



# FAQS



## WHAT IS THE TOMMY 10,000 STEP CHALLENGE?

The Tommy 10,000 Step Challenge is a virtual challenge designed to get you moving this January. It's an opportunity to start 2021 on a positive note, challenging yourself and helping RBLI raise vital funds for veterans and those with disabilities that RBLI supports. This event also has a symbolic meaning, as 10,000 steps over 31 days equals 155 miles which is the average distance travelled by soldiers during the fighting retreat to Dunkirk. Our soldiers of old come alive again in the telling of their stories so we are using this January to tell theirs.

(We use the phrase fighting retreat to Dunkirk to make clear that every step taken by our soldiers was under constant fire and attack from the enemy, the British Army does not retreat lightly).

During the month of January, we will be closely following the journey of two Tommies in particular; Verdun, who was a member of the 2nd Battalion of the The Royal Norfolk Regiment and Billy of the Royal Engineers. The stories you will hear are not only from the men themselves but also from their loved ones. We will also be sharing other heroic stories along the way to show the courage of this time and to remember the sacrifice of those involved. Dunkirk optimises the power of community, and what we can achieve when we all work together.

This January you will be an honorary member of the 2nd Battalion of the The Royal Norfolk Regiment as you take on the challenge and begin your own 155 mile journey, under very different circumstances but heroic in itself, remember that every penny raised will go towards enabling RBLI to continue supporting veterans and those with disabilities. The more money raised, the more people we can support, it really is that simple.

The challenges are as follows:

- **The Corporal Challenge**  
Walk 10,000 steps a day for 31 days
- **Paratrooper / Commando Challenge**  
Walk 10,000 steps a day for 31 days weighted, you can choose your own weight but remember our Tommies did it with an 60 pound pack
- **Special Forces Challenge**  
Take on the 310,000 steps / 155 miles as quick as you can, every Tommy who reached Dunkirk had been taking part in the fighting retreat for a different amount of time, so why not challenge yourself to do yours as quick as you can?
- **Squad Challenge**  
Take on any of the above 3 challenges as a team, combine your distances and then share the load, that way those who want to can do more or less distance as they go along. Remember some team mates were carried for part or all of the journey to Dunkirk, no man gets left behind!

## AS YOU TAKE ON THE 10,000 STEP CHALLENGE

We want to make the challenge 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 10,000 Step Challenge, everyone is welcome. Just pick your challenge, plan your route and off you go!

## HOW DO I SIGN UP TO THE 10,000 STEP CHALLENGE?

It couldn't be easier to sign up, simply visit [www.rbli.co.uk/tommystep](http://www.rbli.co.uk/tommystep) 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 10,000 Step Challenge 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.

## **IS THERE A REGISTRATION FEE?**

No, it's free to take part in the challenge and you get a FREE Tommy 10,000 Step Challenge technical T-shirt once you receive your first donation. All we ask is that you set up a Facebook Fundraiser and share it with your friends and family.

## **HOW LONG IS IT THE TOMMY 10,000 STEP CHALLENGE?**

The Tommy 10,000 Step Challenge is starting on the 1st of January 2021, so you can start anytime during that month to complete your challenge

## **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 10,000 STEP CHALLENGE?**

Yes! You can walk, wheel or run the Step Challenge depending on your ability and fitness levels, just remember to complete 5 miles / 10,000 steps a day.

## **WHO IS TOMMY?**

The iconic Tommy image 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 10,000 STEP CHALLENGE?**

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 10,000 STEP CHALLENGE?**

10,000 steps a day is the NHS's recommended amount of minimum daily exercise for an average adult. However we realise everyone has different fitness levels so go at your own pace. 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 if 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. Alternatively, you could set up a JustGiving page.

## 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. When you hit the suggested fundraising target of £150 you will receive an exclusive event medal.

## 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 10,000 Step Challenge participants to share your experience and motivate each other. There is always a fundraiser on hand to help with any fundraising related questions at: [shauna.creamer@rbli.co.uk](mailto:shauna.creamer@rbli.co.uk)

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

You will receive your t-shirt in your event kit, 5-7 days after you have received your first online donation.

## WHAT IS RBLI'S FACEBOOK PAGE?

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

## GOT ANOTHER QUESTION?

For more information, just drop us a line on 01622 795943 or email [shauna.creamer@rbli.co.uk](mailto:shauna.creamer@rbli.co.uk)



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-  [@RBLICharity](https://www.instagram.com/RBLICharity)

RBLI is completely separate to The Royal British Legion and receives no financial support from the annual poppy appeal. The charity must raise its own funds to deliver care and employability support, and build more homes