

24hrs | London to Paris | 10-11 June 2022 | 10th Edition

DUCHENNE DASH



Duchenne
UK



Rider Briefing Pack – April 2022

THANKS TO OUR GENEROUS SPONSORS





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1. WELCOME AND THANK YOU

This year is a huge year! We will be riding our 10th Duchenne Dash and our first back to Paris after a two-year Covid-19 enforced break. We are so excited to be getting back out on the road again and would like to take this opportunity to thank you for committing to join us on what promises to be an epic challenge!

Nine years ago, a group of 30 set out on the first Dash to Paris and it was never expected that over the coming years we'd see over 1,000 cyclists embark on this challenge, and an incredible £5.5million raised to help Duchenne UK (DUK) on its mission to end Duchenne.

The Dash is DUK's largest annual fundraiser and this is thanks to you and your commitment not only to your training, also to raising huge amounts of money to help us find new effective treatments for this generation of boys and rare girls born with Duchenne muscular dystrophy.

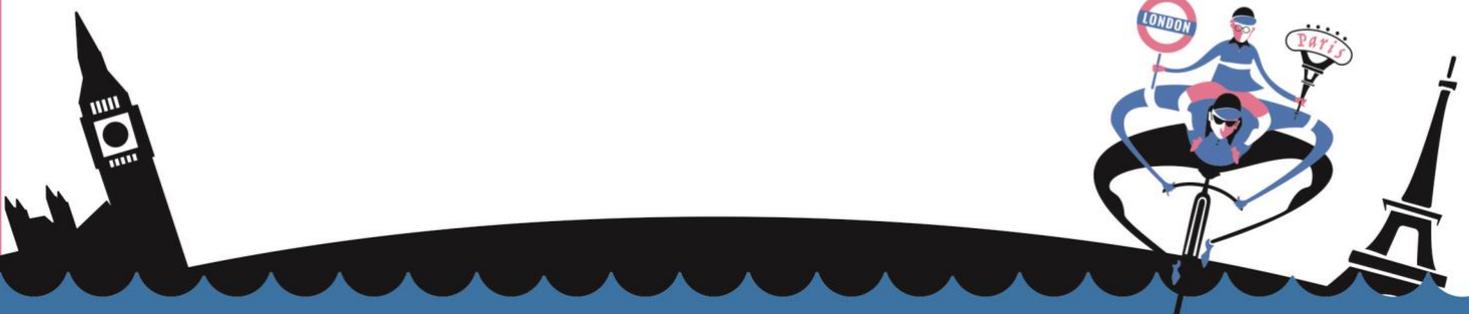
Welcome to 2022... and thank you. Our journey starts now!

2. KEY CONTACTS

Name	Organisation and role	Contact details
Emily Waring	Duchenne UK: Dash Event Director Event operational and logistical questions and queries	+44 (0) 7876 214 790 Emily.waring@duchenneuk.org
Alexis Gebbie	Duchenne UK: Fundraising Manager Fundraising queries and general charity information	+44 (0) 7791 747 389 Alexis@duchenneuk.org

3. EVENT INFORMATION

Event	Duchenne Dash 2022
Event Dates	Friday 10 th and Saturday 11 th June 2022
Event Director	Emily Waring: +44 7876 214 790
Departure venue	Herne Hill Velodrome, 104 Burbage Rd, London, SE24 9HE
Arrival and departure times from Herne Hill	<ul style="list-style-type: none"> • Arrival and departure times will be staggered by group • We will ask riders to select their preferred group, based on cycling speed at the end of April. For more information on group selection and speeds see page 10
Finish location	Place Jacques Rueff, Paris
Estimated ride end	Saturday 11 th June: Approx. 17:00-17:30 (French time)



Covid-19

- We will take all the necessary precautions to ensure that the Duchenne Dash is delivered safely.
- Anyone experiencing any Covid-19 symptoms should take a lateral flow test to confirm a diagnosis. If this is negative, you are welcome to attend.

If you have Covid-19 symptoms and do not wish to take a lateral flow test, we kindly ask you not to attend the event.

Please see page 8 for further information about Covid-19 requirements for entry into France.

NHS Covid Pass

Please ensure you have your vaccination records accessible via the NHS Covid Pass. You can either have access to this digitally, or as a printed letter.

We have been advised that having this paperwork available as a hardcopy can speed up the checking process.

Newhaven to Dieppe ferry

We will take the overnight ferry sailing from Newhaven to Dieppe. Cabins are not provided, so you will be required to find a seat or some floor space to get some sleep.

Please note:

- DFDS Seaways operates a route wide face coverings policy on all their vessels. All guests (except those who are medically exempt) must wear a face covering at check-in, whilst boarding, during disembarkation and whilst moving around the vessels. This applies for both foot and car passengers, as well as freight drivers.
- More information on the DFDS Seaways Covid-19 policy can be found [here](#)

It is recommended you pack a sleeping bag, roll mat, eye mask and ear plugs to make your night as comfortable as possible. See page 14 for more guidance on what kit and equipment to pack.

Return Eurostar

Return journeys from Paris to London via Eurostar have now been booked and allocated via your selection on your Dash registration form. You will have chosen one of following options:

Departure date	Departure time from Paris Gard de Nord	Arrival time into London St Pancras International
Sunday 12th June 2022	13:03	14:39
Sunday 12th June 2022	17:03	18:32
Not required	This confirms you will make your own travel arrangements from Paris	

Please note

- Eurostar's policy includes the mandatory wearing of face coverings at all their stations and when onboard their trains. This includes fully vaccinated passengers. More information on the Eurostar Covid-19 policy and requirements for travel, can be found [here](#)
- Please contact Emily.waring@duchenneuk.org with any questions or queries about your return travel arrangements



Bikes on Eurostar

- At present it is not possible to take bikes on Eurostar. See [Eurostar guidance](#) for more details.
- If this changes in the coming months and you wish to take your bike back on Eurostar, rather than use the dedicated Dash bike return service, you will need to contact Eurostar directly and make these arrangements

Face coverings in France

Please be advised that face coverings are compulsory on all public transport in France, as well as in taxis and private hire vehicles without a plexiglass screen.

Hotel in Paris

Hotel accommodation in Paris has been arranged for one night, Saturday 11th June, including breakfast at:

Pullman Paris Eiffel Tower

18 avenue de Suffren (entrance from 22 rue Jean Rey)
75015
PARIS

This hotel will also host the gala dinner, which will take place on Saturday evening in Paris.

<http://www.accorhotels.com/gb/hotel-7229-pullman-paris-eiffel-tower/index.shtml>

Please note

- Accommodation is arranged on a twin-sharing basis. If you'd like to request to share with someone specific, please email emily.waring@duchenneuk.org before 14th May
- If you are participating with your partner/husband/wife double rooms will be allocated as standard

Gala dinner

The Dash Gala Dinner will take place on Saturday evening, following our arrival into Paris. It will take place in the same hotel where accommodation has been arranged

Pullman Paris Eiffel Tower

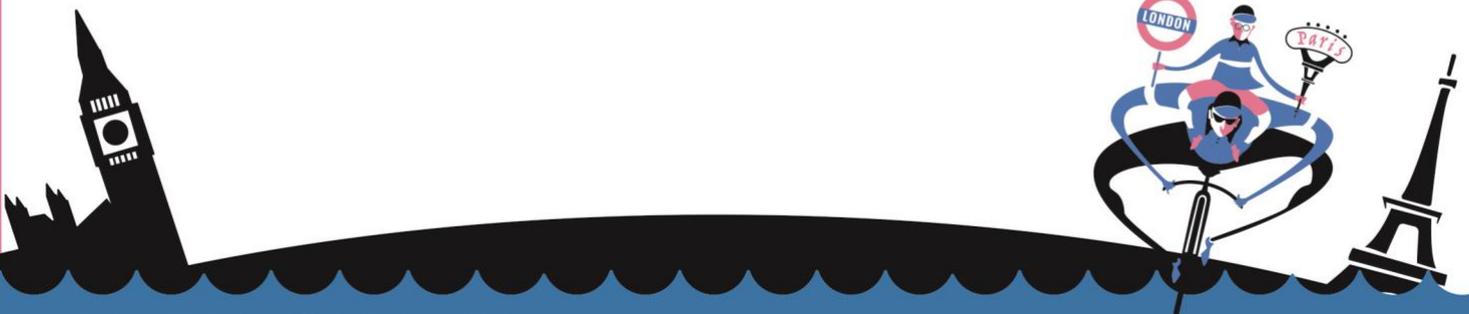
18 avenue de Suffren (entrance from 22 rue Jean Rey)
75015
PARIS

<http://www.accorhotels.com/gb/hotel-7229-pullman-paris-eiffel-tower/index.shtml>

The dinner will start at around 20:00. The dress code is smart casual.

Partners in Paris

If you have requested for your partner to join you in Paris and attend the gala dinner, you would have already received information about this. Please contact Emily.waring@duchenneuk.org with any further questions or queries.



Bike return, transport and collection

Our amazing sponsors, Bunzl Catering Supplies, will arrange for all bikes to be collected from the end of the ride in Paris and taken back to London, where they will be stored by awesome partners, Henfield Storage until you collect them.

All bikes will be:

- Collected directly at the end of the ride, before you head to the hotel
- Transported back to London in secure, insured transport
- Available for collection from 08:30 on Tuesday 14th June 2022 from Henfield Storage (address below)

All bikes MUST be collected from the below address NO later than Sunday 19th June

Location of bike storage	Opening times
Henfield Self-Storage Unit 4 Shield Drive, Brentford London, TW8 9EX https://www.henfieldstorage.co.uk/storage-units/chiswick	Opening times: Mon-Fri: 8:30am-5pm Sat: 9am-1:30pm Sun: 9am-11:30am

Refreshments and food

Substantial meals will be provided throughout the ride, along with well-stocked rest stops with an extensive selection of snacks and drinks to keep you fuelled on your journey.

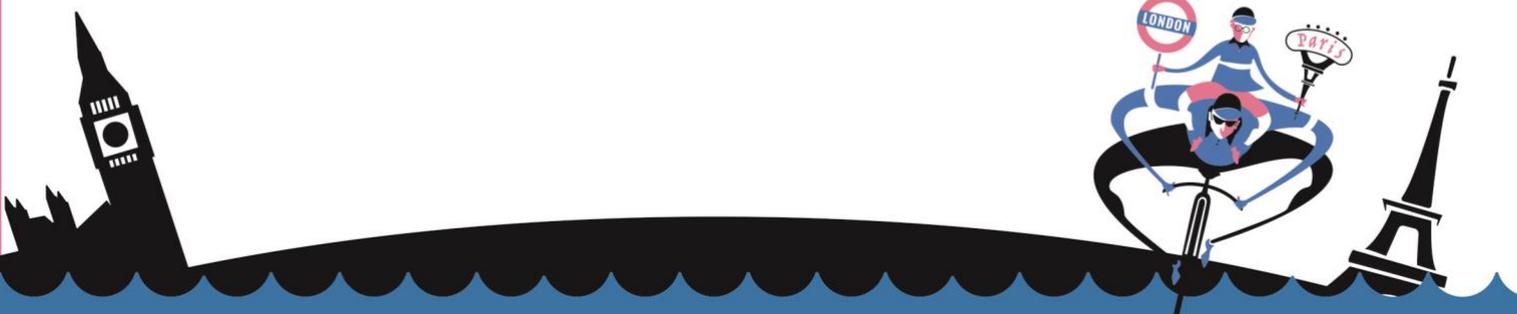
Friday

Lunch	Provided when you arrive at Herne Hill, before hitting the road
Dinner	Hot meal will be served in Newhaven, before boarding the ferry

Saturday

Fuel 10K Breakfast bags	Provided in Newhaven, but it recommended that you save them and eat them in the morning before disembarking the ferry. This is the only food that will be provided before our first rest stop at around 06:30am (or 36KM from Dieppe)
Breakfast	A full continental breakfast will be provided at the second rest stop in France, at approximately 80KMs from Dieppe
Lunch	A sandwich and a tarte will be provided at the final re-group rest stop, approximately 160KMs from Dieppe

The following Dash sponsors play a huge part in donating the majority of the food and drink we enjoy throughout the ride:



FUEL10K

Dash sponsors and breakfast specialists, FUEL10K are providing delicious and nutritious breakfast bags for our early Saturday morning start in France. They have also helped us prepare a useful Nutrition Guide, outlining information about how to fuel yourself for a long ride. Check out our Rider Toolkit for more information.

Dietary requirements

Dietary requirements have been noted and suitable alternatives will be arranged where required.

Please note

- If you have any preferred energy gels/sachets/bars, electrolyte/isotonic drinks it is recommended you bring these with you. They will need to be carried in your day bag/on your person.

Cycle jersey

You will receive a limited-edition Dash jersey in your registration pack, which you will collect at registration at Herne Hill.

We kindly request that you wear your jersey for at least the start and finish of the event so you all look fab for our photos.

Kit list and packing advice

A breakdown of bag/luggage requirements and full packing lists are detailed on pages 14-16, please review these requirements carefully.

Mobile phones

Please ensure you have your mobile phone on you at all times, and ensure it is activated to work in Europe.

4. IMPORTANT DOCUMENTATION

Please read this section very carefully:

EVERYONE participating in the Duchenne Dash **MUST** have the following documents.

- **A valid passport**

Please ensure you have a valid passport. All passports are required to have at least 6 months validity, if you need to renew your passport, you are required to submit the new details to Emily.waring@duchenneuk.org no later than the 8th May 2022.

For more information about passports go to:
<https://www.gov.uk/browse/abroad/passports>

- **UK Global Health Insurance Card (UK GHIC)**

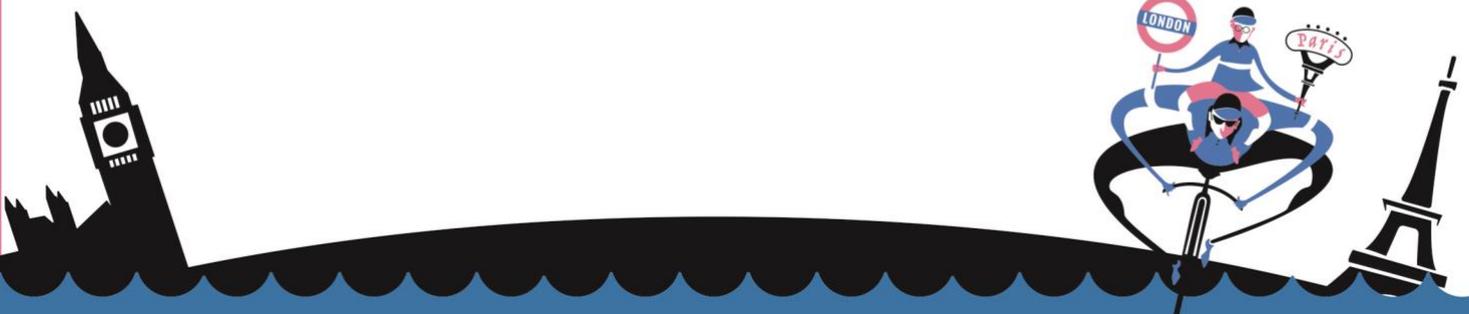
Formally the European Health Insurance Card EHIC: this is still accepted if valid, if it has expired, please replace with a UK GHIC card

Or/

- **A UK European Health Insurance Card (UK EHIC):**

If you have rights under the Brexit Withdrawal Agreement

For more information <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



- **Covid-19 Proof of vaccination for entry to France**

From 31 March 2022, fully vaccinated travellers from the UK aged 12 and over must provide proof of vaccination upon entry into France.

According to the Foreign, Commonwealth and Development office Travel Advice for France, proof of vaccination status is defined as followed:

France will accept the UK's proof of COVID-19 recovery and vaccination record at the border. The French Government recognises any vaccination certificates which conform to EU norms. This means a final dose must have been administered at least 7 days prior to travel for Oxford/AstraZeneca, Pfizer/BioNTech, Moderna or 28 days after a second dose of Johnson & Johnson. For details on how to demonstrate COVID-19 status in domestic settings in France, see the Coronavirus page.

Please note: NHS appointment cards from vaccination centres is not designed to be used as proof of vaccination and should not be used to demonstrate vaccine status.

For travellers aged 18 and over, France will recognise you as 'vaccinated' for entry purposes if you completed your initial vaccine course within the last 9 months. If more than 9 months have elapsed since your initial course, and you did not have a booster in that 9-month period, you will be considered as unvaccinated and must follow the separate rules detailed below

Or/

- **If you are not fully vaccinated**

From 31 March 2022, travellers from the UK aged 12 years and over who are not fully vaccinated need to provide the following for entry into France:

- A negative PCR test result taken within 72 hours or an antigen test result taken within 48 hours pre-departure.

Further information can be found on the [French government's website](#) (in French) and the [French Embassy in the UK's website](#) (in English).

You may also be asked to complete the [EU-PLF form](#) before boarding

Please note

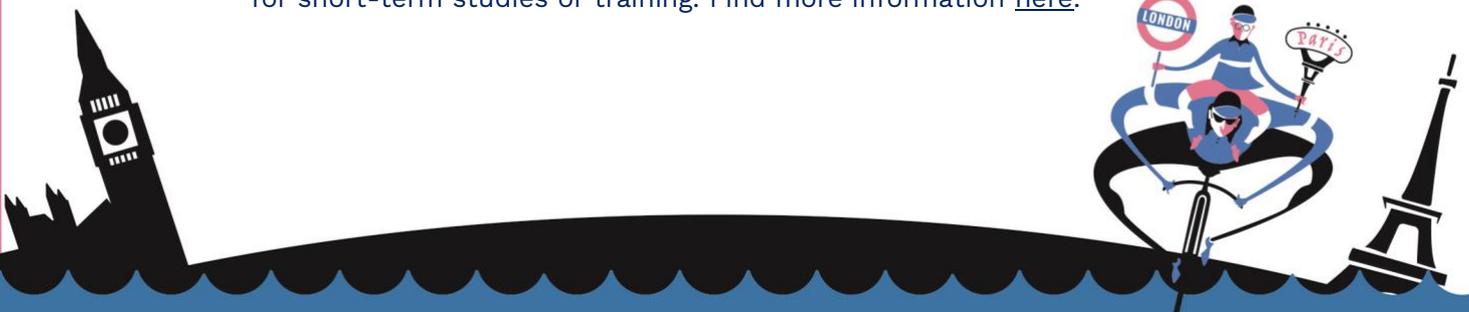
- You should not use the NHS testing service to get a test in order to facilitate your travel to an-other country. You should arrange to take a [private test from a private coronavirus testing provider](#). Test results must be certified by an approved private test provider to be accepted.

BREXIT VISA entry requirements

The below is applicable to those travelling on a **FULL British Citizen** passport. Should you be travelling on an alternative passport, please ensure you have the right access/visa documentation to enter France for this event.

Under the Brexit Withdrawal Agreement, the rules for travelling or working in European countries changed on 1 January 2021:

- You can travel to countries in the Schengen area, which France is part of, for up to 90 days in any 180-day period without a visa. This applies if you travel as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training. Find more information [here](#).



Please note

- It is your responsibility to make sure you have the correct and valid documentation to enter France
- If you do not, and are turned away by immigration services, Duchenne UK will be unable to assist and you will be required to make your own way home

Public Liability Insurance

Duchenne UK has made suitable provisions to ensure the correct Public and Event Liability Insurance is in place, which covers all riders, employees and volunteers.

Travel insurance

A travel insurance policy is in place, which covers everyone involved in the ride. This policy covers personal affects up to the cost of £250.00 per person. If you want your bike to be covered and it is worth more than £250.00, you will need to arrange your own insurance, see below for more information.

Bicycle Insurance

If you are looking for further insurance to cover your bike, long term Dash partners, Yellow Jersey are offering all Dashers a 15% discount on their annual and short-term bicycle insurance policies. What's more, they will help support your vital fundraising efforts by donating a further 10% of every policy to DUK.

For participation in the Dash, bikes can be covered on *either* a short term or *annual* Performance or Ultimate policy. Cover includes as standard:

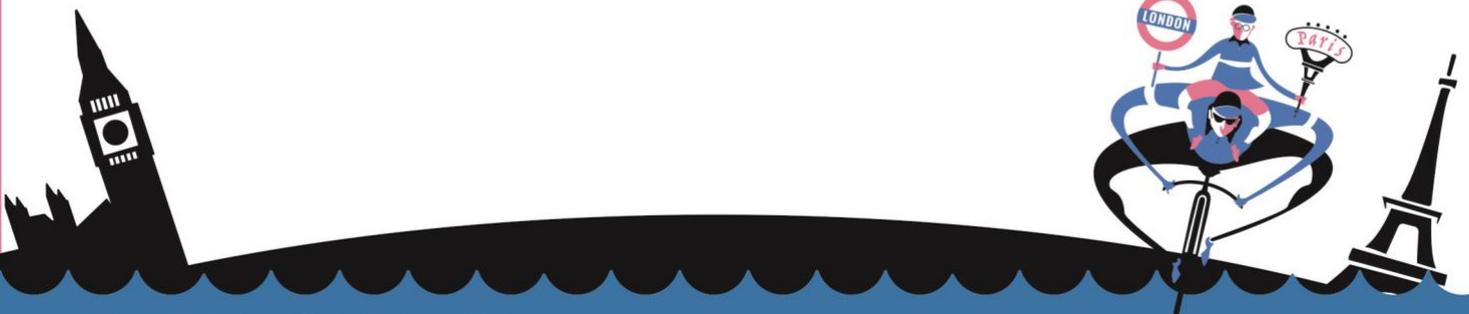
- Crash and accidental damage
- Vandalism
- Theft
- Public Liability
- £250 accessories
- Cover in Europe and worldwide
- Cover during sportives and races
- *Bikes up to £15,000 value*

Yellow Jersey's policies can cover your kit all year round for commutes and club runs, training rides and races. Additional benefits of an annual policy include:

- 60% multibike discount for insuring all the bikes in your home on one policy
- Free DNA+ security marking kit for theft prevention worth £36
- 25% renewal discount even if you make a claim

10% of your premium will be donated to DUK.

Visit yellowjersey.co.uk to get a quote using code **DUCHENNE**. You can direct any questions to support@yellowjersey.co.uk or call 0333 003 0046.



5. HERNE HILL VELODROME

The Duchenne Dash will depart from the iconic Herne Hill Velodrome, located in SE London.

Address

- Herne Hill Velodrome, 104 Burbage Rd, London SE24 9HE, UK
- <https://www.hernehillvelodrome.com>

Arrival and registration

Everyone will be allocated an arrival time on the morning of Friday 10th June. Arrival times will be confirmed in a final briefing pack, which will circulate in late May.

Here you will be given your registration pack and Dash kit and you will then be guided through sorting out your bike and kit ready for the ride departure at 1pm.

A hot lunch will be served throughout the morning.

It is kindly requested that you respect your allocated arrival time as this will help us manage and execute an efficient registration, ensuring everyone is ready to depart on time.

Parking

There is no parking available at Herne Hill Velodrome, so it is asked that you arrive at the venue by public transport or taxi. <https://www.hernehillvelodrome.com/faq/#travel>

6. ON THE ROAD

Paced speed groups

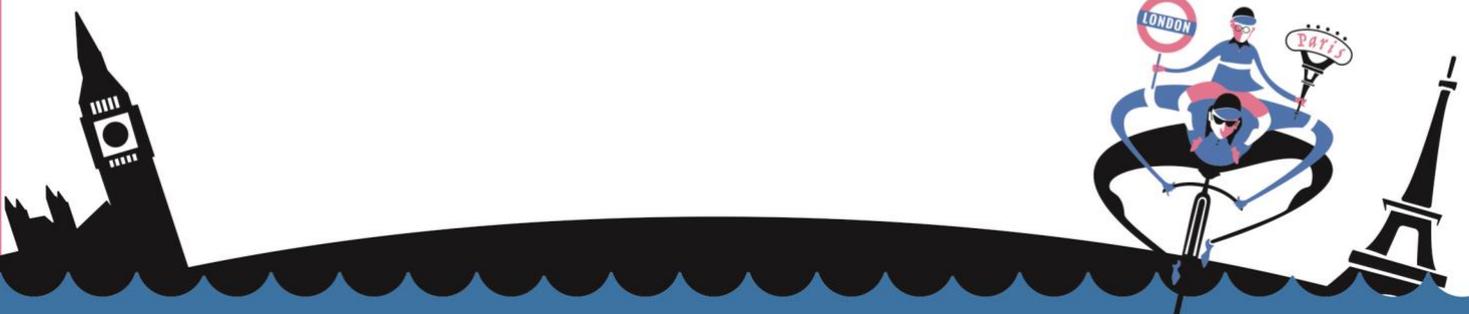
Our aim is to produce a steady, well-paced, safe and enjoyable ride, and that we make it to Paris in good time, all together. To this end, all cyclists will be required to join one of our paced speeds groups. It will be compulsory to cycle within one of these groups, throughout the duration of the ride.

It is important to remember that the Dash is NOT a race and that we all arrive into Paris at the same time.

We will offer **four** paced groups, each cycling at slightly varying pre-assigned speeds to suit all abilities. The aim of these groups is to enable you to cycle at a pre-determined speed, which will help you with your training and also help you pace yourself effectively to get the most out of the ride. These groups will be managed by our wonderful, very experienced Ride Captains.

There are huge benefits to cycling in a peloton, including the obvious advantages of slipstreaming and drafting. Riding in the middle of a well-developed group can allow for a significant reduction in drag (10-15%) which in turn allows for considerable conservation in energy (and after a night sleeping on the floor on the ferry, you'll want to conserve all the energy you can!)

You are required to select the group which best represents your average cycling speed and ability over a set distance of 200 miles / 300KM (the distance of the Dash). The groups will ensure that everyone is cycling at a similar speed and ability, and that the ride moves at a good, fluid and continual pace.





For health and safety reasons, it will NOT be possible to change groups at the start, so it is important that you think carefully about this and submit the most accurate speed for you.

The group speeds offered will be:

Red	Strong and steady riders, who cycle a lot at club level Average speed expected/required: 17mph/27kph
Green	Confident riders, who get out as regularly as they can and enjoy a good blast Average speed expected/required: 16mph/25kph
Yellow	Determined riders, who have some experience in the saddle but haven't clocked up as many KMs as they'd intended Average speed expected/required: 15mph/23kph
Blue	Tenacious riders, who might be at the start of their cycling career and are improving with every ride Average speed expected/required: 14mph/22kph

Cycling as a team

If you are cycling as part of a team and wish to all cycle together in the same group, please liaise with your team leader so you all submit the same group speed.

Please note

- Teams do not have to cycle together; this is totally up to you.
- **Please select your group speed here**

Ride captains

Each group will be allocated four Ride Captains, who will stay with and support that group for the entirety of the ride.

Ride Captains will mentor and motivate riders during the ride and provide assistance for the smooth running of the event, such as, but not limited to: directions, peloton etiquette, drink breaks, advice and endless enthusiasm.

The Duchenne Dash Ride Captains are all volunteers, who love cycling! Their participation and support is pivotal to successful and safe delivery of an enjoyable ride.

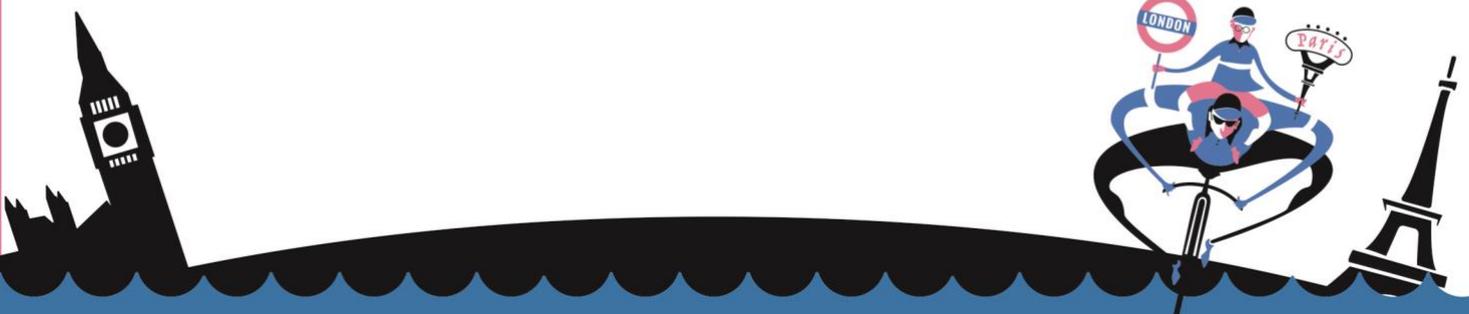
Riders will be introduced to their Ride Captains on arrival at Herne Hill.

Mechanics

Each group will be supported by a fully equipped mechanic, who will ensure comprehensive mechanical support is available to all riders at all times. These mechanics will also be available at Herne Hill to help with any last-minute fine-tuning, as well as throughout the ride at all rest stops.

Please note

- Should you incur any mechanical fault more complicated than a puncture/wheel change, this will be required to be fixed on-the-go and NOT at the side of the road. Cyclists will be mounted up into the mechanics van, the bike will be fixed and then you will be dropped off at the next safe point to join the rest of your group
- The cost for any extra parts will fall to the individual to cover, so please bring a credit card/cash in case you need to settle any costs



Medics

Each group will be supported by a medic who will be available in the event of any accident or incident. In the event of a serious accident, the organisers will contact the emergency services.

Support team and support cars

Each group will be assigned its own lead support car which will travel with the group throughout the duration of the ride. These vehicles will carry your day bags which you can access at rest stops and will also be available for anyone who needs a rest.

We have a wonderful support team, most of whom have been involved with the Dash for many years. They are all volunteers and will be happy to help and support all our cyclists throughout the event.

7. PRE-DEPARTURE PLANNING

REMINDER of important documentation required

- Passport (with at least 6 months validity)
- Any required visa paperwork to enter France
- NEW UK Global Health Insurance Card (GHIC) or EHIC card if still valid (see page 7 for more info)

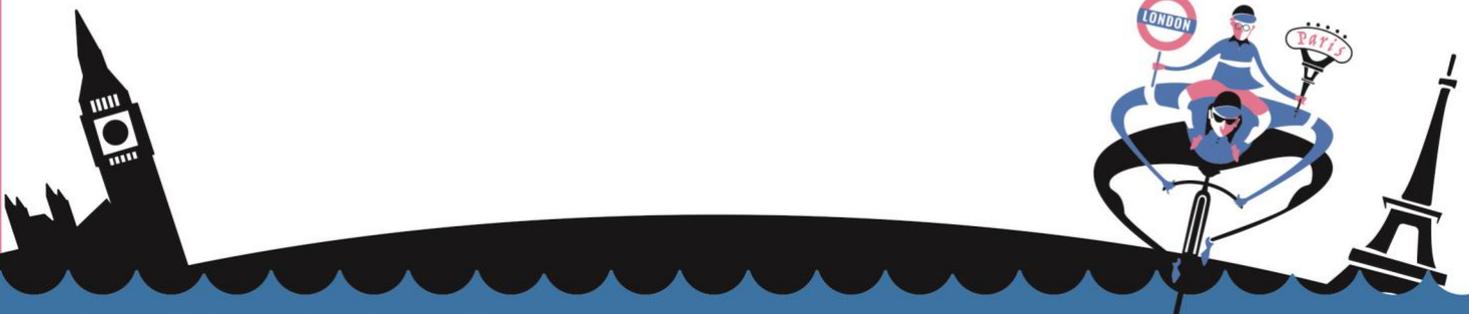
Below are a few lists outlining kit and equipment which should be considered when packing for the Dash:

Recommended cycle clothing

Bike helmet: Compulsory use at all times	A couple of sets of clothing: Jerseys, shorts, under-vest, socks
Cycle/cleats shoes: Trainers and flat pedals not recommended	Long sleeve jersey, gilet, rain jacket (water and wind proof)
Bike lights (front and rear): needed for the first couple of hours in France	Arm-warmers, knee-warmers, legwarmers
High-vis jacket/top: for the early morning in France, or in poor weather	Track mitts, winter/long finger gloves, overshoes
Sunglasses with a range of lens tints, to cater for different weather conditions	

Recommended lotions and potions

Sun-screen	Hydrocortisone cream	Anti-diarrhoea tablets	Insect repellent
Chamois cream	Embrocation (warming for your legs)	Anti-inflammatory cream	Hayfever / anti-allergy tablets
Lip balm	Pain killers and anti-inflammatory tablets	Deep Heat/Arnica	





General kit/equipment

Mobile Phone and charger	Small saddle pack containing:
Cash/credit cards	Spare tubes (3 or 4)
Travel adaptor	Multi-tool
	Tyre levers
	CO2 inflator & canisters/pump
	Tyre sealant
	Valve extenders

Please note

- **Wheels:** Please DO NOT use tubular type/carbon wheels. Repairs to this type is difficult and time consuming and this outweighs any performance advantages. Road surfaces are generally good but avoiding potholes and debris in the road is more difficult at night so we recommend using a robust set of aluminum wheels rather than your super lightweight set.
- **Navigation/GPS:** It is recommended that you use a Garmin GPS device capable of route navigation that can display a Map My Ride or Ride with GPS route file. A downloadable link to the route will be circulated 48 hours before the ride, so that you can upload this onto your device.

8. WILL'S CYCLING SKILL SESSION: SATURDAY 21ST MAY

The Duchenne Dash is an endurance cycling challenge and as such, we strongly recommend that all our cyclists undertake a suitable amount of training to ensure you can complete the ride safely and enjoyably.

Our lead Ride Captain and cycling legend, Will Pearson, is going to lead a Cycling Skills Session, to help you prepare for your challenge. The two-hour session will take place in Richmond Park, run by Will and our experienced Ride Captains. The aim is to build on your training and will take place Saturday 21st May 2022.

We will offer novice and advanced sessions on the day. These will cover the following areas to enhance your cycling skills, plus you'll also have the opportunity to speak to our Ride Captains and other experienced Dashers about what to expect for the event, training tips and kit recommendations.

Saturday 21st May: Session 2

Novice

- Basics gear use discipline
- Following a wheel
- Climbing discipline
- Descending
- Drinking from a bottle when riding
- Basic hand signals
- Group riding
- Cafe etiquette; coffee and cake consumption

Advanced

- Riding as a 'domestique'
- Sprinting skills
- Riding faster on climbs
- Descend faster without pedalling
- Hand signals revisited
- Through and off (rotating lead place)
- Flying lap
- Advanced cafe etiquette; coffee and cake consumption



For any first-time Dashers, (and indeed any old-timers), especially those who have not undertaken a huge amount of cycling in the past, we **strongly recommend** that you try to sign up to at least one of the skills sessions. They really are hugely valuable and will help make your Dash experience a positive one.

Meeting time: 08:30, to cycle as a group to Richmond Park

Meeting point: Pearson Cycles, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG (<http://www.pearsoncycles.co.uk>)

How to book a place on one (or both) of Will's Cycling Skill Sessions:

Please email the Dash team: Dash@duchenneuk.org

9. WHAT TO PACK AND HOW

The Duchenne Dash is a challenging endurance event, but can be made easier by careful packing and the right kit. Whilst we hope for good weather, this cannot be guaranteed, so it is worth packing for the worst-case scenario, to make sure you are not caught out by cold and wet conditions.

It's worth bringing sufficient changes of kit to allow you to change into fresh kit at the feed stops. This is obviously essential in the event of wet weather but will also help to make you more comfortable even in good weather.

Everyone is required to bring 3 bags (as outlined below)

You may think you are packing 'wisely' by bringing fewer, larger bags but this does not work from a logistical perspective and larger/heavier bags cannot be accommodated on our support vehicles.

Larger/heavier bags will NOT be accepted onto support vehicles at Herne Hill

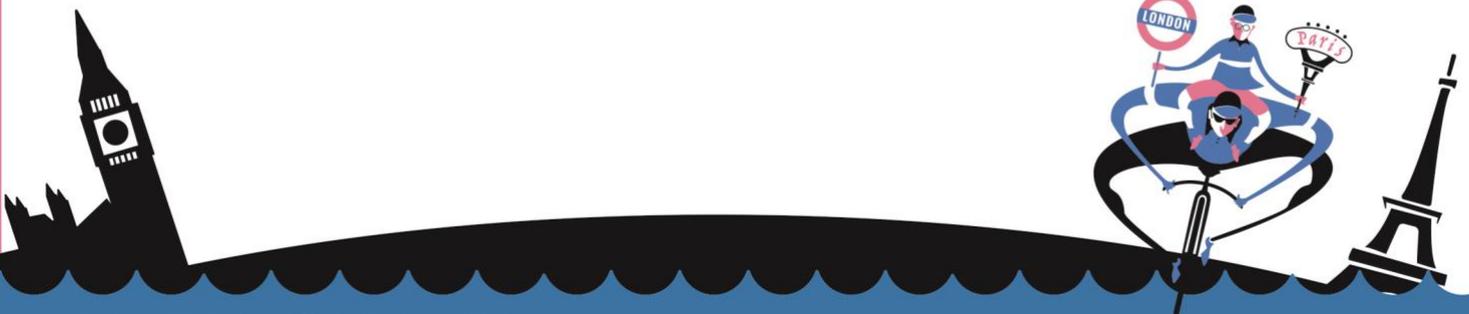
1. Day bag

You will be given a rider day bag as part of your registration pack when you arrive at Herne Hill. This will be colour specific to your paced speed group. This bag will remain with you throughout the ride, and should include spare clothing and other items you will need during the ride itself (listed below).

This bag will travel in your accompanying support vehicle throughout the ride and you will be able to access this bag at all rest stops.

Please note

- This bag will be the only bag permitted into the support vehicle as space is limited; please only pack the essentials





Suggested items for your day bag

GHIC (or EHIC) card	Sun cream
Cash/credit card	Chamois cream
Rain jacket, gilet	Saddle pack (suggested contents on p13)
Rain/warm clothing	Energy gels/bars, electrolyte sachets etc
Spare kit	Phone charger

2. Ferry bag

Your ferry bag is a (SMALL) rucksack, containing ONLY kit you require in Newhaven/on the ferry

Anything larger than a (SMALL) rucksack will not be permitted on the support vehicle

This bag needs to be a rucksack as you will have to cycle with it to the ferry

Please note:

- You will only have access to your ferry bag in Newhaven and on the ferry. In Dieppe it will be put back on a support van and taken directly to Paris
- You need to be able to attach a sleeping bag and roll mat to your backpack as these will be needed on the ferry

Suggested items for your ferry bag

PASSPORT and any visa documentation	Comfortable footwear to be worn onto the ferry
Sleeping bag and yoga/roll-mat	Full change of clean/dry cycling clothing for the morning. Clean shorts and base layer are particularly important.
Eye cover and ear plugs to help sleep on-board	SMALL wash bag and toiletries (towels will be provided at the Premier Inn)
Casual clothing to change into for the ferry trip, after a shower at Newhaven	Phone / Garmin charger
Face covering; you'll need this when you arrive at the port for check-in, and you are required to wear a face covering throughout the ferry journey	





3. Paris bag

Your Paris bag is a small/soft overnight bag (think airline hand luggage size), containing ONLY clothing you will require in Paris

Anything larger than a small/soft overnight bag will not be permitted on the support vehicle.

Your Paris bag will be taken directly from Herne Hill to Paris. In this bag you need to pack the clothing you will require at the end of the ride in Paris for the gala dinner and to travel back to London again. You'll also need a face covering for your return journey on the Eurostar. **Your Eurostar ticket should be placed in this bag.**

You will NOT have access to this bag once you have left Herne Hill.

The Duchenne Dash Gala Dinner will take place in a stunning restaurant overlooking the Eiffel Tower. Smart/casual dress is perfect for this.

Please note

- These bags will be subject potential checks and searches at customs
- Our volunteers will **not** be responsible for the contents of any bags and in the event of any searches, you will be asked to be present
- Please pack these bags carefully and responsibly
- There is NO space for any bike bags/boxes. Any bike bags/boxes bought to the departure event will NOT be loaded onto the support vehicles. Please contact Emily.waring@duchenneuk.org with any questions or queries.

10. DRAFT SCHEDULE (subject to change)

Date / time	Activity
Friday 10th June	
10:30-11:30	Staggered arrival of all groups for registration, lunch and departure
11:00-13:00	Lunch available
12:20	Duchenne Dash official welcome Photo call
13:00 – 13:30	Staggered departures of all groups
14:15 – 15:10	Biggin Hill – 21KM Toilet stop only – 10mins Very quick stop – water and snacks from support vehicles
15:55 – 16:55	FORRESTERS ARMS, FAIRWARP – 59KM Feed stop – 15mins Refreshments, access to days bags, toilets and more water
17-25-18:40	PREMIER INN, NEWHAVEN – 93KM Showers and evening meal
	<ul style="list-style-type: none"> • Ferry bags available at the Premier Inn • Breakfast bags distributed • Showers and hot meal available • Ensure your passport is available in the bag you are carrying onto the ferry
23:00	Ferry departure





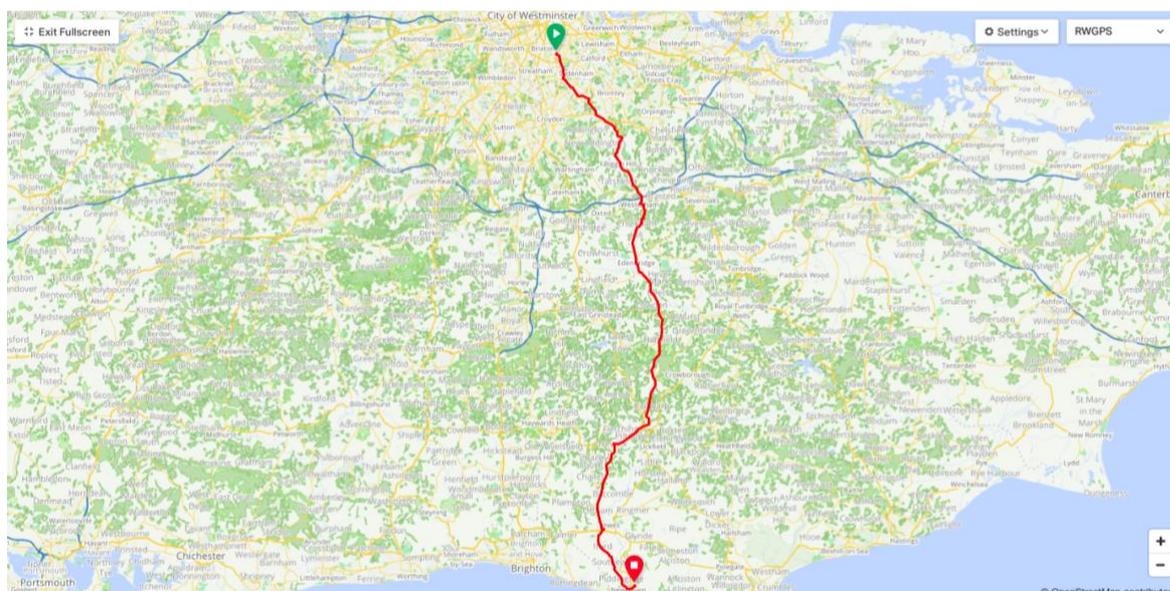
Saturday 11 th June	
05:00 (local time)	Arrive in Dieppe
05:45 – 06:15	Staggered departures of all groups
07:00-08:00	St Saens – 34KM - FEED STOP – 10mins Refreshments, access to days bags, toilets and more water
09:00-10:30	Gournay-en-Bray - 81KM - BREAKFAST STOP – 20 mins
10:40-12:15	Gisors – 114KM - FEED STOP – 10mins Refreshments, access to days bags, toilets and more water
13:30-15:00	TBC REGROUPING LOCATION FOR ALL GROUPS Light lunch, access to days bags, toilets and more water
15:00	All groups depart the final stop together
17:30 (approx.) Arrival at the Eiffel Tower - PHOTO CALL!	
17:30- 18:00	<ul style="list-style-type: none"> • Bike return
18:00-18:30	<ul style="list-style-type: none"> • Check in at the hotel, collect all luggage • Shower and change
19:30 – 01:00	Duchenne Dash Gala Dinner
Sunday 12 th June	
07:00 – 11:00	Breakfast available at the hotel
11:00	<ul style="list-style-type: none"> • All guests to check out of the hotel and settle any room extras personally • Guests to make own arrangement to get to the Eurostar terminal at Paris Gard du Nord
13:03	Eurostar departs arrives London 14:39
17:03	Eurostar departs arrives London 18:32

11. ROUTE

UK route: London to Newhaven (subject to change)

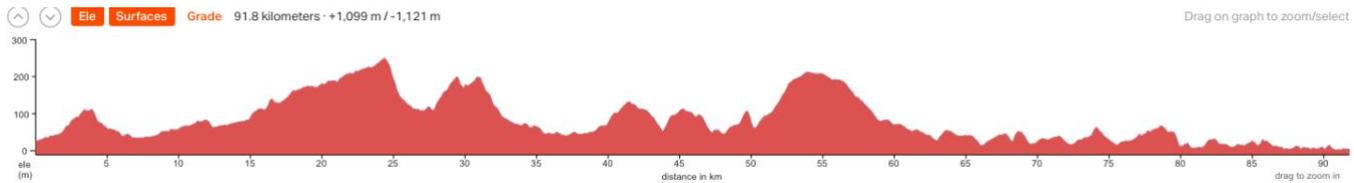
Total distance: 91.81KM

Rest stops: 21KM Biggin Hill toilet stop, 59KM Fairwarp feed-stop, 91.8KM Newhaven





Elevation



Route link: <https://ridewithgps.com/routes/38724705>

France route: Dieppe to Paris

Total distance: approx. 200KM

Route and rest stops: To be confirmed

12. BIKE PREPERATION

It is strongly recommended that your bike is in tip-top condition for the Dash. Give it a good wash if it hasn't had one in a while or even better, treat it to a thorough service at **Pearson** to ensure that everything is running sweetly.

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

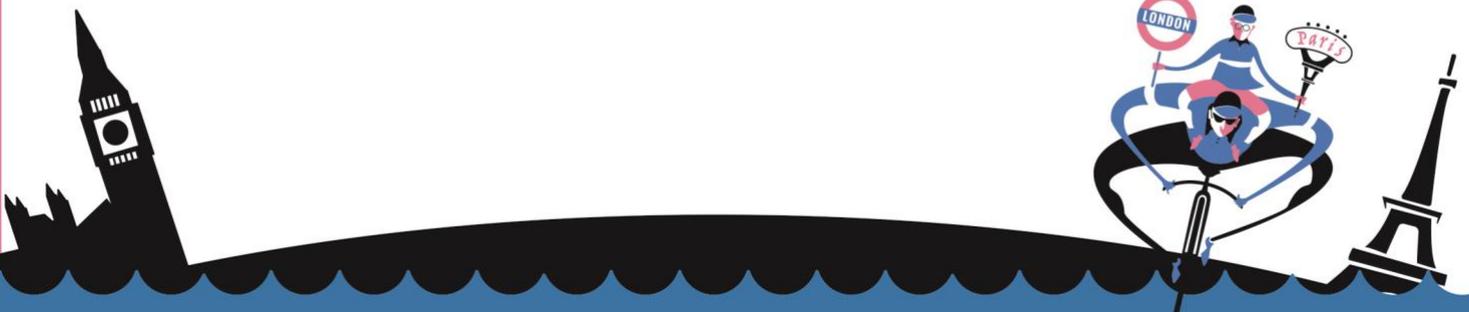
- 10% discount on all clothing, parts and accessories in store
- £70 reduction for a three-hour Precision Bike Fitting session (from £275 to £205). Book online at <https://www.pearson1860.com/pages/precision-bike-fitting-london>

Particular areas to pay attention to are:

- **Tyres:** Check that they are free from cuts and have a sufficient amount of tread. If you have been having more punctures than usual recently it's a sign that your tyres need changing (no TUB tyres please)
- **Brake blocks:** Check that the pads have plenty of life in them and replace if necessary
- **Gearing:** Ensuring you have the correct gear ratios on the bike makes a big difference to your enjoyment of the event. Compact chainsets are becoming standard issue in sportive circles now, offering a lower range of gears for tackling the hills. 50-34 chain rings combined with 12-25 or 12-27 cassette is a popular setup that would suffice for the moderate hills you will encounter between London and Paris

Please note

- This ride is **NOT** a race. Therefore, super lightweight race tyres are not recommended. You are strongly advised you use tyres with some puncture protection such as Schwalbe Durano plus or Continental Gator Skins, which will help reduce or eliminate the number of punctures and enhance your ride experience.



13. RIDING POSITION

In the lead up to the event you should aim to settle on a comfortable riding position and stick to it.

Do

- Buy new kit **NOW** and then train in it over the coming weeks and months, so you get used to it and it is comfortable

Do not

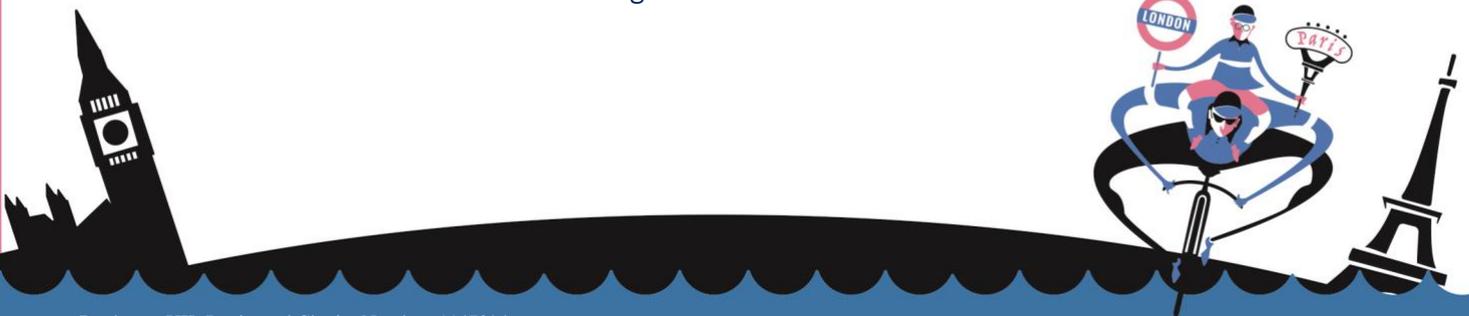
- Make any last-minute changes to your bike set up (saddle height and handlebar setup)
- Experiment with those new shiny shoes and pedals you've just bought, as the combination of increased mileage and new kit has the potential to give you a little niggle that could ruin your ride

14. CYCLE ETIQUETTE AND PROTOCOL

Cycling etiquette boils down to SAFETY. Your safety and the safety of the people riding around you.

Please review and familiarise yourself with following guidelines:

1. **Obey the road laws.** There is no amnesty for cyclists.
2. **Be spatially aware.** Everything you do has a knock-on effect on everyone behind and beside you.
3. **Share the road wisely.** Ride a maximum of two abreast and single file when there is less space.
4. **Be predictable with all your actions and communicate.** Maintain a steady consistent line and avoid braking or changing direction suddenly. If you need to avoid an obstacle, do so smoothly and with grace. Maintain the same speed as the rest of your group without constantly surging or braking.
5. **Point out and call hazards ahead.** These include potholes, drain grates, stray animals, opening car doors, parked cars, broken glass or other dangerous debris. Use "car up" or "car back", for example, or "slowing" if you or the riders in front of you are slowing.
6. When coming up to lights and they are amber or red call "lights", to add effect call "stopping". If very close to the intersection and they go amber call "rolling". A long group may need to split and a responsible rider in the middle of the bunch will call "stopping" to prevent riders behind entering the intersection when red.
7. **Leave the music at home.** If you can't hear other riders, calls and traffic, a fall is inevitable.
8. **Please DO NOT 'half-wheel'** (*definition of half-wheeling: When the person on the right hand side gets slightly ahead and the person on the left hand side feels obliged to up the speed a little bit. Before you know it the entire club is rushing forward and then the slower riders get dropped*). When at the front of a group, keep the bikes handlebar to handlebar. If one rider is half a wheel ahead then this is amplified through the bunch behind and disrupts the flow of the bunch. If you are paired with a half-wheeler, politely let them know!
9. **Hold a Wheel and Line.** Maintain a 30cm (1 foot), or less, gap between you and the wheel in front and very slightly to one side. You will get a good draft, however if anyone should suddenly slow up, you will not ride into them. If you don't hold a wheel, expect riders to come around you. If you are not comfortable riding close to the wheel in front don't ride in a bunch or go to the back.





10. **Do not overlap or cross wheels.** A slight direction change can cause wheels to touch. Almost always the rider behind falls and then takes other riders down as well. Protect your front wheel.
11. **Keep left.** Allow riders or another bunch to pass safely on your right. Pass other riders and groups on your left. If you come up to or are overtaken by a bunch and wish to join or 'sit in', join at the back of the bunch. Do not push in; it will force the outside rider into traffic.
12. **When climbing hills, avoid following a wheel too closely.** Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting 'crossed wheels' and a fall.
13. If you want to spit or snot, look around and move out of the draft momentarily and return to the paceline when you're done! **Spitting is not nice, and not Covid-friendly!**
14. **Share the love.** A smile and a wave go a long way if a driver has waited for a cyclist to get through a junction. Say hello to other cyclists on the road as you pass.

15. PUNCTURE PROTOCOL

Punctures generally happen because of poor tyre pressure or worn tyres that need replacing. Therefore, to help reduce the chances of punctures, please ensure that you check your tyre pressure and replace any worn tyres before commencing the ride (this falls within the recommended pre-ride bike service).

However, it is appreciated, that external objects and incidences also causes punctures and on a ride of this length, punctures are inevitable.

Please familiarise yourself with the following puncture protocol, so should you or any of your fellow riders get into trouble, everyone is aware of what to do.

- Should you or a fellow rider get a puncture, please ensure you let those around you know that you are slowing before stopping
- Always ensure you try to stop in a safe location at the side of the road
- Notify a Ride Captain, as soon as you have stopped and it is safe to do so. Advise the Ride Captain if you think you will require mechanical assistance
- The Ride Captain will notify the mechanic
- When stopped at the side of the road, in a safe location, remove the damaged wheel, and if time permits and you have the necessary tools, attempt to remove the tyre and tube
- Once the wheel has been removed, hold the punctured wheel high above your head for mechanics to see that you need assistance
- Where possible, time and issue depending, your puncture will be fixed onsite, allowing you to re-join the ride
- Should the damage be more severe and require longer to fix there are two possible outcomes:
 - You may be given a replacement 'service wheel', which will enable you to continue to the next rest stop, where mechanics will repair your wheel/tyre and then swap it back onto your bike
 - You may be required to 'mount up' into the mechanics van and it will be repaired on the move/at the next rest stop. You will then join the ride at the next rest stop
- One Ride Captain will always remain with the cyclist who is suffering a puncture and ensure that a suitable solution has been offered before continuing on with the ride



Multiple punctures

Should the group suffer multiple punctures (caused by foreign objects on the path/road, such as glass), the Ride Captains will decide whether the whole group should stop, including support vehicles.

Upon stopping in a safe location at the side of the road, the Ride Captain is to call the Ride Director and notify them of the incident, including numbers affected and the location

- All those not affected within the group should offer assistance to those who have been affected to try to fix punctures / replace inner tubes etc.
- Once all punctures have been fixed / those with more severe issues mounted up into the mechanics vans, the group can re-start the ride, together

Please note:

- Carrying spare inner tubes whilst riding can help you and others
- Should any puncture incidents occur, the key is to make people aware of what is happening

16. SPONSORS

The Duchenne Dash would not be possible without our numerous and extremely generous sponsors and partners. We would like to extend our sincere thanks to them all, for making this event possible and supporting this important cause, which sits very close to our hearts.



17. FURTHER QUESTIONS OR QUERIES

If you have any further questions or queries about any aspect of the event please contact:

Name	Organisation and role	Contact details
Emily Waring	Duchenne UK: Dash Event Director Event operational and logistical questions and queries	+44 (0) 7876 214 790 Emily.waring@duchenneuk.org
Alexis Gebbie	Duchenne UK: Fundraising Manager Fundraising queries and general charity information	+44 (0) 7791 747 389 Alexis@duchenneuk.org

