

# RIDE + STRIDES

**Jon Snow agrees to be patron of *Ride and Stride* 2009  
a nationwide event which raises money for vital repair and  
maintenance of historic churches**

**Visit unique historic buildings, see beautiful English  
countryside, get some exercise and have fun with the family!**

**10,000 churches to welcome cyclists and walkers**

***Ride and Stride* takes place on Saturday, 12 September 2009**

*Ride and Stride*, is a sponsored walk or bike ride where over 13,000 people walk or cycle between 10,000 churches, exploring and enjoying the countryside from Cornwall to Northumberland. The money they raise helps to preserve some of Britain's 47,000 churches, chapels and meeting houses which are at risk of falling into serious disrepair.

Supported by The National Churches Trust, in partnership with County Churches Trusts nationwide, and endorsed by Jon Snow, *Ride and Stride* crosses 34 counties and opens the doors to some of the most rare and unusual churches.

Participants can find a church bell (in the tree) or a stone hedgehog (on the door) at St Nicholas Barfreestone, Kent. Look for carved pigs feeding in Little Malvern Priory, Worcestershire (on a monk's arm rest). Buy stamps and collect their pension at All Saints, Sheepy Magna, Leicestershire, in the Church post office or even visit an art exhibition at Holy Trinity, Leeds.

*Ride and Stride* (also known as the Sponsored Bike Ride) is open to all ages. In 2008 the oldest person to take part in the Bike Ride was a 95 year old lady from Sevenoaks who walked between eight churches; the youngest participant was still in his push chair.

In 2009, *Ride and Stride* aims to raise in excess of £1.5 million for the restoration and preservation of historic churches and chapels - our heritage and landscape. Cyclists and walkers can raise money for their favourite church or chapel as well as the County where they take part.

For more information about *Ride and Stride* and to register visit the new website:  
**[www.rideandstrideuk.org](http://www.rideandstrideuk.org)**

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## Notes to Editors

1. The participating County Churches Trusts are: Bedfordshire & Hertfordshire, Berkshire, Buckinghamshire, Cambridgeshire, Cheshire, Cornwall, Cumbria, Derbyshire, Devon, Dorset, Essex, Gloucestershire, Hampshire & the Islands, Herefordshire, Kent, Lancashire, Leicestershire, Lincolnshire, Manchester, Norfolk, Northamptonshire, Northumbria, Nottinghamshire, Oxfordshire, Rutland, Shropshire, Somerset, Staffordshire, Suffolk, Surrey, Sussex, Warwickshire & Coventry, Wiltshire, Worcestershire and Yorkshire.
2. The National Churches Trust drives the restoration and revitalisation of Britain's churches. The charity was created from two long established charities that have worked for almost two centuries to protect and preserve Britain's churches.
3. The Trust is the leading national independent charity concerned with the protection and welfare of churches, chapels and meeting houses throughout the United Kingdom.
4. The Trust aims to :
  - a) Provide grants for the repair, maintenance and modernisation of church buildings
  - b) Act as a catalyst to improve and bring more resources to the management of church buildings
  - c) Promote the value of church buildings to the community at large

