



# VULCAN CHALLENGE

## FAQ's

### **What is a virtual challenge?**

A virtual challenge is a challenge that can take place wherever you want, in your own time and at your own pace. The challenge can be completed on a treadmill, around a racetrack, a beachfront, even during a visit to the park, wherever you can run, walk, row, or cycle to earn your medal!

### **How does the Vulcan challenge work?**

Choose to complete 100k, 250k or 500k! You can run, walk, cycle, or walk the dog to complete your challenge. We want you to keep you motivated so you can start your challenge as soon as you sign up!

The challenge will close on the 14 April 2021. Once you have signed up to complete the Vulcan challenge, we will send you a record sheet so you can keep track of your distances. After completing the distance, you submit your distance log, and we will send you an exclusive Vulcan Challenge medal after the challenge ends on the 14 April 2021.

### **How do I enter?**

Registration is easy and straightforward and should only take a few minutes. Find a link to the online booking system on the RAF Museum website. Or click the link below:

[\*\*Enter the Vulcan Challenge\*\*](#)

Once you have registered you will receive an email confirmation with further details.

### **Is there a deadline to enter the challenge?**

There is no deadline to enter, as long as you can complete the challenge before midnight on Thursday 14 April 2022. You will not be able to start the challenge after 14 April.

### **I live outside of the UK, am I still able to enter?**

Of course, you can! Please enter regardless of where you live, the event is open to everyone, everywhere. Please be mindful that the delivery of your medal and any purchased t-shirt may take longer to arrive. Additional charges will apply depending on your place of residence. A zone system (separate regions) is allocated on the ticketing page. Do ensure for those registering for the challenge outside the UK select the correct zone ticket.

### **Who can enter the Vulcan challenge?**

This challenge is open to everyone! With the choice of 100K, 250K or 500K you can choose the challenge that you feel most comfortable doing.

## **I am part of the Armed Forces, am I eligible for a discount?**

We are pleased to offer the reduced Armed Forces Entry to all members of the armed forces family. This offer is available for cadets, reservists, veterans, serving personnel and their immediate families. All you need to do is select the Armed Forces Ticket on the ticketing page. We suggest that anyone under 16 should complete the distance under supervision.

## **Is there an age limit?**

There is no age limit for the Vulcan challenge. Everyone can enter but we suggest that anyone under 16 should complete the challenge under supervision of an adult.

## **How can I fundraise for the Museum?**

When booking your tickets, choose the Fundraising Entry option. Our team will then get in contact with you via email to help you to set up your fundraising page and support you throughout the process. If you raise £100.00, you will receive a free t-shirt sent to you with your medal following the end of the challenge.

The Vulcan challenge is organised by the RAF Museum, which is a registered Charity. We therefore ask that all those completing the challenge wishing to raise funds while running only do so for the RAF museum.

Please email [development@rafmuseum.org](mailto:development@rafmuseum.org) if you have any fundraising questions about fundraising.

## **Do I have to run the Vulcan Challenge?**

The Vulcan challenge was created to get you up and moving, but at a pace that suits you best. You can choose to complete your challenge by walking, running, rowing, cycling, swimming and many more. Want to be creative? We are more than open for you to come up with fun and unique ways of engaging the challenge.

## **When does the Vulcan Challenge start?**

The Vulcan challenge will start on Friday 14 January 2022 and you will have 3 months – until the 14 April - to complete the challenge.

## **Can I start before the 14 January?**

The Vulcan Challenge will start on the 14 January 2022 and you will not be able to start the challenge before then. We will be sending everything you need to get started on the 13 January 2022.

## **How do I record my distance?**

We have created a distance logbook, that will be available from the 13 January for you to download and track your distances. You will not need to submit this as evidence, but we hope it helps you keep a record of your total distance.

## **Do I need to show proof of each distance I covered with my distance log?**

All you need to do is track your distance throughout your challenge, we will send you a form to complete and this is where you will be asked to input the total distance you completed.

Those of you who have taken part in challenges before might notice that this is a different system. We hope that it will make the process of submitting your final distance a lot easier. Please do not email your distance log to Nice Work.

## **I have run out of space in my distance logbook to record my distances, what do I do?**

All you will need to do is download a new distance logbook and continue inputting your distances. Please note that you will not need to submit your logbook at the end of the challenge, the logbook is to help you track your distance but not an official record.

## **I am having problems inputting my information on the distance log?**

If you are having problems downloading the distance log or inputting your information on the log, please email [info@nice-work.org.uk](mailto:info@nice-work.org.uk) and we will be able to send over a word document version of the log that you can use.

## **Would I be able to change my target distance during the Vulcan Challenge?**

You can change your target distance at the end of the Challenge when you submit your final completed distance. For example if you chose to complete 100K when you signed up, if you end up covering 269K then you will just need to select the 250K option on the submission form.

## **When will I receive my medal?**

Your medal will be posted after the end of the challenge on Thursday 14 April. You will need to ensure that you submit your completed distance log before the deadline in order to receive your medal. The medal should be with you by the end of April. For non-UK entries, it might take slightly longer, depending on postage times.

## **I ordered some merchandise, when will I receive it?**

T-shirts, Hoodies and pet medals will be delivered with your medal from the 14 April. Participants living abroad may receive their t-shirt at a slightly later time.

## **Can I run or walk alongside anyone else?**

Please always take your own health and the health of others into consideration. We would ask you to follow the advice from the public health bodies and the government before starting the race or deciding to run along with anyone else.

## **What happens if I am ill during the Vulcan Challenge?**

If you have started the challenge and become ill, it is important for your health and wellbeing that you stop. Only when you truly feel fit and healthy again do we advise you continue. Please always ensure that you are medically fit to complete the challenge before starting.

## **What is the virtual running community?**

We created a space for you to communicate with other runners and challengers. Share your running routes and read or share tips and tricks to get moving. We will also be sharing information about the challenge and answering questions. It's a great opportunity to share photos and interact with like-minded runners and walkers.

## **How do I get access to the Facebook community group?**

To become part of our virtual Facebook community, you need to have a Facebook account. Click here to join the community: <https://www.facebook.com/groups/rafmvirtualrunning/>

## **I still need some help!**

If your question hasn't been answered then please email the Nice Work team and they can help you. Just email [virtual@nice-work.org.uk](mailto:virtual@nice-work.org.uk).