SAFETY NOTES for CYCLISTS

Police advise all cyclists to ride in SINGLE FILE and not in large groups. Please study the bicycling section of the Highway Code and ensure that your cycle is roadworthy before you begin. Lock your cycle whenever you stop even outside churches. Ride+Stride coordinators strongly recommend that you wear cycle helmets at all times and an official sticker which is available from your local church coordinator or at most of the churches on the day.

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.

CHURCHES and CHAPELS VISITED or STEWARDING RECORD

This section is to be completed by an official at each church or chapel visited, or by you if the church or chapel is not manned. Please ensure that your details are on the signing-in form for each church whether that church is manned or not. If you are stewarding, please record visitors' details instead:

| Church/chapel or, for stewards, visitors' names | Time | Initials | Church/chapel or, for stewards, visitors' names | Time | Initials |
|---|------|----------|--|------|----------|
| 1. | | | 18. | | |
| 2. | | | 19. | | |
| 3. | | | 20. | | |
| 4. | | | 21. | | |
| 5. | | | 22. | | |
| 6. | | | 23. | | |
| 7. | | | 24. | | |
| 8. | | | 25. | | |
| 9. | | | 26. | | |
| 10. | | | 27. | | |
| 11. | | | 28. | | |
| 12. | | | 29. | | |
| 13. | | | 30. | | |
| 14. | | | 31. | | |
| 15. | | | 32. | | |
| 16. | | | Total time stewarding/number of visitors signed in | | |
| 17. | | | Total number of churches visited | | |



SPONSORSHIP FORM

9th September 2017

CYCLE, RUN or WALK from CHURCH to CHURCH or STEWARD at your own CHURCH to raise money for the CHURCH of your CHOICE and for the ROYAL COUNTY OF BERKSHIRE CHURCHES TRUST

Registered charity no. 288797

Please see the guidelines for participants and the list of participating churches, both available from your local church coordinator or from www.berkschurchestrust.org.uk/rideandstride.

IMPORTANT please complete the following whether cycling, running, walking or stewarding:

| Name: |
|--|
| Address: |
| Email address: |
| Name and address of church to receive half your sponsorship money: |
| Signature of parent/guardian if you are under 18: |

Sponsorship form: please print sponsor details clearly on the form overleaf as we have to transfer these details on to gift aid claim forms. This tax rebate is paid specifically to the Trust so is not passed proportionately to the churches and chapels taking part. However, the costs of running Ride+Stride are covered by the tax rebate, so all the Trust's share of your donation can be used for grants towards the repair and maintenance of churches and chapels in Berkshire.

After the event: collect your sponsorship money and give it, together with this form, to your local church coordinator by the end of October at the latest. Cheques to be made payable to: Royal County of Berkshire Churches Trust or RCBCT.



Information for Ride+Stride sponsors:

Thank you for agreeing to sponsor a participant in the Royal County of Berkshire Churches Trust Ride+Stride 2017. You are undertaking to pay an agreed sum for each church visited by the participant, or for their stewarding at their church, between 10am and 6pm on Saturday 9th September. Alternatively, or in addition, you may make a one-off donation. The money you give will be shared between the church or chapel nominated by the participant and the Berkshire Churches Trust (reg charity no. 288797) which gives grants to churches in Berkshire in need of financial help with repairs and renovations.

| Title | First name | Last name | Address | Postcode | Signature if you wish BCT to recover Gift Aid | Sponsorship per church | Donation | Total |
|-------|------------|-----------|---------|----------|---|---------------------------|----------|-------|
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