



FRIENDS OF KENT CHURCHES RIDE & STRIDE

INTRODUCTION

The Friends of Kent Churches Ride & Stride takes place on the second Saturday in September each year. 50% of the money raised goes to the church or chapel chosen by the participant. The remaining 50%, plus any gift aid, goes into a fund administered by the Friends of Kent Churches, to be distributed in grant aid for maintenance of Kent churches of any denomination and age, provided they are in use as churches. Further details about the event can be found on the website: www.kentrideandstride.co.uk.

Participants plan their own routes, with the assistance of a printed list of churches and chapels open on the day. Riders and Striders seek sponsorship, which is recorded on their sponsor form. Participants can take part for as long or short a time as they wish between 10 am and 6 pm. **Those welcoming at the churches can also be sponsored.**

THE RIDE IS OPEN TO EVERYONE

The more people from outside the church congregations who take part, the more successful we shall be in raising interest in, and support for our heritage of church buildings. Last year £124,565 was raised in Kent, with over 700 churches and chapels involved. The Ride & Stride started in Suffolk in 1982, the Kent event started soon after in 1984 and now 36 counties are participating.

ON THE DAY

Participants can 'sign in' at their first church from 10 am onwards, presenting the Churches and Chapels Visited Form to be signed by the church's Welcomers. A quick look around, perhaps some time for refreshment, and then off to the next church or chapel. The churches will be closed by 6 pm.

If there is no-one at the church, please sign the Welcome Form, which should be displayed outside. This will still count as a church visited.

AFTER THE RIDE ON 9TH SEPTEMBER, 2023

Riders and Striders collect their sponsorship money and then give both forms and the money raised to their local organiser, who sends it to the Treasurer. (The Sponsor Forms also act as an audit trail to enable the Treasurer to claim Gift Aid from the Inland Revenue, which significantly increases the money raised.)

SAFETY ON THE ROADS IS PARAMOUNT:

Although the organisers cannot be responsible for those taking part, they encourage safety by reminding everyone not to put speed before safety.

Please check the latest advice from the new Highway Code www.highwaycodeuk.co.uk - rules for cyclists, rules 59 – 82

For further information please contact:

Rosemary Dymond, County Organiser, Kent Ride & Stride Email: kent.rs.countyorg@gmail.com,
Phone: 01474 814143