

BIG BATTLEFIELD BIKE RIDE THE SOMME

23–28 June 2026



THE **SOMME**
110 YEARS

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

- ☐ Set up your JustGiving fundraising page <https://bit.ly/justgivingBBBR26>
- ☐ 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**

20 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**

March

- ☐ 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!

12 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 **#BBBR26**

04 September

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

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!

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
helpforheroes.org.uk

**HELP for
HEROES**

TOP TRAINING TIPS

Use our monthly training tips and advice to help you stay focused, reach your goals and make your BBR 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.

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.

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.

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

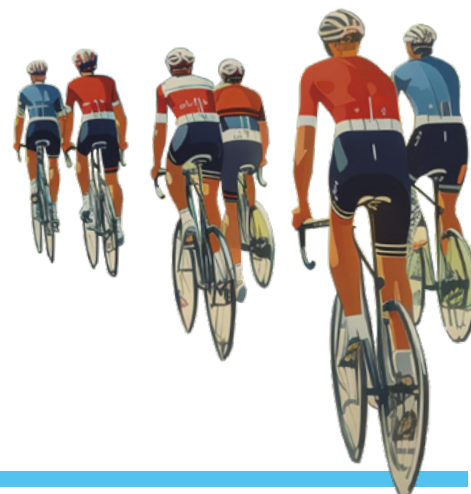
Final checks of kit, nutrition and bike before setting off to join the BBR!

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**



Registered with
**FUNDRAISING
REGULATOR**

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