

STRIDE AND RIDE

run | cycle | exercise | ride | walk

JULY 2020



Sponsorship Pack

Reg Charity No. 227794

Event details



Date, Place and Time

Due to Lock down, Stride and Ride is being handed over to you. We are giving you the entirety of July to do your fundraiser and whatever location you want (as long as you are following lock down rules) so pick a day that suits you and start fundraising! You can take a day, week, even the entire month to complete your fundraiser.

Activity

You can run, jog, walk, cycle, scooter, ride, or complete a physical challenge like push-ups - it is up to you! Adapt this fundraiser to whatever works best for you.

Distance/amount

Choose a distance to run, walk, cycle etc. or if you are completing a physical challenge decide how much you are doing 100, 500, 1000 sit-ups, you decide!

Fancy Dress

You don't have to be in fancy dress to take part but we do encourage it!

Photos and Video

If you are comfortable to, please send in your photos and videos of your run for our social media and website. Use the hashtag #strideandride2020 so we can follow what you are doing.

Sponsorship

Raise however much you can, every little helps! We've added some forms to this pack for you to ask family and friends to help raise as much money as we can for Strode Park Foundation. Alternatively we recommend setting up a Justgiving page to help with lock down restrictions. All donations must be handed in by 31 July.

Preparing for the hot weather

If your activity is on a sunny day then please don't forget hats, sun cream and plenty of water.

If the weather is too hot then please choose another day, we don't want anyone getting ill!

Stride and Ride Sponsorship Form

Reg Charity No. 227794



Name	Address inc postcode	Donation	Gift Aid* (Please tick)	Date paid

DECLARATION: I want my donation, which is being paid to and collected by Strode Park Foundation to be treated as a Gift Aid Donation. I confirm that I have paid Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the amount of my donation and understand that the charity will reclaim the tax that I have paid.

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Strode Park
Foundation

Caring since 1946

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