

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 church visits but also to enable you to explore some of the many beautiful 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 under 18 should seek parental consent before joining the Ride & Stride.

**After your ride/walk/run/welcoming please collect your sponsorship money.
Please return this form with your CHURCHES AND CHAPELS VISITED
and SPONSOR MONEY to your Local Organiser by the end of October.**

Cheques should be made payable to Ride and Stride.

Friends of Kent Churches

FKC Registered Charity No 207021

www.kentrideandstride.co.uk



SATURDAY 12 SEPTEMBER 2020, 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.**

SPONSOR FORM

Please complete before you start the Ride and Stride / Welcoming

NAME:

ADDRESS:

POSTCODE:

EMAIL:

PARENT'S SIGNATURE IF UNDER 18:

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:

All enquiries:

Debbie Robinson

07745 120140

deboraharobinson@hotmail.com

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

- I hope to cycle/ride/walk/run to churches.
- I will be welcoming participants to our church.

Title, initials, surname	Home address	Postcode	Amount		Date given	Please claim a tax refund on my gift ✓
			per church/ welcoming	TOTAL		
SPECIMEN ENTRY MRS A WINDOW	2 BELL COTTAGES CHURCHDOWN KENT	PT13 7BN	£1			✓
			TOTAL	£		

Please tick box if you set up a fundraising page for
The Friends of Kent Churches on virginmoneygiving.com