



Duchenne Dash 2024 - September newsletter

Dear Dasher,

Welcome to the first of our monthly Dash newsletters that will be keeping you updated with all the latest news and information as you prepare for your epic ride.

We've training tips to help you get to Paris and fundraising tips to help you hit your £4,000 fundraising target.

Imogen Buxton, who has cycled the Dash twice, shares her training and fundraising tips, and what an incredible experience she found it!

Getting you started with your training and fundraising!

Training tip

Buy new kit early and train in it. Why? Because new kit can take time to get use to, so the longer you have to train it, the more comfortable it will be by the time the Dash arrives! (NB: this includes, bikes, clothing and accessories)

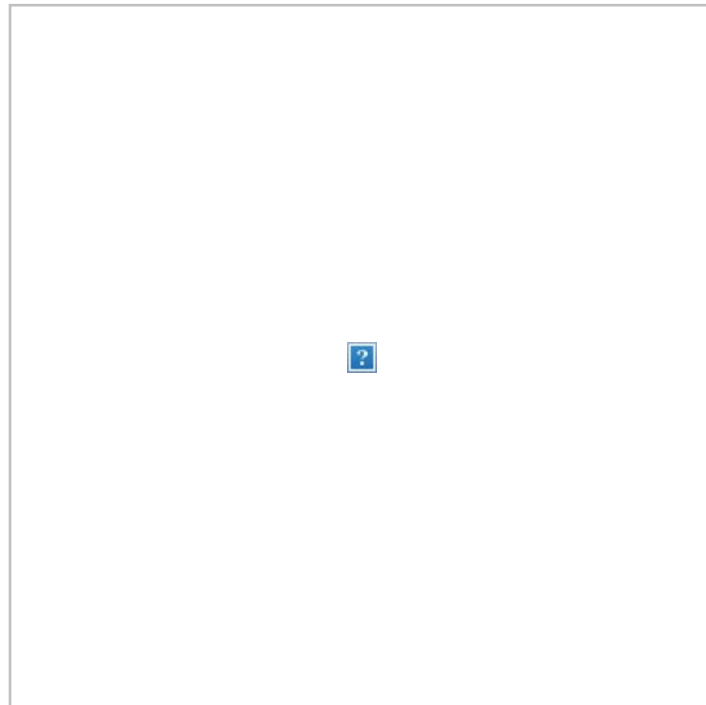
Fundraising tip

Double the power of your fundraising for half the effort! Find out if your employer operates a matched giving scheme, or show them the video at the bottom of this email and persuade them to set one up!

[You can download the Dash 2024 training guide here](#)

[You can download the Dash 2024 fundraising pack here](#)

Meet the Dashers - Imogen Buxton



Number of Dashes?

Two - the Dash 2022 and Dash 2023.

Why you Dash?

I'd followed the Dash through my company, LXA, having supported the previous year with fundraising and getting to meet some of the parents, I was automatically drawn to the challenge.

Dash memories?

The first year I found so emotional. The camaraderie, the strength of my fellow cyclists, ride captains and support teams was truly astounding. Cycling into rest stops to round of applause was just the best feeling.

Best training tip?

I was a commuter cyclist in London, this was great for getting used to the bike and daily use of the bike. Spin classes helped loads with short bursts and hill training. Then roping in friends or other dash recruits to go for longer cycles at the weekend. There's a great app called Komoot, which helps you find various pre-planned routes.

Best fundraising tip?

Work with your team, if you're doing it with a business think about how you can you optimise on the corporate network. Corporate charity events raise a great amount of money!

What keeps you going during the tough sections of the ride?

It really is a team effort and you all take it in turns to motivate and keep each other going.

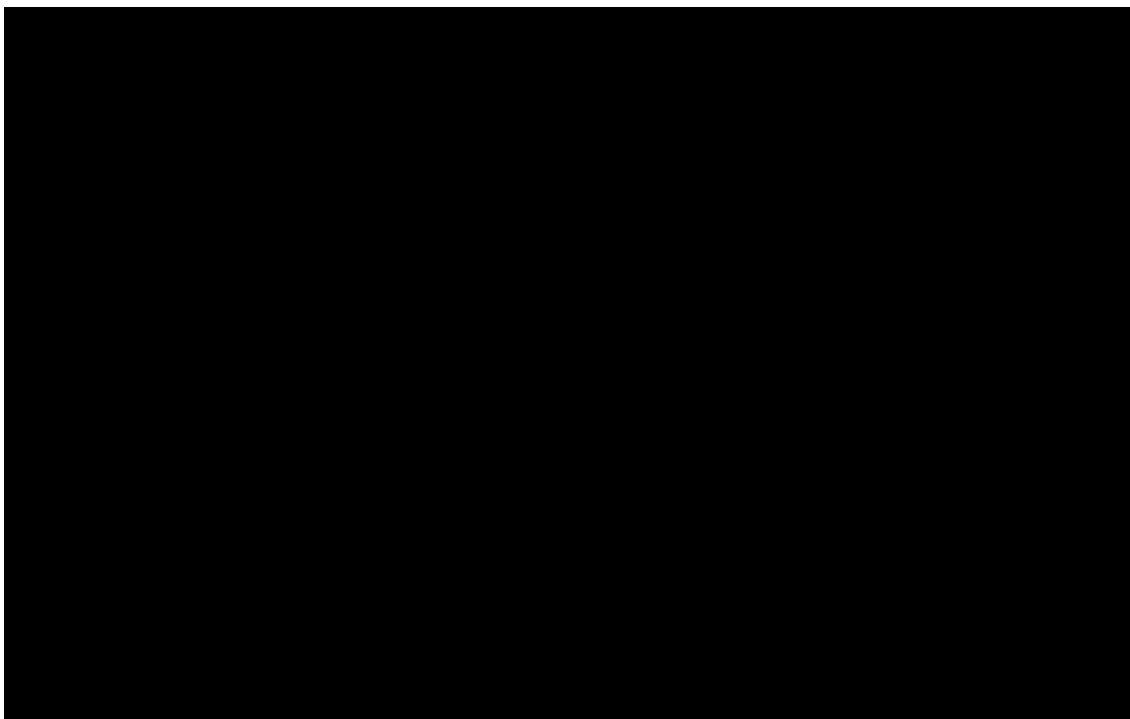
You can read more about Imogen's Dash experiences [here](#).

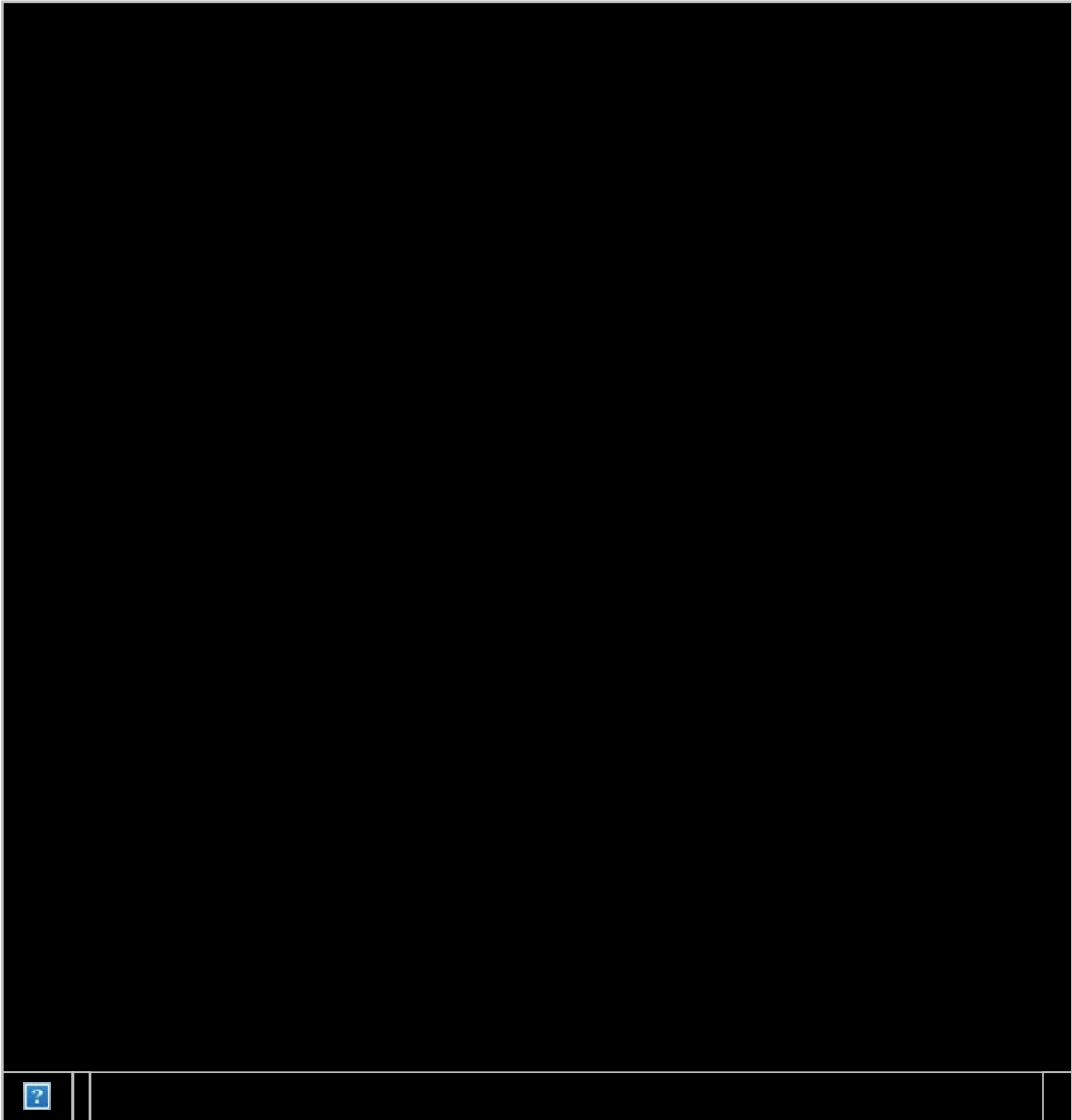
Could you be a Dash 2024 Ambassador?

Massive congratulations! You are one of the first to sign up for the 2024 Dash. Do you think you have a couple of mates or colleagues who might like to join you on the adventure?

We are looking for keen Dashers to spread the word and help us recruit for 2024. If this is of interest, please contact emily.waring@duchenneuk.org for more information.

.....and maybe share this video to show what a wonderful experience the Dash is!

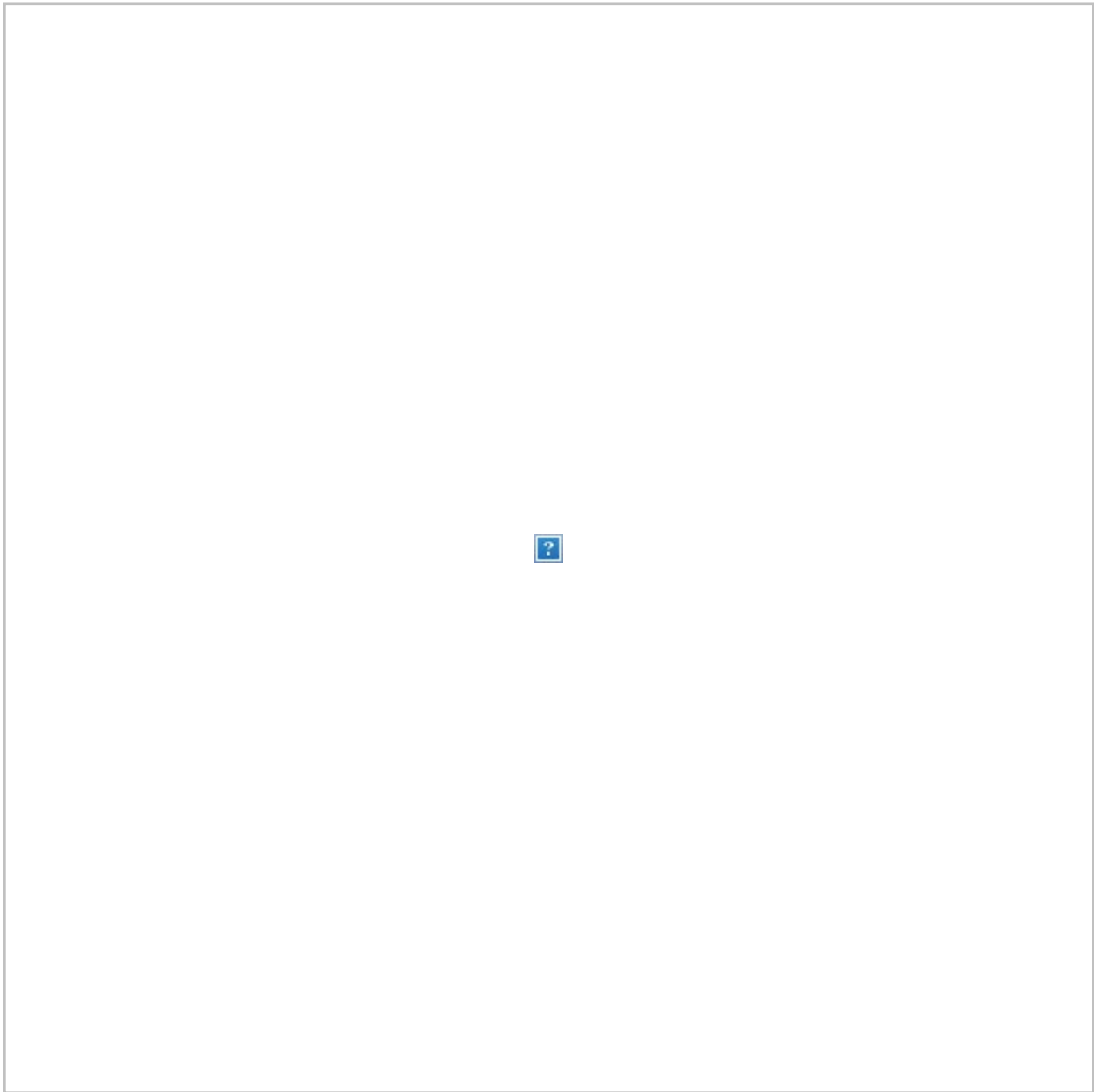




Massive THANKS to our sponsors!

It might only be September but we already have some wonderful companies who are onboard to support us, in many cases for another year.

Their support stretches throughout the Dash from the provision of food and drink en route, kit and equipment, storage and vehicle hire, bike return, support at rest stops and power for our electric vehicles. They help us make the Dash a truly first class, unique experience and we couldn't do it without them.



Charity Number 1147094

duchenneuk.org



Copyright © 2021 Duchenne UK, All rights reserved.

You are receiving this email because you have signed up to take part in the Duchenne Dash 2022.

Please read our [Privacy Policy](#)

Our mailing address is:

Unit G20, Shepherd's Building, Charecroft Way, Hammersmith, W14 0EE

Want to change how you receive these emails?

[Change your preferences](#) | [Unsubscribe](#)

