



### On your marks . . .

On the second Saturday in September each year, 30 counties across the UK 'Ride and Stride' to raise money to help preserve and improve our historic church buildings

### Get set . . .

- Add Saturday **13 September 2025** to your diary
- Source sponsorship from friends and family
- [www.friendsofessexchurches.org.uk/ride-stride](http://www.friendsofessexchurches.org.uk/ride-stride) for further information or scan the QR code below



### Go!

- Explore villages and parish churches by bike or on foot
- Enjoy the exercise, meet new people and raise much needed funds for your church
- **Please join us!**