



Ride and Stride Participants Guide

Ride and Stride is a national event taking place every September, to raise money for local historic churches trusts, including Gloucestershire Historic Churches Trust (GHCT). Visit www.ghct.org.uk for additional information and to find out the date for this year.

General Information

- **Cyclists, Walkers and Horse Riders** raise sponsor money by visiting churches and chapels on any route of their choice – most people will be willing to sponsor you for a ‘set amount’ regardless of the number of places you visit. A list of participating churches is available on the Gloucestershire Historic Churches Trust (GHCT) website.
- The money raised (before Gift Aid) will be shared equally between GHCT and the church of your choice. GHCT makes grants to churches and chapels in Gloucestershire and North Bristol of all Christian denominations towards the cost of major fabric repairs and re-orderings.
- We recommend that the Local Organiser and/or individual participants set up an on-line fundraising webpage through Just Giving. You will find instructions on the GHCT website and a link to set up a fundraising page. **If your church is receiving a 50% share of sponsor money this should be mentioned in the “My Story” section of your webpage.** Once the page is set up JustGiving will collect the sponsor money for you. The page can be linked to Facebook and Twitter. Remember to e-mail the link to anyone who might sponsor you, even abroad. Sponsor money raised through Just Giving is paid directly to GHCT so should not be included on your sponsor form. If you have no local organiser you can set up your own page.
- Please ensure that you complete all the details on both sides of the sponsor form including your e-mail address. GHCT will not pass your contact details to any other organisation. Additional sponsor forms can be printed from the GHCT website.
- Please encourage your sponsors to Gift Aid their donations if they are UK taxpayers. Please ensure all the following details are provided as these are needed in order to claim the Gift Aid tax rebate: **full name** (one person only, not Smith family, R & D Smith, Richard or Grandma), **1st line of home address (including house name or number) and postcode.** A work address is not acceptable.
- Note that any tax reclaimed is paid specifically to GHCT so cannot be passed back to churches.
- Any activity undertaken by participants in Ride and Stride is at their own risk. It is a condition of participation that, save to the extent required by law, GHCT accepts no liability in respect of death or injury sustained by any participant in the sponsored Ride and Stride. In the unlikely event of any accidents occurring during the event, please notify the County Organiser as soon as possible.
- We’d love photographs! If you are happy for us to use photographs in publicity, please email them to ride-and-stride@ghct.org.uk with details of who is in the photograph and where it was taken.



Information for Cyclists, Walkers and Horse Riders

- Decide how many churches you are likely to visit before starting to collect sponsors. Plan your route using the List of Welcoming Churches on the GHCT website; more Information on some of the churches can be found in the Our Churches section. As the Ride+Stride is part of a national event you may cross county boundaries or take part in another part of the country. To locate churches open in other counties visit the National Ride+Stride website (www.rideandstrideuk.org), click on Ride+Stride near you and follow the links to the appropriate county trust.
- Mobility scooters and wheelchairs are permitted throughout the event.
- Everyone is encouraged to participate on the official Ride+Stride day as some churches will have Welcomers on duty to greet you and sign your sponsor form. However, there is nothing that restricts this fundraising to that one day or one activity. GHCT will gladly receive any money sent in at any time.
- When you visit a church ask the Welcomer to sign your Sponsor Form while you sign their Ride+Stride Visitor Register. If the church is not open, sign the Register if there is one there, and record your visit on your own sponsor form. Your visit counts even if the building is not open. If you have only raised sponsor money on-line, you will still need a sponsor form to record the churches that you visit. Please give this to your Church Coordinator to send in after the event.

After the Event

- Please collect your sponsor money and give it together with your sponsor form to your Church Coordinator by 31st October. Their contact details should be on your sponsor form or contact the Administrator at ride-and-stride@ghct.org.uk.
- Cheques should be made payable to 'Gloucestershire Historic Churches Trust'. Please add together any cash amounts received and send in a cheque for this amount to 'Gloucestershire Historic Churches Trust'. Please mark on your sponsor form whether the donor paid by cash or cheque and write the totals on the sponsor form.
- Any charity vouchers e.g. CAF vouchers, cannot have GiftAid claimed on them as the donor has already reclaimed the tax.

It is a condition of participation that, save to the extent required by law, Gloucestershire Historic Churches Trust (2016) accepts no liability in respect of death or injury sustained by any participant in any sponsored event.