



From: Anna Butler (R+S Administrator), 3 Talbothays Cottages, West Stafford, Dorchester, DT2 8AL
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June 2019

Dear Rider or Strider

Ride+Stride – Saturday 14th September 2019

Thank you for considering taking part in Ride+Stride this year. If you are a seasoned participant much of this letter will be familiar. If you are new to R+S, welcome! As the Administrator, I hope that the following will give all you need to decide to take part.

This letter is to help you to raise sponsorship, plan your day and to keep safe when out on the roads, lanes and tracks.

R+S is a national event which takes place every year on the second Saturday in September to raise money for the maintenance of our treasured churches across the whole country. Last year Dorset's Riders and Striders raised a record £89,657 in sponsorship. This magnificent effort shows that R+S in Dorset is a real success story, which is going from strength to strength. As a thank you for supporting the work of the Trust, DHCT will return half your money to the parish or other registered charity which you nominate.

There are two ways to obtain sponsorship. You can ask sponsors to fill out the sponsorship form in your pack. If you find it difficult to ask people to sponsor you, why not get someone to help? Please ask anyone who is UK taxpayer to make a Gift Aid declaration on the form, which allows the Trust to reclaim a further 25%.

In addition, you can set up your own JustGiving page, details are at www.justgiving.com. Please ensure your page makes it clear you are raising funds for the Dorset History Churches Trust and name the church you are supporting so that it can receive 50% of your sponsorship money. If you wish to donate that 50% to another registered charity, please make this clear. You can also follow us on Twitter – our account is @Ride+Stride4dorset and Tweets will start to come out in June.

As the day – Saturday 14th September – draws closer, there are a few more things to think about. Will you be teaming up with one or two friends, which we really recommend as it is much more fun to share the experiences? We suggest that you sit down with a map and plan your route. The list of churches will help you. How far do you want to go? There are no set routes but we do advise that you think carefully about keeping safe and avoiding traffic or other hazards as far as possible. Then make sure that your bike is in good repair and that you have a few tools and perhaps a spare inner tube. The event is covered by Public Liability insurance, but you must hold your own cover if you are riding a horse. If you cannot ride or stride on 14th September, you can choose another date. Insurance cover will be in place from the Sunday before to the Friday after 14th September.



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On the day, check the weather and take suitable clothing. If you have a yellow R+S tee-shirt or tabard, please wear it to improve your safety and to advertise the event. Leave details of your route and when you expect to start and finish with someone responsible. Most of the churches in Dorset will be open and in many cases attended by a volunteer from 10am. Make sure that they sign your record form. If a church is unattended, please put your name on its Register of Visitors and mark up your own Sponsorship Form. Then move on to the next church. The event closes at 6pm.

We are always interested in the stories of the day especially if they are accompanied by a photograph. We will also be awarding small cash prizes for the most usable photographs taken in 2019. Get a friend to take a picture of you and your group outside a church and send it to me at anna-butler@hotmail.co.uk.

After it is all over, please lose no time in collecting up the cash pledges and returning them to the Parish Organiser. If you can do this by the end of September, it will really make their life so much easier. Thank you very much. Have a safe and enjoyable day. Here are some reminders about keeping safe. Our website has links to the Highway Code www.dhct.org.uk

Cyclists:

- Plan your route off a map to avoid or minimise time at danger points
- Check the weather forecast and adjust your start time, route and clothing accordingly
- Wear a helmet and a DHCT tee-shirt or tabard, or something hi-vis
- Take a mobile phone and a map; both are vital if you have to call for assistance
- If in a group, comply with your leader's instructions, keep together but do not obstruct the highway to vehicle users. Do not ride side by side in traffic.
- Remember that audio headsets reduce your ability to hear traffic approaching from behind you.
- Leave details of your start time, planned route and expected finish times with a responsible person.

Walkers

- As above, but remember to walk facing on-coming traffic wherever it is feasible
- Listen carefully for traffic, especially if you have to walk in the road on a bend and be ready to get off the carriageway
- If in a group of more than 2 or 3, consider splitting into sub-groups separated by 25-50m

Horse riders

- As above but plan a route that avoid roads as far as possible

Insurance

- Horse riders must to hold their own public liability insurance



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Please Note:

If you are involved in an incident to which the emergency services have been called, please also phone **07507 640122** so that the Trust can offer assistance. This number is only useable on Saturday 14th September 2019

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

Anna Butler
R+S Administrator