

## DashMAX 2022

### FAQs

#### **What is the DashMAX?**

The DashMAX is a fully supported VIP cycling experience, for a small group of committed enthusiasts. It was developed to extend (in distance) the hugely popular Duchenne Dash London to Paris cycle ride. In 2022 the DashMAX will precede the Dash and start in Edinburgh, travelling down through the UK to London, where it will join the Dash and continue to Paris. En-route two individual day-stages will be open to allow those who are a little short on time to join the experience.

More information on the DashMAX can be found [here](#).

#### **What is the Duchenne Dash?**

The Duchenne Dash is Duchenne UK's annual signature VIP cycling event. It all started 10 years ago when our patron, Krishnan Guru-Murthy, along with a small team of committed enthusiasts cycled 300km from London to Paris in 24 hours – the Dash was born!

Over the past 9 years, the Dash has grown into our biggest and most challenging fundraising event of the year. We have successfully raised more than £5.5 million and our events in 2017, 2018 and 2019 raised more than £1 million each. Whilst the 2020 pandemic forced us to cancel the 8th Dash, undeterred, the Duchenne Dash *AT HOME* took its place, raising more than £500,000. Our 2021 event was still impacted by Covid-19 and as such we developed a UK-based Dash challenge which took place at the iconic Goodwood Motor Circuit. Here we challenged our cyclists to collectively cycle the total circumference of the globe, a whopping 40,000KM in just 12 hours! We smashed it and raised over £500,000.

#### **Duchenne Dash 2022**

The 2022 Duchenne Dash is our 10<sup>th</sup> Dash. We are planning to return to Paris, but of course this will be dependent on Covid-19 social distancing and travel restrictions. We will keep you updated throughout the course of the year and our planning.

More information on the Duchenne Dash can be found [here](#).  
Please check out the FAQs specific to the Dash [here](#).

#### **DashMAX 2022**

2022 marks our fifth DashMAX and this year the event will precede the Duchenne Dash by starting in Edinburgh. The 800KM route will take us down through UK to London to join the Duchenne Dash and continue for a further 300KM to Paris.

#### **What is the date of the event?**

- The DashMAX 2022 will take place from Sunday 5<sup>th</sup> – Thursday 9<sup>th</sup> June 2022.

- The Duchenne Dash 2022 will take place on Friday 10<sup>th</sup> and Saturday 11<sup>th</sup> June 2022.

#### Where will the event start from?

The DashMAX will start on the morning of Sunday 5<sup>th</sup> June 2022 from Edinburgh. Exact departure details will be shared in due course.

#### What is the route? And how far is it?

The total cycle route from Edinburgh to Paris is approximately 1,100KM. This will be split into 7 daily stages as outlined below:

	Date	Start/Finish	Distance (KM)	
Day 1	Sunday 5 <sup>th</sup> June	Edinburgh to Hexham	183	Day stage
Day 2	Monday 6 <sup>th</sup> June	Hexham to Skipton	144	
Day 3	Tuesday 7 <sup>th</sup> June	Skipton to Matlock	140	Day stage
Day 4	Wednesday 8 <sup>th</sup> June	Matlock to Northampton	147	
Day 5	Thursday 9 <sup>th</sup> June	Northampton to Herne Hill	163	
Day 6	Friday 10 <sup>th</sup> June	London to Newhaven	92	Duchenne Dash
Day 7	Saturday 11 <sup>th</sup> June	Dieppe to Paris	209	Duchenne Dash
		<b>Total</b>	<b>1,078</b>	

#### Where does the DashMAX finish?

The DashMAX will finish at the prestigious Herne Hill Velodrome in Southeast London on Thursday 9<sup>th</sup> June 2022, where it will join the Duchenne Dash to continue to Paris.

<https://www.hernehillvelodrome.com/contact>

#### Where does the Duchenne Dash start from?

The Dash will start from Herne Hill Velodrome in Southeast London on the Friday 10<sup>th</sup> June 2022.

<https://www.hernehillvelodrome.com/contact>

#### Where does the Duchenne Dash finish?

The Duchenne Dash will end in central Paris, around the Eiffel Tower. The exact location will be confirmed in due course.

#### What are the timings of the event?\*

Each DashMAX day will take a similar format:

<b>Sunday 5<sup>th</sup> – Thursday 9<sup>th</sup> June</b>	
07:00-08:00	<ul style="list-style-type: none"> <li>• Breakfast at the hotel</li> <li>• Preparation</li> <li>• Check out</li> </ul>
08:00-09:00	<ul style="list-style-type: none"> <li>• Depart hotel</li> </ul>
09:00-17:00	<ul style="list-style-type: none"> <li>• Cycle all day</li> <li>• Rest stops will take place at suitable intervals</li> </ul>
17:00-19:00	<ul style="list-style-type: none"> <li>• Arrive hotel</li> <li>• Check in</li> <li>• Bike maintenance</li> <li>• Physio sessions</li> <li>• Relax</li> </ul>
19:00-21:00	<ul style="list-style-type: none"> <li>• Dinner</li> <li>• Sleep</li> </ul>

\*All timings are subject to change

### **Getting involved**

The DashMAX is open to keen and confident cyclists over 18 years old, who can commit to the cycling challenge laid out above and raising the requested funds for our charity.

### **Can I join for just one day of the MAX?**

Yes, there is the opportunity for day-trippers to join us on two individual stages of the DashMAX:

	<b>Date</b>	<b>Start/Finish</b>	<b>Distance (KM)</b>
Day 1	Sunday 5 <sup>th</sup> June	Edinburgh to Hexham	183
Day 3	Tuesday 7 <sup>th</sup> June	Skipton to Matlock	140

Unfortunately, it is not possible for day trippers to join on other stages of the event.

### **Do we need a team name?**

If you are joining as part of a team or with a group of friends, we will need you to confirm either a team name, or the name of the team/group leader/coordinator. This will enable us to know who is joining with who for planning and organisational purposes.

### **How can I register?**

Please contact the DashMAX team at [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to discuss participation.

Registration closes on Friday 1<sup>st</sup> April at 23:59.

### **What is the registration fee?**

There are two registration options depending on whether you participate in the full DashMAX Edinburgh to Paris, or as a day tripper for a single day on either day 1 or day 3.

The below registration fees also include a booking fee and credit card handling fee (the amount is in brackets), which is imposed by the banks and payment acquirer.  
\*\*Duchenne UK does not receive this administration fee\*\*

**Full DashMAX:** Edinburgh to Paris

**Dates:** Sunday 5<sup>th</sup> June – Saturday 11<sup>th</sup> June 2022

**Number of days:** 7 days in the saddle

**Registration fee:** £1,628.25 (booking fee: £28.25)

**Fundraising request:** £10,000

Included in the full DashMAX package:

- Total event support, including; medics, physios, mechanics, ride director, ride captains, support vehicles for the duration of the ride, plus motorcycle escorts in London/Paris
- Hotel accommodation, based on a twin sharing, throughout the event (Saturday 5<sup>th</sup> – Thursday 9<sup>th</sup> June) including breakfast
- Food and drink (non-alcoholic) throughout the event
- Exclusive limited-edition DashMAX cycling kit, including 2x cycle jerseys, 1x windproof jacket and 1x gilet
- Participation in the Duchenne Dash (Friday 10<sup>th</sup> – Saturday 11<sup>th</sup> June):
- Transport including; night ferry to France on Friday 10<sup>th</sup> June and return Eurostar to London on Sunday 12<sup>th</sup> June
- Return bike transport to a central London location
- Food and drink throughout the ride
- Evening meal and hot shower in Newhaven
- Hotel accommodation, based on a twin or triple room, sharing, in Paris on Saturday 11<sup>th</sup> June, including breakfast
- Dinner at the Duchenne Dash Gala Dinner on Saturday 11<sup>th</sup> June in Paris
- Exclusive limited-edition Dash cycling jersey
- Pre-event rider pack and information
- Training and nutritional guide
- Access to Dash Training Rides with our experienced Ride Captains
- Duchenne Dash finisher medal
- Rider registration goody bag
- Digital event photos
- Support from the Duchenne UK Team all the way!

**DashMAX Day Tripper:**

Day 1: Edinburgh to Hexham – Sunday 5<sup>th</sup> June 2022

Or/

Day 3: Skipton to Matlock – Tuesday 7<sup>th</sup> June 2022

**Registration fee:** £153.50 per day (booking fee: £3.50)

**Fundraising request:** £1,000.00

Included in the day tripper DashMAX packages:

- Total event support, including; medics, physios, mechanics, ride director, ride captains, support vehicles for the duration of the ride



- Food and drink (non-alcoholic) throughout the event (not including breakfast or dinner)
- Exclusive limited-edition DashMAX cycling jersey
- Pre-event rider pack and information
- Training and nutritional guide
- Access to Dash Training Rides with our experienced Ride Captains
- Digital event photos
- Support from the Duchenne UK Team all the way!

**Please note:**

- Accommodation is not included in the day tripper packages
- Transport to the start of the ride and back home at the end of the ride is not included, you are required to make your own arrangements

**How do I get for the start of the ride?**

- **Full DashMAXers** Participants are required to organise their own travel arrangements, including arrangements for their kit and bike, to get to Edinburgh for the start ride. Accommodation is included in Edinburgh on the night of Saturday 4<sup>th</sup> June 2022.
- **Day trippers:** Participants are required to organise their own travel arrangements, including arrangements for their kit and bike, to get to Edinburgh or Skipton for the start of the day-stage. Accommodation is not included.

**How will I get home at the end of the event?**

- **Full DashMAXers:** Return Eurostar from Paris to London is included in the registration package. You are required to make your own arrangements to get home from the Eurostar terminal in London.
- **Day trippers:** You are required to make your own travel arrangements to get home at the end of the day.

**How will I get my bike back home at the end of the event?**

- **Full DashMAXers:** The organisers will make arrangements to get your bike back to London at the end of the Dash. You will be required to collect your bike from the London-based storage facility the week after the event. More information will be shared about this in due course.
- **Day trippers:** You are required to make your own arrangements to get your bike home at the end of the day-stage.

**When does registration close?**

Registration closes on Friday 1<sup>st</sup> April at 23:59.

**When do I pay my registration fee?**

You will pay for your registration fee upon sign up. Please contact the DashMAX team at [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to discuss participation. You will also be required to submit an event registration and medical form as part of the registration process.

**Do I have to fundraise?**

Yes, we ask that participants completing the full DashMAX to commit to fundraising a minimum of £10,000.00. Those joining as day trippers are asked

to commit to fundraising a minimum of £1,000 per day. The total can include any Gift Aid or Match Funding you are entitled to.

Duchenne UK will be able to provide fundraising support and assistance – so you won't be doing it alone!

### **What happens if I can't raise the sponsorship amount?**

We ask that you make every effort to raise the suggested fundraising amount. Please contact a member of the team ([dash@duchenneuk.org](mailto:dash@duchenneuk.org)) if you have any concerns, and they will be able to provide further advice.

### **Will there be video content to share with my networks?**

Yes, a variety of content, including video content will be shared throughout the campaign.

### **What kit and equipment will I need?**

The DashMAX is an endurance cycling event and as such the suggested kit list is extensive. Top line items are listed below, comprehensive kit and packing lists will be provided in official briefing packs circulated in advance of the event.

All participants will require:

- A bike, which you can ride and is road worthy
- A bike helmet (which must be worn at all times when on the road)
- Suitable cycling clothing, plus several spare sets so you can change throughout the event
- Wet weather kit: rain jacket, shoe covers, arm warmers, gilet
- Sun cream
- Chamois cream
- Saddle pack with two inner tubes, tyre levers, patches, air canisters
- Preferred energy gels/bars, electrolyte sachets etc
- Any specific medication you require (such as inhalers, hay fever tablets)
- Change of clothes for the evenings in the hotel
- Garmin/GPS device
- Mobile phone for taking lots of photos and updating your social media channels on your progress
- Credit card/cash

In addition to the above DashMAXers will require:

- Valid passport, which has at least 6 months validity (from the event date)
- Required visa documentation to enter France
- Extra clothes for the Duchenne Dash; the night on the ferry, the gala dinner in Paris and the return journey to London
- Roll mat, sleeping bag, eye mask and ear plugs for the Duchenne Dash ferry crossing

It is strongly recommended that your bike is in tip-top condition for your training and of course for the DashMAX itself. Give it a good wash if it hasn't had one in a while; treat it to a thorough service at <https://www.pearson1860.com> to ensure that everything is running sweetly.





Longstanding Dash Sponsors, **Pearson** is offering special discount bike packages to all Dashers:

- 10% discount on all clothing, parts and accessories
- £70 reduction for a three-hour Precision Bike Fitting session (from £275 to £205). Book online at <https://www.pearson1860.com/pages/precision-bike-fitting-london>

### **Do I have to train in advance of the event?**

As with any endurance sporting event/challenge, it is paramount that you undertake suitable training prior to the event. This is an endurance event so the more training you do the easier and more fun the ride will be.

We will share a suggested training plan after you have registered and will also run a series of training rides. We can also put you in touch with our experienced Ride Captains, if you have any further questions or queries about your training.

NB: The organiser reserves the right to remove any cyclist who is unable to complete the event safely (for both them and others).

### **Do I need to have a Strava account?**

Strava is a popular social media platform amongst cyclists and it is recommended that you do sign up and create an account. Once you have registered, you will receive a link to the event Strava page. Information on training and training rides will be posted here, along with community-based information from other Dashers including leader boards for those out training/cycling and general advice.

### **Can I meet other DashMaxers who live in my area so we can exchange training tips and perhaps train together?**

The best way to do this is via Strava, you will receive a link to the Dash Strava account once you have registered. Open a conversation/chat and see who responds.

### **What support will be provided?**

The DashMAX is a fully supported ride and all participants will receive the following support as part of their registration fee:

- **Mechanics** to ensure your bike is in top-top working order. This support extends to helping you fix punctures and any other mechanicals you might have throughout the ride
- **Medics** to ensure you are fit and well throughout the ride
- **Physios** to help you with a niggles, aches or pains throughout the ride
- **Ride Captains** who will support you on the road, providing motivation and support throughout your journey
- Dedicated support vehicles to carry your bags and be available for a ride, if you need a break
- All your food and drink throughout the ride to ensure you stay fully fueled (breakfast and dinner is not included for day trippers)
- Accommodation to ensure you are fully rested (not included for day trippers)

Page Break

**Will we cycle as a group or can we cycle at any speed/on our own?**

The DashMAX group will all cycle together, at a pace which works for everyone. Our Ride Captains and support team will work to manage the correct pace for everyone.

**Is there an age limit to take part?**

Participants need to be 18 years old or over on the event day.

**What transport is included?**

All participants are required to make their own way, with their bike and equipment, to the start of the stage they are completing.

**Full DashMAXers:**

All transport between Edinburgh and returning back to London on Eurostar is included in the event:

- Ferry to France
- Return Eurostar from Paris to London
- Bike return from Paris to London

You will be required to make your own way home from the Eurostar in London at the end of the event. You will also be required to make your own arrangements to collect your bike from the London based storage depot.

**For day trippers:**

You are required to make your arrangements to get home at the end of the ride.

**What if I become injured or need to cancel my place?**

Should you need to withdraw from the event due to injury or other personal reasons, the registration fee is non-refundable. However, we ask that you contact the team as soon as your plans change so we can discuss this further.

**How could Covid-19 impact the DashMAX?**

As the world adapts to living with Covid-19, we will continue to monitor how the pandemic could impact the Duchenne Dash in terms of social distancing requirements and international travel restrictions. We will keep our participants updated on any regulations and policies introduced by either the UK or French government which could impact the event.

**What if Covid-19 forces the event to be cancelled, will I get my registration fee and/or fundraising money back?**

If the event is cancelled directly due to Covid-19 and government guidelines or travel restrictions prohibit public events or international travel from taking place, then Duchenne UK will reimburse registration fees.

However, should you contract or have to self-isolate due to Covid-19 there shall be no obligation by Duchenne UK to refund registration fees.



Unfortunately, it will not be possible to refund any fundraising money which has been submitted/paid to Duchenne UK.

### **When will I receive my official rider briefing pack?**

The final event instructions will be emailed to you about three weeks before the event day. If you have any questions in the meantime, please contact us: [emily.waring@duchenneuk.org](mailto:emily.waring@duchenneuk.org)

### **When will I receive my MAX kit?**

Your kit will be available when you arrive at the hotel in Edinburgh, or on the morning of the day stage you are joining the ride for.

### **Will I have to carry all my kit with me?**

No, a dedicated support car will carry your day bag for you, which you will have access to at rest stops. Overnight bags will be carried between hotels.

### **Will there be food and drink?**

Yes, organisers will provide food and drinks throughout the event. Please notify the organiser of any specific dietary requirements. If you have any specific/preferred food you enjoy/need whilst cycling including energy gels/bars, electrolyte sachets etc. it is recommended you bring these with you.

**Please note:** breakfast and dinner are not included for day trippers.

### **Will I get a finishers medal?**

A finishers medal will be provided at the end of the ride for full DashMAX cyclists who have participated in the Edinburgh to Paris ride.

### **Can my family come and support?**

- **DashMAX route:** Family are welcome to support along the route, which will be shared in advance of the event.
- **DashMAX arrival at Herne Hill:** Family are welcome to meet you as you arrive at Herne Hill.
- **Duchenne Dash departure from Herne Hill:** Due to number restrictions, we are not able to invite family and friends to the departure event at Herne Hill.
- **The Duchenne Dash route:** Family are welcome to support along the route, which will be shared in advance of the event.
- **Paris:** Family and friends are welcome to meet you at the end of the ride in Paris. **Please note:** any costs associated to supporters travelling to Paris (travel, accommodation, food and drink) are to be covered by the individual.

### **Are pets allowed?**

No, pets are not permitted at this event.

### **Who is Duchenne UK?**

Duchenne UK has one clear aim - to end Duchenne: a severe muscle-wasting disease diagnosed in childhood.

As the leading Duchenne muscular dystrophy (DMD) charity in the UK, we're going further to find effective treatments for DMD to end its devastating

impact. We're doing it faster, too, by accelerating access to these treatments and therapies for this generation of patients.

And we're here to support every family affected and ensure that they receive the best possible care.

Together, we will end Duchenne.

For more information about Duchenne UK, our mission and our impact, please visit our website: <https://www.duchenneuk.org>

### **What is Duchenne muscular dystrophy?**

Duchenne muscular dystrophy (DMD) is a devastating muscle-wasting disease that mainly affects boys.

Children born with DMD cannot produce the protein dystrophin, which is vital for muscle strength and function. Without it, their muscles are damaged by everyday wear and tear and gradually weaken, leading to a loss of mobility often by their teens. It eventually affects the heart and lungs, with those affected usually only living into their twenties or thirties. In the UK, there are around 2,500 people affected and around 300,000 worldwide.

For more information about DMD and Duchenne UK, please visit our website: <https://www.duchenneuk.org>