400

## WHAT WILL THE CYCLING BE LIKE?

Dawn Raid is not designed to be a race however you should be comfortable at maintaining around 10—12 mph. In true Help for Heroes style, you can expect some 'undulations' along the way. The route will be broken up with water and food breaks along the way.

## HOW FIT DO I NEED TO BE TO TAKE PART IN THE CHALLENGE?

The ride is designed to be challenging for those of good health and fitness and is achievable for most people provided they train in advance; we will provide you with a training guide after you have registered. Training for the challenge is all part of the preparation - the more prepared you are the more enjoyable your journey will be.

There is a medical section within the registration process and it's important that you make us aware before taking part.

## WHAT SORT OF BIKE SHOULD I USE?

We would recommend using a road / racing bike for this challenge. Whatever bike you choose to use, you should complete plenty of training on it so that you are comfortable. Please check with the H4H Events team to check the suitability of your bike.

## IS THERE AN AGE REQUIREMENT?

All participants under the age of eighteen must gain the consent of their parent or guardian prior to registering for the Dawn Raid. Further, a parent or guardian must accompany participants under the age of eighteen for the duration of the ride and send in a completed and signed parental consent form.

## HOW DOES THE DIY OPTION WORK?

Simply select your own route and cycle into our finish point. To plan your route websites such as [bikeroutetoaster.com](http://bikeroutetoaster.com), [ridewithgps.com](http://ridewithgps.com), and [mapmyride.com](http://mapmyride.com) are a great resource that will allow you to map out your route and plan ahead of



the big day. If in doubt please give the team a call who will be delighted to help.

## WHAT WILL THE FOOD STATIONS BE LIKE?

Water and hot drinks will be available at the three water stops along the route. As well as the chance to keep hydrated a range of snacks will be available to give the energy for the rest of the ride from bananas to flap jacks.

## CAN I TAKE PART AS A TEAM

Definitely, there is no minimum or maximum team size. If registering as part of a team, please make sure you let the H4H Events team know, each member will need to register individually and input the same team name – this allows us to recognise you as a team.

## FUNDRAISING SOUNDS DAUNTING. WHERE DO I START?

The Events team at H4H is always on hand to guide you through your fundraising. Once you register you will have access to our comprehensive fundraising guide on your Cycling Participant Area to help you get started, and we will continue to support you throughout your challenge journey. From top tips to newsletters, advice to wristbands we will do our best to help you become a fundraising champion!

## CAN I CLAIM GIFT AID ON MY SPONSORSHIP?

Most of the people who sponsor you will be able to claim Gift Aid however we cannot include this in your sponsorship total as it is a predicted amount of what we might be able to claim from HMRC. There are several rules regarding being qualified to claim Gift Aid including being a UK tax payer and not being an immediate relation to the person taking part in the challenge.

## DO I NEED A LICENSE IF I CHOOSE TO ORGANISE A COLLECTION?

Please ensure that you have the relevant permissions in place for any fundraising you are doing. For example, public collections will require a license from your local authority, however every may need insurance cover. Please see your Professional Fundraising Agreement for full details.

The team can provide you with a letter of authorisation, if you don't already have one, to support any permission you need in order to carry out your fundraising, so please do contact us and we will be happy to help.

## HOW DO I GET FUNDRAISING ITEMS FOR MY COLLECTION/EVENT?

You can request a range of merchandise such as wristbands, pin badges, and collection items through our Supporter Merchandise team. Make sure you register your event or collection online or by phone 01980 846459 after you have gained appropriate permission to hold the collection, - you would be surprised at the number of queries we have from the



public checking if a collection is approved. If we don't know, we can't validate! Let us know in your collection registration that you would like your donations to be put towards your challenge or let the challenges team know.

**Supporter Merchandise team:**

01725 514169

[supportermerchandise@helpforheroes.org.uk](mailto:supportermerchandise@helpforheroes.org.uk)

You will need your challenge reference number to hand when ordering.

## HOW DO I PAY IN MY MONEY?

When paying in any donations, it is important that you make sure to quote your reference number so we can attribute your donation towards your challenge total. If you have a Just Giving page, we receive money directly, so you don't need to worry.

### DONATE BY MAIL

You can post cheques, made payable to 'Help for Heroes' to Help for Heroes - Donations, 14 Parkers Close, Downton, Salisbury, SP5 3RB.

### DONATE BY BANK TRANSFER

You can make a donation over the counter in any branch of Lloyds or by bank transfer to our Lloyds account (note, residents of Scotland, please use Bank of Scotland):

Account: 'Help for Heroes'

Sort Code: 30-90-21

Account Number: 03524452

Note: Please send the Donations team a copy of the receipt with your name and address and registration number so they can match this to our bank records alternatively you can e-mail [donations@helpforheroes.org.uk](mailto:donations@helpforheroes.org.uk) with all of the details.

### DONATE BY PHONE

You can call the Donations Team to pay in your donations over the phone on 01725 514130. If you are calling out of hours, please leave a message or email, and the team will call you back.

## WHO ORGANISES THE CHALLENGE?

Help for Heroes work closely with Andy Cook Cycling, with over 30 years in delivering world class events they will support with the logistics of the ride.

## CAN I SIGN UP FOR MORE THAN ONE CHALLENGE?

Yes, of course you can as long as you are committed to hitting the suggested minimum targets for each event. We ask that you fundraise for your challenges chronologically ensuring that you hit target for your first challenge before fundraising for

H4H Events Team

14 Parkers Close | Downton Business Centre | Salisbury | Wiltshire | SP5 3RB

01725 514106



your following challenge.

## I'VE GOT MORE QUESTIONS, WHO SHOULD I SPEAK TO?

You can phone us Monday to Friday 9—5 on **01725 514106** to chat through any queries you have. Alternatively, email **challenges@helpforheroes.org.uk** and we'll respond as soon as we can.

Whether your question relates to fundraising or the cycling, we've probably been asked it before so get in touch and we'll point you in the right direction!