

HOW TO TAKE PART

1. Select your own route (or look at our website under Taking Part on the website, 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.hihct.org.uk/ride-and-stride
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. Alternatively, you can donate electronically via 'GoodHub'. 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.



Please remember that GoodHub is available for those sponsors who would prefer to donate electronically.

Participants who wish to set up a GoodHub 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: grantshihct@outlook.com. 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 around the UK on the second Saturday in September. 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 yearly.

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.