

**Sponsored Ride and Stride**

***Guidance Notes for Welcomers***

Thank you for helping to welcome the sponsored cyclists and walkers (St/Riders) to your church. Many St/Riders comment how nice it is to receive a warm welcome at the churches and chapels that they visit. Welcomers can also be sponsored, so please ask your Church Coordinator for the Ride and Stride to give you a sponsor form.

You do not have to be physically in the church throughout the whole duration of the Ride and Stride event (10am to 6pm) as long as St/Riders know where to find you nearby. Arrows can be downloaded from the Oxfordshire Historic Churches Trust (OHCT) website ([www.ohct.org.uk](http://www.ohct.org.uk)) and you could write further instructions on these. You may find the arrows useful even if you are in the church throughout the duration of the event. Please try to be available until 6pm when the event ends as some St/Riders keep going until 6pm. If you have to close the church early, please leave the Register of St/Riders and a pen somewhere visible so that St/Riders can sign in themselves. A welcome poster is available on the OHCT website which you may wish to display.

St/Riders really appreciate free drinks and biscuits as participating can be thirsty work. It is useful to have a local map and knowledge of off-road shortcuts and directions to other local churches.

After the event please e-mail visitor numbers to the Ride and Stride Administrator at rideandstride@ohct.org.uk

**Please will you give out:**

* At least one fluorescent sticker to any St/Riders starting from this church. If you are being sponsored as a Welcomer please wear a sticker yourself. A visitor may wish to sponsor you as a Welcomer. Any spare stickers can be used to stick up notices directing St/Riders to the church.
* A list of Churches Welcoming St/Riders if there are any spare copies and someone wants one.
* Spare sponsor forms to anyone who has filled up the first one or lost their form.

**For each sponsored St/Rider visiting your church, please:**

* Sign their sponsor form – write the name of your church, the time of their visit and initial the entry.
* Ensure the St/Rider signs the Register of St/Riders, writes where they come from and the time of their visit. If they are participating as part of a group, please get all the participants listed on the Register of St/Riders or state how many were in the group e.g. Smith family (4) meaning 4 members of the Smith family visited.