

BIG BATTLEFIELD BIKE RIDE

# NORMANDY BEACHES

24-29 June 2024

D-DAY  
80  
YEARS

## OUR TOP FUNDRAISING TIPS:

1

### ONLINE FUNDRAISING

Starting an online fundraising page is the easiest and safest way to get started. Adding a bio and regular updates could 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!

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.

DEADLINE	TASK
As soon as you've registered	<ul style="list-style-type: none"> <li><input type="checkbox"/> Set up your JustGiving fundraising page <a href="https://justgiving.com/helpforheroes">justgiving.com/helpforheroes</a></li> <li><input type="checkbox"/> Take a look through our fundraising guide in your welcome pack – it's full of wheely good ideas to help boost your fundraising</li> <li><input type="checkbox"/> Return your signed professional fundraiser agreement to <a href="mailto:events@helpforheroes.org.uk">events@helpforheroes.org.uk</a></li> <li><input type="checkbox"/> Ask to join the <b>BBBR Facebook Group</b></li> </ul>
31 December	<ul style="list-style-type: none"> <li><input type="checkbox"/> Email <a href="mailto:events@helpforheroes.org.uk">events@helpforheroes.org.uk</a> with your room share request details and team name</li> </ul>
10 February	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete your passport information, medical forms and insurance documents via your <b>Discover Adventure</b> portal login</li> </ul>
08 March	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure your donations are in for your first fundraising target of <b>£1,631</b></li> </ul>
30 April	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plan your travel to Portsmouth on 24 June, and from Portsmouth after your return journey by coach on 29 June.</li> </ul>
26 May	<ul style="list-style-type: none"> <li><input type="checkbox"/> Familiarise yourself with your Event Information and cycle route</li> </ul>
21 June	<ul style="list-style-type: none"> <li><input type="checkbox"/> Final check of bike</li> </ul>
24 June	<ul style="list-style-type: none"> <li><input type="checkbox"/> Depart from Portsmouth. Don't forget your Help for Heroes T-shirt for the journey!</li> </ul>
July	<ul style="list-style-type: none"> <li><input type="checkbox"/> Share your photos and films from the ride on social media and your <b>JustGiving</b> page, using <b>#BBBR24</b></li> </ul>
06 September	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gather those final donations for your total (target: <b>£3,000</b>)</li> </ul>

Thanks to your support we can make sure every wounded veteran gets the support they deserve. We want your BBR 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](mailto:events@helpforheroes.org.uk)

[helpforheroes.org.uk](https://helpforheroes.org.uk)

**HELP** for  
**HEROES**

# TOP TRAINING TIPS

## BIG BATTLEFIELD BIKE RIDE NORMANDY BEACHES

D-DAY  
**80**  
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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.

If you need any kit, use discount code **PEDAL20** to get 20% off select products.



SCAN ME

### 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 Discover Adventure's training plan to help keep you 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.



Help for Heroes is a charity registered in England and Wales (1120920) and Scotland (SC044984)

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