



10th September 2022

Welcome to the Friends of Essex Churches Trust Ride and Stride 2022. We are back with fresh enthusiasm and vigour after a very challenging couple of years and look forward to making this one of our most successful years.

Please ask/urge/enthuse your congregations, family, friends and acquaintances to get on their bikes, put on their walking shoes, dust down their scooters or make cupcakes to refresh exhausted participants, so that together we can make this valuable fundraiser the enjoyable success it should be.

Encourage your local church to open and be manned on the day, as an open church is so much more appealing, particularly if refreshments are provided – and remember that half of any sponsorship money raised is returned to your church, with the remaining half benefiting all churches and chapels in Essex and East London. A win-win!

In addition to the traditional format, we are introducing the FECT Individual Cycle Challenge - aimed at cyclists who are not affiliated to any particular church but are interested in visiting our many beautiful parish churches. The winner will be the individual visiting the most churches on the day (9am-5pm), who will receive a prize at the AGM in May 2023. All the money raised by these riders will go to FECT to be redistributed throughout the county. Further details of this section to follow.

Due to spiralling costs of printing and postage we are moving online as much as possible. Please see the Ride & Stride page on our website (www.friendsof Essex churches.org.uk/ride-stride) to download the forms and publicity materials you might need. If this is not possible for you, please contact me (details below) and I will arrange for a pack to be sent to you. To help participants plan, *if you know your church is likely to be open on the day*, would you kindly let me know so that I can post this on our website.

With very best wishes to you all, and very many thanks for being involved with this tremendous effort.

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