



How to FUEL your body for the Dash

Dear Dasher,

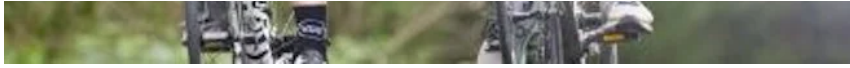
Welcome to our Dash newsletter for November!

As the winter closes in and the days get shorter, it can be hard to stay focused on your Dash training. Nutrition is more important than ever and we have created a [nutrition guide](#) to help you nourish your body as you train and prepare for May.

We also have some great training and fundraising tips, and share a story of a first-time Dasher from this year's Dash.

Getting you started with your training and fundraising!





Training tip

Whether it's getting out on your bike by yourself or finding a local club and joining some organised rides, it's imperative to start your training now!

Then over the coming months, build up your time in the saddle. It will get easier and easier, and you will be grateful for it in the spring.

Please check out our suggested training plan, in the training guide.

[Download the Dash 2024 training guide here](#)

Fundraising tips

The winter nights are drawing in, so it's the perfect time to organise a cosy indoor fundraiser.

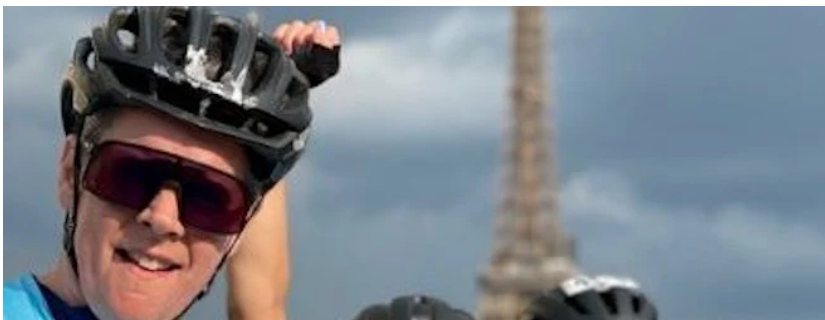
Here are a few ideas to get your started:

- Ask your local pub if you can take over their quiz night and donate the entry fees. Hold a raffle to boost your fundraising total.
- Talk to your local brewery, tap room or wine bar about hosting a beer or wine tasting. These events are always popular and can generate big donations to help you reach your fundraising total.

[Download the Dash 2024 fundraising pack here](#)

Rider Hall of Fame: Jennifer Carmichael

Each month we will speak to a past Dasher, Ride Captain or member of the support team and glean some helpful and inspiring hints and tips to help you in your training and fundraising.





This month, we have spoken to Jennifer Carmichael who rode her first Duchenne Dash in 2023. She decided to ride for Jamie Latham, who is ten years old and has DMD as she is friends with his parents.

Number of Dashes: This was my first. I rode with the team Jamie's Dashers.

The best Dash memory: It was just fantastic cycling into Paris with motorcycle outriders clearing traffic as we rolled in and the Eiffel Tower came into view at last. The gala dinner, speeches and evening festivities were the perfect finale and a great way to share stories with both fellow Dashers and supporters who came to join in celebration.

Best training tip: Cycling can be time consuming, but if you train with a group of like-minded people, it really is fun, sociable and fulfilling.

Best fundraising tip: I just told Jamie's story and my own (about why I was cycling to Paris for Jamie) and people were incredibly generous.

What keeps you going during the tough sections of the ride?: I had a minor incident (i.e., came off my bike) about 10 km from the end and one of our Captains, Robin, told me later that had I not gotten back on the bike he would have found a way to carry me to the finish!

[Read more about Jennifer's Dash experience here](#)

The best FUEL for your body





We are delighted to announce that, for the 11th year, FUEL10K will be supporting the Dash.

British brand FUEL10K was founded with a mission to make breakfast better. Their product range includes their yummy vegan granolas, protein boosted porridge, delicious breakfast drinks, as well as oat bars and oat cookies. Our Dashers will get a chance to sample some of this delicious range before and during the ride.

In conjunction with FUEL10K, we have developed a nutrition guide, to help you prepare and fuel yourself for the 300km challenge.

[Download the Dash 2024 nutrition guide here](#)



Win a FUEL10K bundle!

One lucky Dasher will win a fabulous bundle of FUEL10K products!

All you need to do to be in with a chance of winning all you need to do is set up your [JustGiving page](#) by 15 January 2024. Anyone who has already set up a page will be automatically entered into the draw.

Good luck everyone!

T&Cs for competition

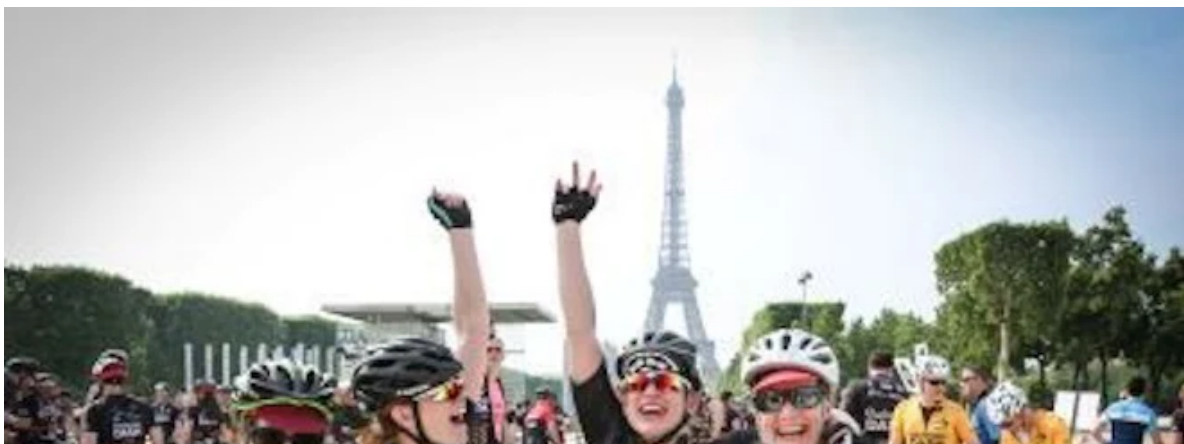
Question for Finn Crockett



We have teamed up with Commonwealth Games bronze medallist and FUEL10K field sales executive, Finn Crockett, to pick his brains on training advice and tips on preparing for the Dash, which will be shared in the February edition of the Dash newsletter.

Do you have a question that you'd like us to ask him? If so, send them through to us at Dash@duchenneuk.org before 8 January and we'll share his responses in February.

Dash memories





Flashback to 2018 and the glorious feeling of having successfully completed 300KM in 24hrs!

Our wonderful sponsors

We are thrilled to have confirmed our roster of sponsors for the Duchenne Dash 2024. These brands and organisations work tirelessly to help us deliver the best event possible, so all you have to do is cycle and fundraise!

See how our 2024 sponsors get involved with the Dash and support you on your journey [here](#).



Charity Number 1147094

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