

A white silhouette of a soldier in profile, facing right. The soldier is wearing a helmet and a large backpack, and is holding a rifle. The silhouette is positioned to the left of the main title text.

# TOMMY 10K

**FAQS**

## WHAT IS THE TOMMY 10K CHALLENGE?

The Tommy 10k is a virtual challenge designed to get you moving, challenging yourselves and to help RBLI raise vital funds for vulnerable veterans and those with disabilities that RBLI supports.

You can walk, run or wheel 10k between the 14th October and 30th November. We have three different difficulty levels and have something for everyone so no man gets left behind.

The challenges are as follows:

- **The Corporal Challenge** | walk, run or wheel 10k
- **Paratrooper/Commando Challenge** | walk, run or wheel 10k a week for a month.
- **Special Forces Challenge** | walk, run or wheel 10k a day for 10 days totalling 100k

## WHAT DOES 'WALK, WHEEL OR RUN' MEAN?

We want to make the Tommy 10k as accessible as possible so you can choose to walk, run, cycle or wheel! If you are a wheelchair user or want to scoot or rollerblade in the Tommy 10k, everyone is welcome. Just pick your challenge, plan your route and off you go!

## HOW DO I SIGN UP TO THE TOMMY 10K?

It couldn't be easier to sign up, simply visit [www.rbli.co.uk/tommy10](http://www.rbli.co.uk/tommy10) and fill in your details.

## I HAVE JUST SIGNED UP, WHAT ARE THE NEXT STEPS?

1. Join the Facebook Group we set up for this challenge. Once you have signed up to take part in the Tommy 10k you will be sent a link to the Facebook Group. Click 'Join Group'. Once you're in, you can get your t-shirt and welcome letter, get tips, be inspired and find out anything you want to know about the challenge!
2. Set up your Facebook Fundraiser, details of how to do this can be found in the Facebook Group and will also be emailed to you.
3. Request your fundraising pack and free technical t-shirt to wear during your challenge.

**Please note:** Fundraising packs will only be dispatched once you have received your first donation on your page

## IS THERE A REGISTRATION FEE?

No, it's free to take part in the challenge and you get a FREE Tommy 10k T-shirt. All we ask is that you set up a Facebook Fundraiser, share it with your friends and family, and get your first donation.

## WHEN WILL I RECEIVE MY FREE T-SHIRT?

Depending on Royal Mail you should receive your FREE t-shirt, along with your fundraising pack in 5-7 working days from when you receive your first donation.

## HOW LONG IS THE TOMMY 10K CHALLENGE?

The Tommy 10k is running from 14th October – 30th November. You can do your specific challenge at any point between those dates.

## **CAN CHILDREN TAKE PART?**

Yes, under 18s are welcome to take part but they'll need an adult to register on their behalf as we can only communicate with an adult.

## **CAN I CYCLE THE TOMMY 10K?**

Yes! You can walk, wheel or run the Tommy 10k depending on your ability and fitness levels.

## **WHO IS TOMMY?**

Tommy represents where we began in 1919 supporting mainly Tommies returning from WW1, while commemorating those who have died since, and helps to look after veterans of today. Check out our "Who is Tommy" document that explains in further detail.

## **IS THERE A LIMITED NUMBER OF PLACES FOR THE TOMMY 10K?**

No there is no limit of participants, so please get your friends, family and work colleagues involved.

## **DO I NEED TO TRAIN FOR THE TOMMY 10K?**

Everyone has different fitness levels so some people may be able to complete the 10k distance with no training whilst others may need to work up to it. We have provided a training plan for you which can be found here. As always, please consult your doctor before starting a new exercise regime.

## **WHAT IF I DON'T COMPLETE THE CHALLENGE?**

The only thing that matters is that you challenge yourself. Do as much as you can. All we ask is that you try your best.

## **HOW DO I RAISE MONEY?**

Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds, we will send you the link directly to your email address provided. All funds are automatically transferred after the challenge is completed.

## **HOW MUCH DO I HAVE TO RAISE?**

We recommend a goal of £150. We understand some people won't fundraise that much and others will fundraise much more so fundraise as much as you can to help RBLI support veterans and those in need at the moment.

## **WHERE DOES MY FUNDRAISING FROM FRIENDS & FAMILY GO?**

RBLI has a proud heritage as a charity helping to improve the lives of those who sacrificed so much. Recently we have taken three homeless veterans in, one of whom was 81 years old and arrived at the village 3 days before Christmas. Your fundraising will help to provide welfare for the veterans living in the Mountbatton Pavilion. Veterans who suffer from PTSD who are unable to work and use the routine of their jobs to be able to help them through periods where they struggle.



We are also thinking of the current situation, there are veterans who are living on the streets who are vulnerable and exposed without the comfort of a loved one or a home to help them to feel safe.

#### **WILL I RECEIVE ANY HELP ALONG THE WAY?**

Yes. Once you have signed up you will be sent details of a private Facebook group where you will be encouraged to join where you can find inspiration, encouragement and fundraising tips as well as meeting fellow Tommy 10k participants to share your experience and motivate each other. There is always a fundraiser on hand to help with any fundraising related questions at: [fundraising@rbli.co.uk](mailto:fundraising@rbli.co.uk)

#### **WHEN WILL I RECEIVE MY FREE T-SHIRT?**

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#### **WHAT IS RBLI'S FACEBOOK PAGE?**

Please follow us on: [facebook.com\royalbritishlegionindustries](https://www.facebook.com/royalbritishlegionindustries)



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