

## 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 Sticker Badge, 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. Except 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 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, at the address below**

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

**Friends of Kent Churches**

FKC Registered Charity No 207021

**[www.friendsofkentchurches.co.uk](http://www.friendsofkentchurches.co.uk)**



**SATURDAY 8 SEPTEMBER 2018, 10.00 am to 6.00 pm**

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

**Please complete before you start the Sponsored Ride and Stride**

**NAME:**

**ADDRESS:**

**POSTCODE:**

**EMAIL:**

Please tick the box if you do not wish to be contacted by Friends of Kent Churches.

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

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

Event Co-ordinator:

**Carolyn Millen**

01622 843383

[rideandstride@friendsofkentchurches.co.uk](mailto:rideandstride@friendsofkentchurches.co.uk)

Local Organiser:

