

## FAQs

### 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 10 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. 2022 not only saw us return to Paris for the first time in 2-years, but we also celebrated our 10<sup>th</sup> Dash!

### Duchenne Dash 2023

2023 promises to be as big and as brilliant as all our previous Dashes and we hope you will join us on the journey!

### What is the date of the event?

The Duchenne Dash 2023 will take place on Friday 12<sup>th</sup> and Saturday 13<sup>th</sup> May 2023.

### Where will the event start from?

The Dash will start from the prestigious Herne Hill Velodrome in South East London.

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

### How far is the event?

The total cycle route is 300KM and we split it into two stages:

- London – Newhaven: 100KM
- Dieppe – Paris: 200KM

### Where does the event finish?

The 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?\*

<b>Friday 12<sup>th</sup> May</b>	
10:00 – 12:30	Registration opens, cyclists will be invited to arrive at staggered, pre-confirmed times Lunch, welcome, final preparations
13:00-14:00	Cyclists depart in staggered time slots depending on their group speed
18:00-21:00	Arrive Newhaven, shower, dinner
21:00	Depart for the Ferry
23:00	Depart UK
<b>Saturday 13<sup>th</sup> May</b>	
05:00	Arrive Dieppe
05:30-06:30	Depart Dieppe in staggered group speeds
17:00	Arrive Paris
PM	Celebration
<b>Sunday 14<sup>th</sup> May</b>	
Various	Return to London via Eurostar

\*All timings are subject to change

### Getting involved

The Duchenne Dash is open to keen and confident cyclists over 18 years old, who can commit to the challenge of cycling 300KM in 24hrs and also raising £4,000 for Duchenne UK.

### 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 Dash team at [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to discuss participation. Registration closes on 1<sup>st</sup> April at 23:59.

### Registration fee

The registration fee for the 2023 Duchenne Dash is £545.

An additional £8.50 booking fee that includes a credit card handling fee, which is imposed by the banks and payment acquirer will be added to the total payable. \*\*Duchenne UK does not receive this administration fee\*\*

The total you will be asked to pay upon registration is £553.50

Included in your registration fee:

- Total event support, including; medics, mechanics, outriders, Ride Captains and escorts in both the UK and France



- Transport including; night ferry to France on Friday 12<sup>th</sup> May and return Eurostar to London on Sunday 14<sup>th</sup> May
- 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 13<sup>th</sup> May including breakfast
- Dinner at the Duchenne Dash Gala Dinner on Saturday 13<sup>th</sup> May 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
- Finisher medal
- Rider registration goody bag
- Digital event photos
- Support from the Duchenne UK Team all the way!

**Will I get a bed on the ferry?**

No, cabins are not available as part of our booking.

**Can I get a bed on the ferry?**

Cabins on the ferry are not available to our booking. Cyclists are kindly asked NOT to contact the ferry company to book cabins personally, as this would put us in breach of our booking terms and could jeopardise our booking preventing us from being allowed to travel.

**How/where will I sleep on the ferry?**

There is plenty of floor space and seating areas on the ferry to settle down to get some sleep. It is recommended that you pack a roll mat, sleeping bag, eye mask and ear plugs for the journey. Oh and don't forget your sense of adventure and a sense of humor!

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

The organisers will make arrangements to get your bike back to London at the end of the event. 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.

**When does registration close?**

Registration closes on 1<sup>st</sup> April 2023 at 23:59.

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

You will pay for your registration fee upon sign up. Please contact the Dash 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 all participants commit to fundraising a minimum of £4,000. The total can include any Gift Aid or Match Funding you are entitled



too. 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 Duchenne Dash 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.

- Valid passport, which has at least 6 months validity (from the event date)
- Required visa documentation to enter France
- 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 night on the ferry, the gala dinner in Paris and the return journey to London
- Garmin/GPS device
- Mobile phone for taking lots of photos and updating your social media channels on your progress
- Roll mat, sleeping bag, eye mask and ear plugs for the ferry crossing
- Credit card/cash

### **Should I get my bike serviced before the event?**

It is strongly recommended that your bike is in tip-top condition for your training and of course for the Dash itself. Give it a good wash if it hasn't had one in a while; treat it to a thorough service at [Pearson](#) to ensure that everything is running sweetly.

### **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 couple of training rides. Additionally, we can put you in touch with



our experienced Ride Captains, if you have any further questions or queries about your training.

Please note: 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 Dashers 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 Dash is a fully supported ride. The organisers will provide (included within your registration fee) the following support to help you get to Paris:

- A team of mechanics to ensure your bike is in top-top working order throughout the ride. This support extends to helping you fix punctures and any other mechanicals you might have throughout en-route. Please ensure you arrive at the event with a mechanically sound bike. There will be extra charges for spare parts provided by the mechanics
- Medics to ensure you are fit and well throughout the ride
- An awesome team of Ride Captains who will support you on the road, providing motivation and support to get you to Paris
- A dedicated support car to each group which will carry your bags, water and snacks. They will also have a spare seat, should you need a break
- All food and drink throughout the ride to ensure you stay fully fueled

### **Will there be set speed groups or can we cycle at any speed/on our own?**

There will be set pre-confirmed speed groups. It will be compulsory to always cycle within these groups. There is no option to cycle on your own throughout this event.

We will run four paced groups each cycling at differing speeds for slightly varying abilities. This will allow cyclists to cycle at a pre-determined speed, enabling you to train to set speed and also pace yourself effectively to get the most out of the ride. These groups will be managed by our wonderful, very experienced Ride Captains.

The speeds for each of the four groups will be as follows:

- **Strong and steady riders:** average 17mph/27kph
- **Confident riders:** average 16mph/25kph
- **Determined riders:** average 15mph/23kph
- **Tenacious riders:** average 14mph/22kph

We will ask you submit your preferred speed group in the spring, once your training is well underway and you have a realistic idea of which group would be most suitable.

**Can I cycle in a group with my friends, colleagues, teammates?**

Yes, if you all agree to cycle at the same speed, as defined by the four speed groups, then you can all select to ride in the same group.

**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?**

Participants are required to make their own way (with their bike and all equipment) to Herne Hill Velodrome in southeast London for the departure of the ride.

All transport between Herne Hill and returning 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 collect your bike from the London based storage depot the week after the event.

**Is there car parking at Herne Hill?**

No, there is no car parking available at Herne Hill.

**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 Dash?**

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, not including the £8.50 booking fee.

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.

**What happens if travel restrictions between the UK and France are in force once again, making travel to France at the time of the Dash not possible? Or if there is an enforced quarantine required in either the UK or France?**

Our main aim for the 2023 Dash is to cycle to Paris and unless the international boarder is once again closed, or unworkable quarantine on either side is required, we will do everything we can to ensure we get to Paris.

**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 ride number and cycling jersey?**

You will receive a rider pack which will contain both these items (and more), plus any final event information when you register at Herne Hill on the event day.

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

No, you will need to pack three bags for the challenge, each one will be required a different stage of the event. More information about what to pack in each bag will be provided in the pre-event briefing pack which will be circulated in April.

- 1. Day bag:** this is be provided as part of your registration pack handed out when you arrive at Herne Hill. This will be placed in the support car for your cycle group and you will have access to it at each rest stop.
- 2. Ferry bag:** this should be a small backpack (think hand luggage size) which will be placed onto a support van at Herne Hill. You will have access to this on arrival in Newhaven and you will place it back on the van before you leave Dieppe. You will need to be able to cycle a short distance with this bag on your back – so keep it small!

**3. Paris bag:** this should be another small backpack or holdall which will be placed on another support van at Herne Hill. This bag will only be available when you arrive in Paris and check into the hotel.

**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.

**Will there be showers?**

There will be showers available in Newhaven on Friday evening and then again at the hotel in Paris.

**Will there be somewhere to change?**

Yes, there are changing facilities at Herne Hill and in Newhaven.

**Will I get a finishers medal?**

Yes, a finishers medal will be provided at the end of the ride for all cyclists who have participated.

**Can my family come and support?**

- **Herne Hill:** Due to number restrictions, we are not able to invite family and friends to the departure event at Herne Hill.
- **The route:** Family and friends are welcome to support along the route. The route 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

**Can family attend the post-ride gala dinner in Paris?**

Unfortunately, at this stage we are not able to confirm if this will be possible.

**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.

[Duchenne UK](#) | [President HRH The Former Duchess of Cornwall](#) | [duchenneuk.org](#) | [Registered Charity: 1147094](#) | [Company No: 08030768](#)





Duchenne  
UK

For more information about Duchenne UK, our mission and our impact, please visit our website at [duchenneuk.org](https://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.

