RIDE + STRIDE for Churches

NAME:

SATURDAY 9TH SEPTEMBER 2017, 10AM-6PM

CHURCHES AND CHAPELS VISITED

(TO BE COMPLETED AT EACH CHURCH OR CHAPEL)

CHURCH	Time	Initial

CHURCHES AND CHAPELS VISITED (cont.)

(TO BE COMPLETED AT EACH CHURCH OR CHAPEL)

CHURCH	Time	Initial

Please return this form with your SPONSOR FORM & SPONSOR MONEY to your Local Organiser or the Treasurer
Roland Niblett, Masters, The Green, Matfield, Tonbridge TN12 7LA

SAFETY SUGGESTIONS FOR CYCLISTS

1. The organisers advise you to wear a helmet and a fluorescent belt.
2. When starting off or changing direction, glance over your shoulder to check that it is safe to do so. Signal your intention.
3. Look well ahead for potentially dangerous situations and bad road surfaces.
4. Be aware that vehicles may pull out or turn without due consideration.
5. Do not ride more than two abreast. Single file on busy or narrow roads is best.
6. Do not ride in large groups - six maximum suggested. Allow ample space between groups for passing traffic.
7. A group of three gives mutual assistance in case of difficulty. Telephone 999 if really in trouble.
8. Carry a tool kit, tyre pump, puncture repair outfit, mobile telephone, water bottle if a hot day, and fit lights if you expect to return home in the dark.