

HURRICANE 80K CHALLENGE

The health and wellbeing for all participants taking part in the Hurricane 80K challenge is of the utmost importance. We have put together a series of FAQs to answer some of the possible questions you may have in completing the Challenge, in light of the current Covid-19 situation we are all facing. This is mainly applicable to our UK participants.

Please take into consideration NHS and World Health Organisation advice at all times. If your question hasn't been answered below please do get in touch with us at virtualrace@rafmuseum.org.

Is the Hurricane 80K Challenge still going ahead?

As of 25 March 2020, the challenge is still going ahead as planned. It officially starts on the 21 April and you have until the 10 July to complete the challenge.

Can I start the Challenge before the 21 April?

We are welcoming those who would like to start this early. You may be looking for a goal to help you exercise whilst at home. This is a virtual challenge so ideal for completing on your own at home.

What would be the best way of completing the 80K challenge if I am isolating?

Your health and safety are of the utmost importance. It is essential you take this, and advice from the NHS and our Government into consideration when you start the challenge and before undertaking exercise.

Here are a few of our suggestions:

- Run or walk outside – please ensure you adhere to social distancing
- Use any indoor equipment in your house or flat (bike, running or rowing machine perhaps)
- Jogging up and down your garden

- March on the spot for 15 minutes- If you use a step counter this should give you a good idea of how far you have gone. There is roughly 105,000 steps in 80K.

I don't feel comfortable starting the challenge in April, will there be any flexibility in completing the challenge after the 80 days?

Yes, in light of the current situation, we are very happy for you to complete the challenge at a later date, or over an extended period of time.

Please ensure that you update the distance log and send the completed version once you have done the challenge. Please note, that you must have signed up in advance for us to guarantee a medal will be available.

What happens if I am ill during the challenge?

If you have started the challenge and become ill, it is important for your health and wellbeing that you stop doing the 80K Challenge. Only when you truly feel fit and healthy again do we advise you continue. As stated in the last question we are flexible about you completing the challenge.

We will keep updating this document, as we are given more information. Stay safe and healthy and follow the Government's advice on staying at home where possible.

Exercise is important to us all and we hope the challenge can provide you with some motivation, but please take part safely.

We would love to see the creative ways you are completing the challenge so tag us in your photos using #Hurricane80KChallenge and @rafmuseum