



SUPPORTING CHURCHES AND CHAPELS ACROSS THE UK

Riders and walkers are invited to raise sponsorship
by visiting churches and chapels on

Saturday 23rd July 2011

between 10am and 6pm

The money raised by you will be shared equally between the
Heritage of London Trust and the church or chapel of your choice.

Thank you!

BEFORE THE DAY:

- Fill in your details overleaf, including the churches and chapels you plan to visit
- Set up a Justgiving page at www.justgiving.com/nationalchurchestrust
- Ask friends, family, neighbors and colleagues to sponsor you (remember to encourage them to tick the Gift Aid section)
- Get together with your fellow walkers and cyclists and plan your route – the list of clusters of participating Churches can be downloaded from the London page of Ride+Stride website: www.rideandstrideuk.org

AT EACH CHURCH OR CHAPEL YOU VISIT:

- Make a note of your arrival time and sign the Registration Form/'Sorry we are out' poster (so that your visit counts even if the building is closed)
- Get a steward or other church official (if available) to sign your form

AFTER RIDE+STRIDE:

- The National Churches Trust is administering the sponsorship money for this event and will grant fund 50% to the Heritage of London Trust and 50% to the church of your choice
- Please return **this form** along with your sponsorship money (as a cheque) to:

Ride+Stride
National Churches Trust
31 Newbury Street
LONDON EC1A 7HU

ideally by 1st September 2011. Cheques should be made payable to: **National Churches Trust**

The National Churches Trust will not be able to claim tax back on sponsorship without this sponsorship form, reducing the amount you raise by up to 25%!

REMEMBER - SAFETY FIRST IF CYCLING:

- Remember to study the cycling section in the Highway Code
- Ensure your bicycle is roadworthy, particularly the brakes
- Wear a safety helmet
- Concentrate on safety, not speed – do not race
- Ride in single file, not in large groups
- Walk wherever cycling is difficult or dangerous

VARIATIONS:

- Walking and other forms of unmotorised transport are acceptable. Wheelchairs, both motorised and unmotorised, are permitted
- **Motor transport is not permitted** (except to get participants to a starting point or to collect them at the end). Please note that **horse riding** is not covered by the event's insurance and riders must have their own public liability insurance
- Riding or walking on a day other than Saturday 23rd July in London or 10th September in the rest of the country is not part of the official event promoted by the National Churches Trust and any fundraising on any such other day is undertaken by participants entirely at their own risk

Please note that it is a condition of participation that, save to the extent required by law, the National Churches Trust and local organisers accept no liability in respect of death or injury sustained or caused by any participant in the Sponsored Ride+Stride.

Walkers and cyclists under the age of 16 must have consent from their parent or guardian to participate in the event.



PLEASE COMPLETE BEFORE YOU START:

Your name and address:
Your email address:
Participant's signature (or parent/guardian's signature for participants under 16):
Name and address of the church or chapel to receive half of the sponsorship money you raise: <i>(If you do not wish to nominate a church, all your sponsorship money will go to the Heritage of London Trust.)</i>

LIST OF CHURCHES AND CHAPELS VISITED:

Remember to note the time you arrive and sign the Registration Form / 'Sorry we are out' poster.
Continue on a separate sheet if necessary.

Church/ Chapel	Time	Steward's signature
<i>eg. Brookland Church, Romney Marsh</i>	<i>11:30am</i>	

