

## Sponsored Ride and Stride

Saturday 9<sup>th</sup> September 2023 - 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 the *Donate to Ride & Stride* sheet)
- Plan your intended route allowing yourself sufficient breaks for refreshment and comfort stops - don't overstretch yourself!
- The address and postcode are noted on 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 the Ride + Stride

- Collect the money due from your sponsors as soon as possible.
- Ensure that the *Visitors Sheet* is returned to the Ride & Stride Administrator
- Please ensure names on your *Sponsorship Form* are clearly legible - rewriting any that are not (names of those who are gift aiding their donations have to be transferred to *Inland Revenue Forms* by our Treasurer)
- Please 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:

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.

You are advised to check on the Department for Transport issue *Drive Safe Cycle Safe*.