RIDE + STRIDE for Churches

NAME:……

SATURDAY 11 SEPTEMBER, 2021, 10.00 AM TO 6.00 PM

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

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 and Stride.

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.

.