



Sponsored Ride and Stride

Saturday 12th September 2015 10am to 6pm

Guidelines for Participants

Before Ride + Stride

Collect Sponsorship Forms and a List of Participating Churches from your Church Contact person.

Try to encourage as many people as possible, including your employer, to sponsor you for as much as possible. Encourage all tax-paying Sponsors to gift-aid their Sponsorship monies.

Set up a Just Giving page (See Just Giving Sheet)

Plan your intended route allowing yourself sufficient breaks for refreshment and comfort stops - don't overstretch yourself! **This year we have included the address and the post code in the List of Participating Churches to help those with GPS units.**

Check the roadworthiness of your cycle. We recommend that all cyclists wear a cycle helmet and reflective clothing.

During Ride + Stride

Visit as many Churches and Chapels as you feel comfortable with, or volunteer to be a welcomer at your Church or Chapel.

At each one, report to whoever is manning it for registration and get your Sponsorship Form signed. If the Church is not manned, sign both the displayed Signing-in Form and your Sponsorship Form yourself.

Enjoy the day - any photographs or magazine articles would be welcomed by the County Administrator for future publicity.

After Ride + Stride

Collect the money due from your sponsors as soon as possible.

Please check that all names on your Sponsorship Form are clearly legible rewriting any that are not. The names of those who are gift aiding their donations have to be transferred to Inland Revenue Forms by our Treasurer

Return the sponsorship money and your completed Sponsorship Form to your Church Coordinator by the end of October at the latest.

SAFETY IS OF PARAMOUNT IMPORTANCE

If you are cycling, please observe these rules:

The Department for Transport issue *Drive Safe Cycle Safe* guidance under Cycling & Motorcycling at: www.dft.gov.uk/pgr/roadsafety/drs/

Participants on cycles are strongly recommended to wear a cycle helmet and reflective clothing and to lock their cycles if leaving them unattended, even outside Churches they are visiting.

1. Ride in single file.
2. Take great care when crossing other roads and when turning right.
3. Give clear arm signals.
4. Do not swerve suddenly.
5. Look ahead for obstructions.
6. Use cycle lanes where they are provided.