ADVICE TO PARTICIPANTS

1. Please complete the information requested on the front page.
2. Make sure that your Local Organiser knows that you are taking part.
3. Wear the official Sticker Badge, which is available from your Local Organiser or at your church or chapel.
4. Study and conform to the requirements of the Highway Code. Ensure that your bicycle is in a roadworthy condition before starting to ride.
5. Plan your route for the day, not only to achieve a large number of visits but also to enable you to explore some of the many lovely areas of Kent. Leave details of your route with someone at home.
6. If a church is listed as open but in fact is not, riders and walkers may sign themselves on the form provided, and count this in their total.
7. Save to the extent required by law, the Friends of Kent Churches accept no liability in respect of death or injury sustained by any participant, or damage to property. If participants wish to have insurance cover, they must make their own arrangements.
8. Riding, walking or running on a day other than the second Saturday in September is not part of the official event promoted by the Friends and any fundraising on any such other day is undertaken by participants entirely at their own risk.
9. Children should seek parental consent before joining the Ride and Stride.

After your ride/walk/run please collect your sponsorship money. Hand it to your local Organiser, or send it to the Treasurer, by the end of October with this form and the Churches Visited Form. Cheques should be made payable to Friends of Kent Churches.

TREASURER
FRIENDS OF KENT CHURCHES
SPONSORED RIDE AND STRIDE

Roland Niblett, Masters, The Green, Matfield, Tonbridge TN12 7LA

In aid of Friends of Kent Churches, and your local church or chapel

FKC Registered Charity No 207021

www.friendsofkentchurches.co.uk

RIDE+STRIDE

FRIENDS OF KENT CHURCHES

SATURDAY 10TH SEPTEMBER 2016, 10AM-6PM

Raising money to be divided equally between the Friends of Kent Churches and the church or chapel of your choice.

Important: Complete before you start the Sponsored Ride and Stride

MR/MRS/MS (NAME):
ADDRESS:

POSTCODE:
TELEPHONE:
EMAIL ADDRESS

NAME & ADDRESS of church or chapel you wish to receive half your sponsorship money:

I intend to cycle/ride/walk/run to ..... churches

Event Co-ordinator:-
Carolyn Millen
01622 843383
rideandstride@friendsofkentchurches.co.uk

Local Organiser:-

GIFT AID: In order for the Friends of Kent Churches to reclaim an additional 25p for every £1 given, sponsors should enter their name, address and postcode below and **PUT A TICK IN THE RIGHT HAND COLUMN.** The total amount donated and the date of payment should also be shown. A signature is not required. For donations to qualify as Gift Aid, donors must pay income tax at least equal to the amount of tax that this, and all the other charities to which they make donations, will reclaim on their gifts for this tax year.

PLEASE ENCOURAGE ALL SPONSORS TO CONTRIBUTE BY WAY OF GIFT AID

SPONSORSHIP

To Sponsors:- My hope is to visit ..... churches.

Title, Initials, Surname	Home Address	Post code	Amount		Date given	Please claim a tax refund on my gift ✓
			Per church	TOTAL		
SPECIMEN ENTRY MRS A. WINDOW	2 BELL COTTAGES CHURCHDOWN KENT	PT13 7BN	£1			✓

Through Justgiving.com you can create your own fundraising page.
Go to http://www.justgiving.com/kentchurches/raisemoney

TOTAL