

STAY SAFE

- Safety is of paramount importance – do not sacrifice safety for speed!
- Participating churches should have regard to Child Protection policies and procedures.
- Parents should remember that they are responsible for the safety of children in their charge.
- If you are cycling, please ensure that your bicycle is roadworthy. Cyclists are strongly recommended to wear a helmet and reflective clothing, and to lock their cycles when leaving them unattended. A bright yellow R+S T-shirt provides excellent visibility.
- When cycling or walking on the roads please observe the **Highway Code**.
- Horse riders should have third party insurance for the day.

DISCLAIMER

It is a condition of entry that, save to the extent required by law, Hampshire and the Islands Historic Churches Trust accepts no liability in respect of death or injury sustained by any participant in the sponsored Ride + Stride. Therefore it is advisable that all participants are suitably insured.

CHURCHES & CHAPELS VISITED

(to be stamped or initialled by steward on duty)

CHURCH	Time	Initial

CHURCH	Time	Initial
TOTAL CHURCHES VISITED:		



INFORMATION LEAFLET

- Help to raise money for the preservation of the region's historic churches and chapels of all denominations. These precious buildings are central to our communities and villages.
- Go as a family, singly or get a group together.
- Walk, cycle, drive, ride or run to as many churches in Hampshire and the Isle of Wight as you wish. Users of vehicles for the disabled are also encouraged to take part – or even use your Bus Pass! If this is difficult for you, perhaps you could obtain sponsorship for another type of activity such as singing, church cleaning, or exercise biking?
- **Remember...** Half the sum raised can go to the church you nominate, for whatever improvement or use they decide.

**HELD ANNUALLY ON THE SECOND SATURDAY IN
SEPTEMBER - 10am to 6pm**

Your Church Representative is:

Visit our website:

www.hihct.org.uk

or email

rideandstride@hihct.org.uk

In support of the

**Hampshire & the Islands
Historic Churches Trust**

Registered Charity No. 1181370

HOW TO TAKE PART

1. Select your own route (or look at our website under Taking Part, for ideas) and travel at your own speed, starting and finishing where you choose.
2. Call at as many churches as you wish listed in the participating churches list available from your Church Representative or on the Hihct web site which is updated until the event itself.
3. If you have decided upon a different activity to R+S, consult your Church Representative to ensure that funds raised go via R+S to the Trust.
4. Recruit your sponsors to support the preservation of our precious historic churches and chapels which are central to our communities and villages. There is more information on our website and that of the National Churches Trust - www.rideandstrideuk.org
5. Enjoy refreshments at many of the churches, check details as in 2 above.
6. Enjoy the beauty of our historic churches and church yards.
7. Talk to your Church Representative as on the front page.

INFORMATION FOR SPONSORS

Thank you for agreeing to support one of the participants. All the money raised on the day is sent to the Trust. If you write a cheque, please make this payable to 'HIHCT R&S' and fill in your details on the Sponsorship Form Hants E2. Alternatively, you can donate electronically via 'InvestMyCommunity'. The Trust is happy also to accept CAF (Charity Aid Foundation) vouchers.

Sponsorship money should be handed to the person who you have sponsored so that he or she can pass it on to the church representative.

PLEASE DO NOT SEND ANY MONEY DIRECT TO THE TRUST

GIFT AID

When your donation is Gift Aided, the Trust is able to claim back basic rate tax which has already been deducted from your donation. This will yield an extra £2:50 for every £10 donated, as long as the donor is a UK tax payer. Tax recovered from the HM Revenue & Customs is retained by the Trust to add to its funds for future grants and loans.



InvestMyCommunity

Please remember that **InvestMyCommunity** is now available for those sponsors who would prefer to donate electronically.

Participants who wish to set up an **InvestMyCommunity** page for this year's event, should visit the Ride+Stride pages on the Trust website:

www.hihct.org.uk/taking-part



APPLYING FOR A GRANT OR LOAN

Any church or chapel that is a member of Churches Together in England is free to apply to the Grants Secretary, email grants@hihct.org.uk. Full contact details may be found under 'Grants' on our Hihct website

R+S BACKGROUND

Ride+Stride is an event for all denominations which takes place annually on the second Saturday in September. The National Churches Trust, based in London, coordinates R+S around the country and it is its main source of funds. The first sponsored bike ride took place in Suffolk in 1981; by 2013 forty three county Trusts were taking part, raising over £1.3 million annually.

Our own County Trust, registered as a charity, covers Hampshire and the Isle of Wight. We have been taking part since 1989. About 400 churches participate each year and we aim to raise in excess of £80,000, including tax reclaimed through Gift Aid.

HOW IS R+S ORGANISED?

- Hampshire is divided according to Anglican Deaneries and each has an Area Coordinator helped by a County Coordinator.
- The Area Coordinator works with a Church Representative appointed by each participating church.
- On R+S day, a rota of Meeters & Greeters welcome Riders+Striders to the open churches, often with refreshments.



BUY A RIDE+STRIDE T-SHIRT!

Be recognised and form a team!

Details on the Hihct website

www.hihct.org.uk/taking-part