

BIG BATTLEFIELD BIKE RIDE

22–27 June 2027



To keep you on track throughout your Big Battlefield Bike Ride journey, we've created this checklist. Handy to find out what's coming up next, and tick things off once they're completed.

AS SOON AS YOU'VE REGISTERED

- ☐ Set up your JustGiving fundraising page
justgiving.com/helpforheroes/campaign/bbbr2027
- ☐ Check your email and make sure you sign your professional fundraiser agreement as soon as you've registered
- ☐ Take a look through our fundraising guide in your welcome pack – it's full of wheely good ideas to help boost your fundraising
- ☐ Ask to join the **BBBR Facebook Group**

MARCH

- ☐ Complete your passport information, medical forms and insurance documents via your Discover Adventure portal login
- ☐ Make sure your donations are in for your first fundraising target of £1,549, this confirms your place on the ride
- ☐ Look out for emails from the events team, they need to confirm your bike details, room share requests, and kit sizing to make sure we have everything that we need ahead of June

JUNE

- ☐ Ensure you have reached your **80% target of £2,500**
- ☐ Check your bike and the packing list and look out for your final joining instructions, which will be emailed and posted out to you

JULY

- ☐ Share your photos and films from the ride on social media and your JustGiving page, using **#BBBR27**

SEPTEMBER

- ☐ Gather those final donations for your **total target: £3,000**

Thanks to your support we can make sure every wounded veteran gets the support they deserve. We want your BBBR experience to be an unforgettable one, so we're here to help you every step of the way. Contact the Help for Heroes Events Team:

✉ events@helpforheroes.org.uk

🏠 helpforheroes.org.uk

OUR TOP FUNDRAISING TIPS:

1

ONLINE FUNDRAISING

Starting an online fundraising page is the easiest and safest way to get started. Add a bio and regular updates to increase your fundraising by 36%

2

TEAM WORK

Have an ideas session with your friends, family and colleagues – many brains make light work.

3

IT'S WORTH IT!

Through Gift Aid, we can claim 25p from the Government on every £1 donated at no extra cost to you or your sponsor! This means a £10 donation is worth £12.50.

4

WORK

Fundraising at work can be fun and rewarding and a great way to build team spirit. Make your fundraising go further and ask your employer if they run a matched giving scheme!

TOP TRAINING TIPS

Use our monthly training tips and advice to help you stay focused, reach your goals and make your BBBR journey one to remember. And if you need any help with your training, our Events Team is always happy to help, so don't hesitate to get in touch using the details overleaf.

JULY



Think about getting your bike checked over for the training ahead.

AUGUST



Start with some gentle rides to build up your fitness and strength.

SEPTEMBER



Build in time to do warm-up and cool-down stretches to prevent injury.

OCTOBER



Train with friends or join a local club to practice your road riding with a group.

NOVEMBER



Consider taking part in spin classes to increase your overall fitness.

DECEMBER



Practice changing a tyre so that you feel confident with the tools and process.

JANUARY



Look out for New Year discounted gym membership to help with winter training.

FEBRUARY



Check out the training plan we sent you to help you keep on track.

MARCH



Try to increase your training rides to 30 miles adding in some inclines.

APRIL



Why not bake some healthy granola bars to keep you going through training?

MAY



Do back-to-back rides for two weekends – use those bank holidays for extra saddle time.

JUNE



Final checks of kit, nutrition and bike before setting off to join the BBBR!

JULY



Give your muscles a rest and time for your body to recover.

AUGUST



Get back on your bike! Keep up with your fantastic cycling fitness and wellbeing.

✉ events@helpforheroes.org.uk
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HELP for
HEROES 20 YEARS