PAYMENTS

GIFT AID By placing a ✓ in this column the Sponsor, who has signed personally, declares that the donation carries Tax relief under the Gift Aid Scheme and that he/she is a UK Taxpayer paying at least as much Tax as that repayable. Pleasure ensure that the name and address are legible.

NAME OF SPONSOR	SIGNATURE	ADDRESS	GIFT AID ✓	Sponsorship for each place of worship visited	Donations	TOTAL

TOTAL MONEY RAISED

THE SPONSORED

RIDE & STRIDE

AROUND DERBYSHIRE

To raise money for the Church or Chapel of your choice and for the Derbyshire Churches & Chapels Preservation Trust (A Registered Charity No. 1010953)

SECOND SATURDAY IN SEPTEMBER 201_

10.00AM - 6.00PM

No Horses, Ponies or Motor Vehicles

ABOUT THE DERBYSHIRE CHURCHES & CHAPELS PRESERVATION TRUST
The Derbyshire Churches and Chapels Preservation Trust was founded in 1992. Its aim is to help preserve churches and chapels that are of historic interest within the county. Many such buildings are in need of repair but lack the necessary funds. Other counties have similar preservation trusts.

The SPONSORED BICYCLE RIDE
Cyclists & Walkers of all ages and denominations are invited to seek sponsors who will undertake to pay an agreed sum of money for each place of worship visited by the cyclist and walker on the second Saturday in September *(10.00 am - 6.00 pm).* The money raised by each participant is shared equally between the Derbyshire Churches & Chapels Preservation Trust and the place of worship nominated by the participants. Usually at least 28 counties are organising sponsored bicycle rides on the same day, and places of worship in any of these counties can be visited by participants wishing to cross county borders. Non-cyclists, especially in large towns, are welcome to walk between different places of worship if they wish.

INFORMATION FOR SPONSORS
Thank you for agreeing to sponsor a cyclist or walker in the Sponsored Bicycle Ride on the second Saturday in September. The money you pay to the cyclist or walker will be divided equally between the Derbyshire Churches & Chapels Preservation Trust and the Christian place of worship chosen by the cyclist.

INSTRUCTION TO CYCLIST & WALKERS
Please complete the back of this form before starting the Sponsored Bicycle Ride. If you are not starting from your own place of worship, please make sure that your local organiser knows that you are taking part. After the ride, collect your sponsorship money and hand it to your local organiser by *14th October*. Cheques should be made payable to the Derbyshire Churches & Chapels Preservation Trust. Lists of places of worship open are available from your local organiser. Cyclists and their bicycles may be taken by car to their first church, chapel, etc., and picked up again at their last.

SAFETY
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 bicycle is roadworthy before starting the event.

WALKERS SHOULD NOTE THAT:
If there are no footpaths people should walk facing on-coming traffic and not more than two abreast. Please wear the official bicycle ride sticker which is available from your local organiser or at places of worship open.

It is a condition of entry that, save to the extent required by law, the Trustees of the Derbyshire Churches & Chapels Preservation Trust accept no liability in respect of death or injury sustained by any participant in the event.

SPONSORED BICYCLE RIDE ADMINISTRATOR
Andrea Hambleton, DCCPT, 1 Greenhill, Wirksworth, Derbyshire DE4 4EN
Telephone: (01629) 824904. Email: dccpt@dhbt.clara.net

Further information and sponsorship forms may be obtained from the above.

DERBYSHIRE CHURCHES & CHAPELS PRESERVATION TRUST
SPONSORED BICYCLE RIDE

From the Highway Code
Extra Rules for Cyclists

1. Make sure your cycle is safe to ride. Never ride a cycle which is too large or too small for you to control properly. At night you must show front and rear lamps and a rear reflector. Your brakes, lamps and reflector must be kept in proper working order. Make sure your tyres are in good condition and are properly pumped up and that your chain is properly adjusted and lubricated. It is a good idea to fit a bell to your cycle and use it, if necessary, to warn other people on the road that you are coming.
2. Before starting to ride, always look round and make sure that it is safe to move away from the kerb. Before turning right or left, moving out to pass or pulling up at the kerb, always look behind and make sure it is safe. Give a clear arm signal to show what you intend to do. Look ahead for obstructions in the road such as drains or potholes so that you do not have to swerve suddenly to avoid them.
3. Do not ride more than two side by side. Ride in a single file on narrow roads. You must not ride on the pavement or on a footpath unless there are signs allowing shared use with pedestrians.
4. On busy roads and at night, if you want to turn right it is often safer to stop first on the left-hand side of the road. Wait for a safe gap in the traffic before you start to turn.
5. You may only use a bus lane where the signs show the symbol of a bicycle. You must not use other bus lanes.
6. You may, if you wish, follow the procedure in Rules 110-115 of the Highway Code for roundabouts. But if, because of inexperience or for any other reason, you feel unable to do so, you should either stay in the left-hand lane of the roundabout and look out particularly for vehicles crossing your path to leave the roundabout, or get off your cycle and walk.
7. Remember that you cannot be seen as easily as larger vehicles and that you should always give clear arm signals to let drivers behind you know what you intend to do, especially at roundabouts and junctions.
8. When you are riding:-
   (a) always keep both hands on the handlebar unless you are signalling;
   (b) always keep both feet on the pedals;
   (c) do not hold on to another vehicle or another cyclist;
   (d) do not carry a passenger unless your cycle has been built or altered to carry one;
   (e) do not ride close behind another vehicle;
   (f) do not carry anything which might affect your balance or become entangled with the wheels or chain;
   (g) do not lead an animal;
   (h) wear light-coloured or reflective and fluorescent clothing (see Rule 4 of the Highway Code).
9. If there is a suitable cycle path, ride on it.

ALWAYS REMEMBER - SAFETY FIRST

IMPORTANT: To be completed before you start the sponsored ride

NAME:	
ADDRESS:	
	Tel:
Name & Address of Church or Chapel you wish to receive half your sponsorship money:	
Name & Address of Local Organiser *(to whom this form and all money should be returned by 14th October - cheques to be made payable to the Derbyshire Churches & Chapels Preservation Trust).*	

PLACES OF WORSHIP VISITED

To be completed by an official at each Place of Worship visited

CHURCH/CHAPEL	Time	Initials	CHURCH/CHAPEL	Time	Initials
			TOTAL VISITED		