RIDE+STRIDE for Churches

SATURDAY 12th SEPTEMBER 2026, 10.00 AM TO 6.00 PM

We hope you enjoy your day out, riding or striding.

NAME……..

CHURCHES AND CHAPELS VISITED

(to be completed at each church or chapel visited)

Church/Chapel	Time	Initials

Why not take a selfie at each church you visit and post your photos to our Twitter, Instagram or Facebook pages

- https://www.instagram.com/kentridestride/
- https://twitter.com/KentRideStride or https://x.com/KentRideStride
- https://www.facebook.com/KentRideStride/

or email them to kentridestride@outlook.com

Post your photos as you go, or afterwards.

If you agree to your photos being used for publicity, illustration or web content – please complete our Photo release/consent form, which can be found on our website
and then forward it to kentridestride@outlook.com

CHURCHES AND CHAPELS VISITED (cont.)

(to be completed at each church or chapel visited)

Church/Chapel	Time	Initials

After your ride/walk/run please collect your sponsor money. Return this form with your SPONSOR FORM and SPONSOR MONEY to your Local Organiser by the end of October. Cheques should be made payable to Ride & Stride or Friends of Kent Churches.

SAFETY SUGGESTIONS FOR CYCLISTS

1. 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 recommended.
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 in an emergency.
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.
9. Read: http://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82