

HELP for HEROES

# BIG BATTLEFIELD BIKE RIDE DUNKIRK

## FREQUENTLY ASKED QUESTIONS

### Where does my money go?

The suggested minimum fundraising target for this challenge is **£3,000** of which **£199** is payable on registration, and **£1,631** must be received by Help for Heroes by **Friday 10 March 2023** to cover the cost of your trip. The remainder of your fundraising will go to give wounded servicemen and women the support they deserve. You still have three months after your challenge to boost your fundraising.

No matter what fundraising activity you are planning, it is always important that you state if a proportion of all money fundraised is going towards the costs of your participation in the challenge. People donate and sponsor in good faith and need to be well-informed about where their money is going.

Help for Heroes encourages all fundraisers to be open and transparent; this applies to all fundraising activity, including collection tins, collections in supermarkets, private fundraising events with family, friends or colleagues (e.g. curry night), cake sales etc. The Events Team will be on hand to guide you every step of the way to help you to reach and smash that target!

We suggest the following wording:

***"Please note that a proportion of the total money raised will be used to cover the costs of my participation in the challenge, which totals £1,830."***

### Costs

Included in the cost	Personal cost
<ul style="list-style-type: none"><li>• Transport and transfers throughout the challenge; from the ferry outbound to the Eurostar inbound</li><li>• Accommodation in 2 to 4-star hotels (<i>1-star hotels may be used if no available alternative</i>)</li><li>• All meals including catered water stops; includes welcome dinner at Portsmouth on 11 June and breakfast on 17 June before return journey via Eurostar</li><li>• Full support crew including ride leads, medical, mechanical, historical and ceremonial support</li><li>• Unique cycle jersey, commemorative t-shirt, and medal</li><li>• Commemorative video and images of the ride</li><li>• Fundraising pack and support from the Events Team including fundraising and training advice</li></ul>	<ul style="list-style-type: none"><li>• Personal travel insurance – required</li><li>• Travel to Portsmouth for the start and from St Pancras, London at the end of the ride</li><li>• Breakfast and refreshments on ferry between Portsmouth (12 June) and Caen and lunch on Saturday 17 June</li><li>• Depending on your location and travel arrangements; overnight accommodation before or after the event may be required</li><li>• Spending money</li><li>• Personal clothing and kit, including helmet &amp; hi-vis vest (see kit list)</li></ul>

For more information please contact the Events Team  
[events@helpforheroes.org.uk](mailto:events@helpforheroes.org.uk)



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## Fundraising such a lot of money sounds daunting. Where do I start?

The Events Team is always on hand to guide you through your fundraising. Once you register you will receive our comprehensive fundraising guide, fundraising planner and sponsorship form to help you get started, and we will continue to support you throughout your challenge. From top tips to newsletters, advice to wristbands; we will do our best to help you become a fundraising champion!

## Can I ride as part of a team?

Yes! If you are part of a team please make sure you let the Events Team know, if you haven't already done so on your registration. We will do our best to put your group in the same hotels during the ride.

## What will the cycling be like?

Our cycling challenges are not designed to be races; however, you should be comfortable maintaining around 10 - 12mph. An average day will be around 60-70 miles and in true Help for Heroes style, you can expect some sneaky hills along the way. The days in the saddle will be broken up with water and food breaks, along with historian-led stops and visits to war cemeteries.

## 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 well 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.

## What sort of bike should I use?

We recommend using a road/racing or e-bike for this challenge. Whatever bike you choose to use, you should complete plenty of training on it, so you are comfortable. Clipless pedals (with cleated shoes) give you greater power from the effort you put into each pedal revolution – they take some getting used to though and most people will fall off a few times. Please ensure you get used to them in good time before the ride.

## What happens if I have a bike problem?

It is essential that your bike is in good mechanical order before leaving the UK. If in doubt most good bike shops will service it for you. There will be a full tool kit with spares (e.g. inner tubes and puncture repair kits) carried in the support vehicles but we cannot supply spares for all eventualities. Spares will be charged at competitive rates advised by the mechanics on the ride. If your bike has unusual features (e.g. flat spokes) please bring suitable spares and tools required. Do not assume bike shops on route stock everything, many have to order specialists parts.

## Cycling in France

To comply with French standards, your bike must have reflectors at the front and rear, plus you must always carry a hi-vis vest and wear it in poor visibility. Please comply as French Police can stop you. If you have a high-quality bike frame without reflector fittings, ensure it can be attached securely to your saddle bag or clothing.

For more information please contact the Events Team  
[events@helpforheroes.org.uk](mailto:events@helpforheroes.org.uk)

A banner with a blue sky, orange and white clouds, and a blue sea. The text 'HELP for HEROES' is at the top, 'BIG BATTLEFIELD BIKE RIDE' is in the middle, and 'DUNKIRK' is in large white letters at the bottom.

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## Who organises the challenge?

Help for Heroes works closely with Discover Adventure, our tour operator who supports the logistics of the ride. We have worked with Discover Adventure for many years.

## What will the food be like?

Most meals are included apart from those stated above. Lunches are prepared using fresh local ingredients and will give you lots of energy, and there is plenty of it! Evening meals will either be taken in hotels or in local restaurants.

## What do people do in the evenings?

After the evening meal your time is your own; some people choose to rest their weary limbs and get an early night, others choose to spend time getting to know each other better.

## I've got more questions, who should I speak to?

The Events Team is on hand Monday to Friday 9am – 5pm to answer any questions you may have. Email [events@helpforheroes.org.uk](mailto:events@helpforheroes.org.uk) and we'll respond as soon as we can or give you a call back if you prefer.

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.

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