



## GUIDELINES FOR RIDE+STRIDE 2017

*The Royal County of Berkshire Churches Trust*

### What is Ride+Stride?

Ride+Stride is Berkshire's annual sponsored 'cycle, run or walk' event organised by the Royal County of Berkshire Churches Trust. It is part of the nationwide Ride+Stride event run by the National Churches Trust ([www.rideandstrideuk.org](http://www.rideandstrideuk.org)).

Participants are sponsored, either by donation or by an amount per church visited between 10.00am and 6.00pm on the second Saturday in September. Some churches will have stewards to welcome participants, while others will have signing-in forms on display outside. Those who are stewarding at a participating church may also be sponsored, either for the amount of time they are on duty or for the number of participants they sign in. **If you are in employment you might like to ask your employer(s) to match fund any money you raise.**

The aims of the event are:

- to raise money for Berkshire's churches
- to promote interest in our county's churches
- to involve people of all ages in a fun outdoor challenge

### Allocation of sponsorship money

Sponsorship money raised is divided 50/50 between the church of the participant's choice and the Berkshire Churches Trust. The Trust will recover the gift aid on eligible donations and will use its share of the funds to help churches in Berkshire with the costs of conservation and renovation.

### Ride+Stride Rules

- Choose which church you are going to raise money for – and let them know you are taking part
- Select your own route from the list of participating churches provided, starting/finishing where you choose and visiting as many churches as you like
- You can visit churches in neighbouring counties if you wish but you will need to contact the relevant county coordinator for a list of participating churches
- You can use public transport or car to get to your starting point or home again from your last point but may only travel by non-motorised cycle or on foot during the event. If you want to ride a horse please get prior approval from your county coordinator

### Conditions

It is a condition of entry that, save to the extent required by law, the Trustees of the Royal County of Berkshire Churches Trust accept no liability in respect of injury sustained by any participant in Ride+Stride.

### Contacts

County Coordinator: Sue Heskett - [rideandstrideberks@gmail.com](mailto:rideandstrideberks@gmail.com)

Hon Treasurer: Eleanor Rice, 13 Buckingham Road, Newbury RG14 6DH, 01635 30709, [e.a.rice@talktalk.net](mailto:e.a.rice@talktalk.net)

*Promoted by the Royal County of Berkshire Churches Trust, Registered Charity no. 288797  
More information including sponsorship forms and list of participating churches may be downloaded from  
the website at [www.berkschurchestrust.org.uk/rideandstride](http://www.berkschurchestrust.org.uk/rideandstride)*