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Listening to your body

Dear Dasher,

With January done and dusted, there's less than four months until you set off for Paris. It's really important to start your training now so that you can be best prepared for your ride. But, don't worry, we've got tips to help you get in the best shape for the Dash, including hydration advice, a guide to building muscle strength and, Commonwealth Games cyclist, Finn Crockett, shares his pre-race fueling strategy.

Plus we've got advice to make your fundraising campaign a success by getting friends and

family to do the Dash AT HOME, veteran Dasher Oli Cock takes the Hall of Fame hot seat, and key information about this year's cycling skills sessions and how to book.

Lucky Saint have kindly offered all Dashers 20% off their great tasting 0.5% alcohol superior unfiltered pilsner-style lager when you buy [via their website](#) - just use code SAINTDUCHENNE20 at the checkout.

Finally, Veteran Dasher and ride captain, Will Pearson, was recently on the Velocity Magazine podcast talking about designing and selling bikes, what a bike shop should or could be, the Duchenne Dash, and celeb customers including Stanley Tucci and Tim Vine. You can [listen to the podcast here](#) and while you're at it, why not give it a share?

Getting ready for your Dash

Launch webinar

We are delighted to host our 2024 Duchenne Dash launch webinar on Tuesday 19 March from 8-9pm on Zoom.

This is a must-attend event for all new Dashers, as we will run through all aspects of the Dash, including paced cycle groups on the road, packing logistics, departure and arrival information and much more. We'll also speak to some veteran Dashers to glean their tips and advice to make the Dash the most enjoyable 24hrs for you all.

[Register for the webinar](#)

January fundraising tip



Fundraising can feel like a solo sport. Make it a shared effort by getting your colleagues involved in the Dash AT HOME.

Set up a static bike in the office and get them to take it in turns to cycle a stint, making up the 300km distance from London to Paris. Or encourage everyone to get on the road themselves and clock up the distance in their local area. How quickly can the team complete the distance?

Everyone gets sponsored to take part and you could have spot prizes for riders who go the furthest, or show the most commitment. Ask your boss if they will match the donations raised on the day to double the impact.

You can find more ideas about how your family and friends could support you in the Dash AT HOME [here](#).

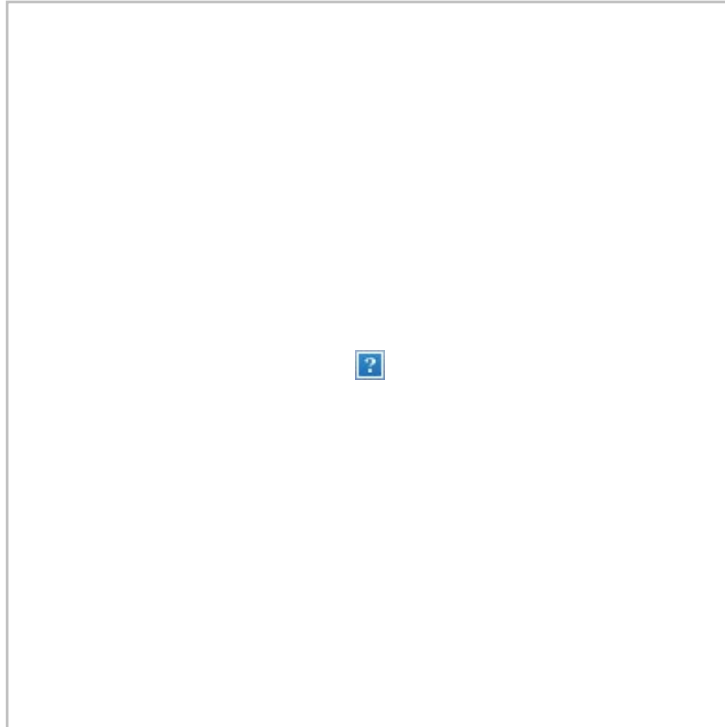
[Download the Dash 2024 fundraising pack here](#)

[Create your Duchenne Dash JustGiving page here](#)

Rider Hall of Fame: Oli Cock

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 chatted to Dash veteran, Oli Cock (pictured below second from left), who has shared why he'll be taking on his seventh Dash, his top training tips and best bits.



Which Dashes have you taken part in? 2024 will be my 7th Dash to Paris (2016,17,18,19, 22, 23, 24) and I also took part in the 2020 Dash AT HOME and the 2021 Goodwood Dash.

Why did you decide to do the Duchenne Dash? I did my first Dash in 2016, partly because I was looking for a new physical challenge, and partly because I was inspired by the sheer willpower of Emily and Alex in setting up Duchenne UK to tackle the disease and I wanted to help. Little did I know then that it would become an ongoing passion and commitment for me!

How do you train? Any tips? I've learnt over the years to start slowly and build up. Training really kicks in from January and I do short rides on an indoor bike and weather permitting, a longer outdoor ride at the weekend. I gradually increase the frequency over the coming months. I aim to have done around 1000 miles in total before the Dash itself (a bit harder since the date got moved forward a month!).

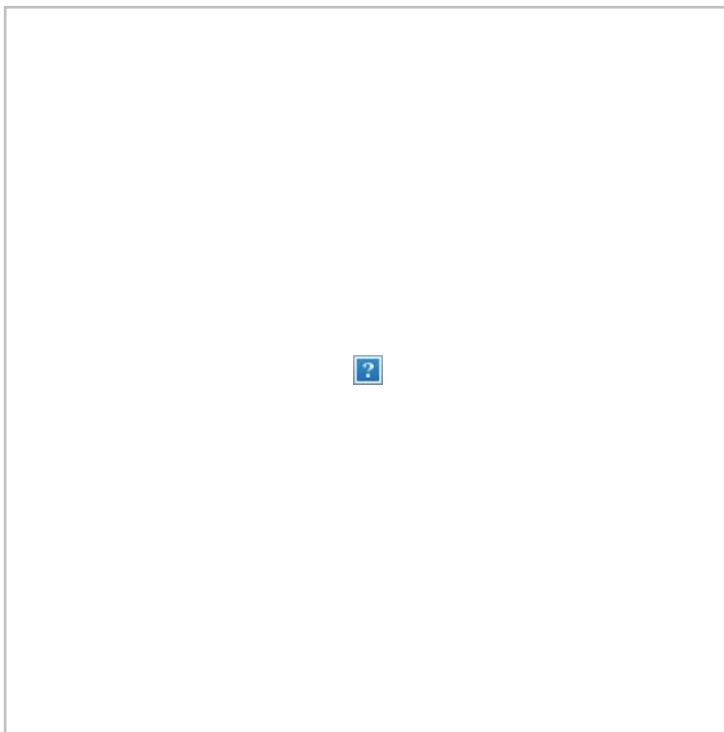
My key tip would be it's time in the saddle that counts, and for first time Dashers don't think of it as 190 miles - think of it as 6 approximately 30 mile rides - that just happen to be back to back!

What is the Dash like to participate it? What were the best bits? Fun, invigorating, and with an amazing sense of camaraderie. The organisation and the support crew is absolutely phenomenal, you feel completely looked after from start to finish. The best bit is undoubtedly the final push to Paris where everyone comes together in a 160 strong peloton to ride into

Paris and up the Champs Elysee. Never fails to get the emotions pumping.

What would you say to someone to encourage them to do it? It is one of the most inspirational and humbling things you are ever likely to do. Not only will you have a great sense of achievement in completing the ride, but the sense of knowing you have helped change lives and futures is something that will never go away.

Cycling Skills Sessions



Looking for a fun way to train? Our amazing lead Ride Captain, Will Pearson is hosting two cycling skills sessions, leaving from the Pearson shop in Sheen, West London, on the following dates:

- Saturday 16 March
- Saturday 20 April

Meeting time: 08:30am (for 09:00am ride up to Richmond Park)

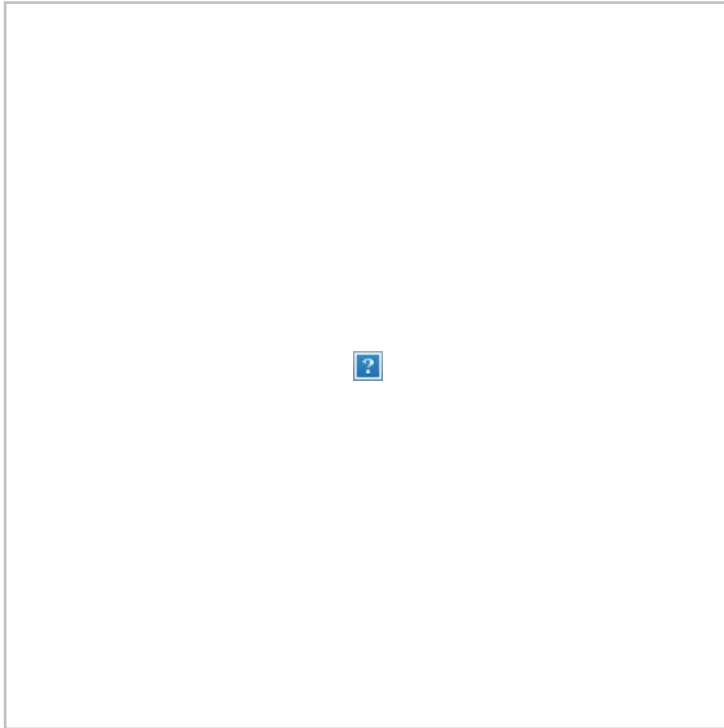
Meeting point: Pearson Cycles, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG

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 rides safely and enjoyably. 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.

[See the full details for the Cycling Skills Sessions](#)

Email us to book your place

SmartWater's support for the Dash



Glacéau Smartwater is made from British spring water which is vapour-distilled before electrolytes are added. It has a distinctive, crisp, clean taste and is produced and bottled in Morpeth, Northumberland.

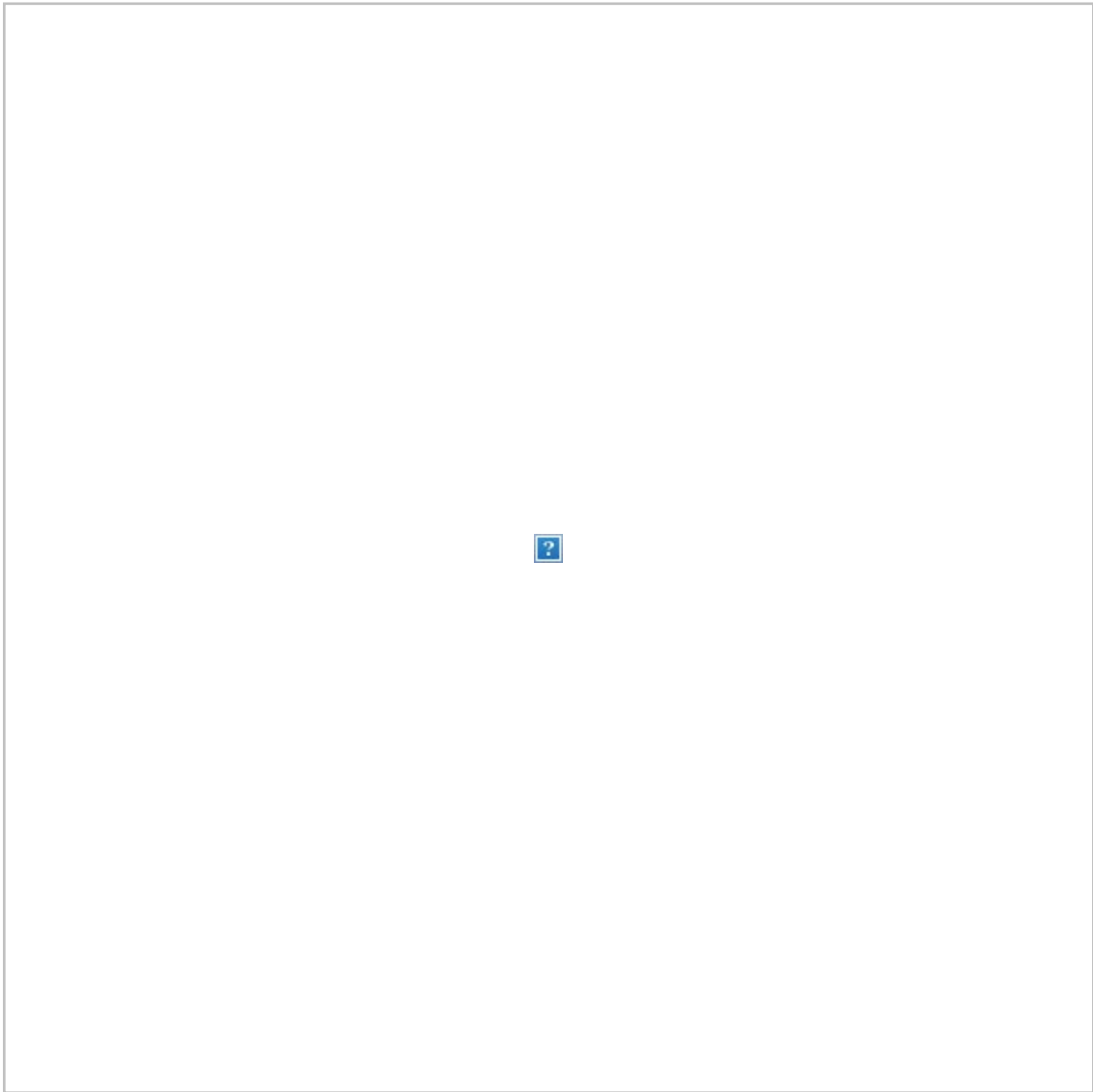
Glacéau Smartwater has been involved with the Duchenne Dash since 2019, thanks to Foodbuy. They are responsible for keeping our cyclists hydrated and will have generously donated over 20,000 bottles of water by the end of the 2024!

Did you know that during your ride you need to drink 250-500ml of water per hour, adjusting for weather conditions and sweat rate?

It's also vital to hydrate before the ride: drink about 500ml 2-hours before the ride so you can hydrate without discomfort. And in longer rides, supplement water with electrolyte drinks to replenish salts lost through sweat.

We'd like to say a big thanks to SmartWater for their ongoing support and for sponsoring the Dash again this year!

The Tyburn | Muscle strength guide

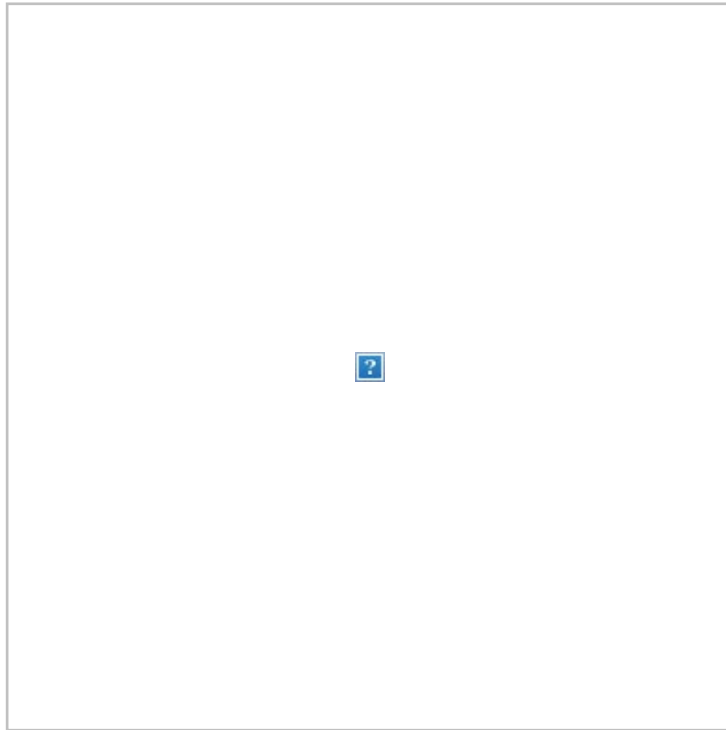


Duchenne Dash sponsor, The Tyburn Private Medical Practice, will be providing medical and healthcare support on this year's Dash.

Dr Adam Hazell has created a couple of guides outlining expert advice on how you can stay injury free during training and the ride itself. First in the series is a comprehensive guide packed full of suggestions on how to build muscle strength and avoid common cycling injuries.

[Download the guide](#)

Tip from Finn Crockett

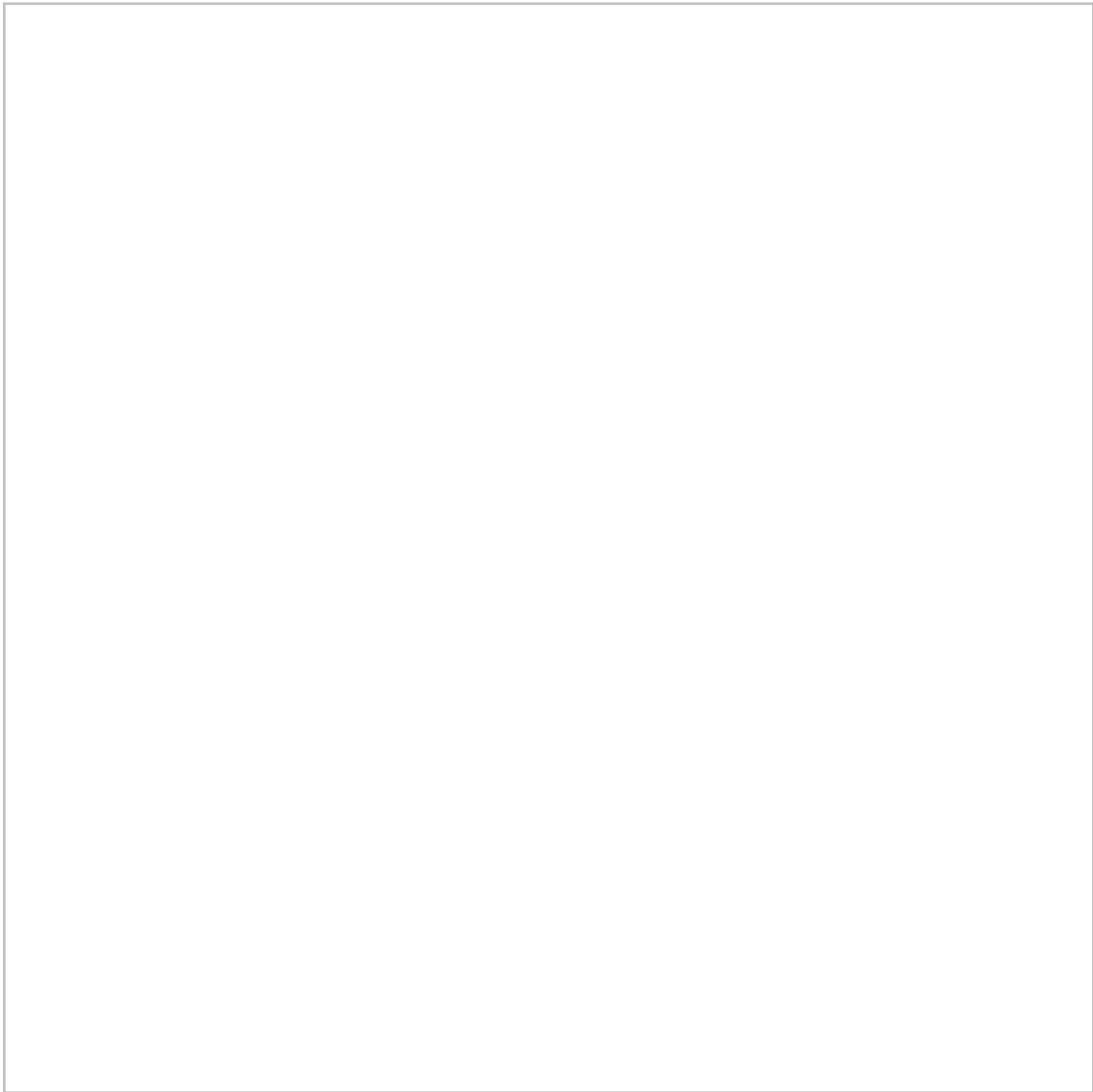


Thanks for all the questions received for Commonwealth Games bronze medalist and FUEL10K field sales executive, Finn Crockett. Over the next couple of months, we will share Finn's responses on training and how to prepare for the Dash.

What should I eat for breakfast before the Dash?

Breakfast should be relatively simple. I would start your fuelling strategy the day before by having simple and easy-to-digest carbohydrates such as pasta and rice alongside some white meat or fish. Reducing your fibre intake will also allow for more carbohydrates in the body which is a win. Breakfast should be about topping up what you already have, so 2-3hrs before the dash, some oats alongside some bread. But if you're tight for time, coco-pops can be the winner!

Dash memories

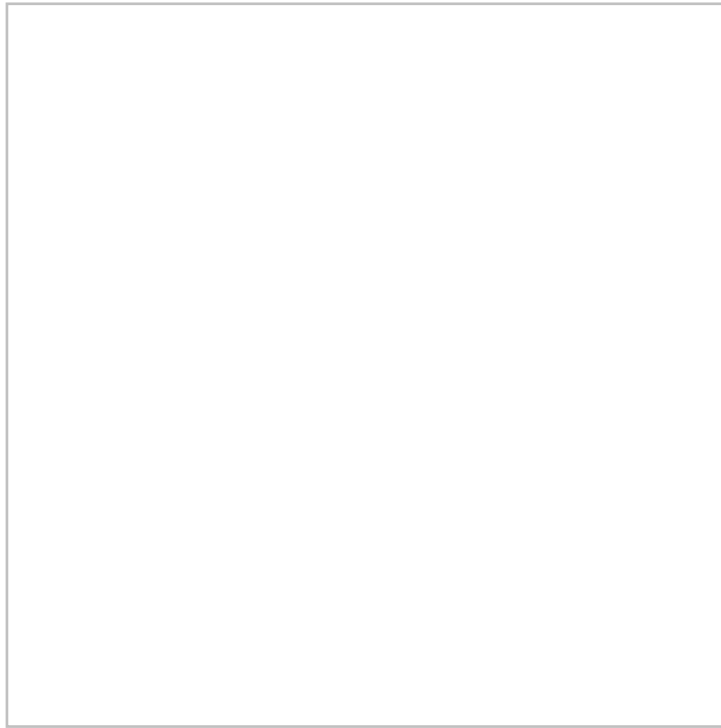


Remembering the DashMAX 2018

These dedicated riders decided that taking on the 300km from London to Paris wasn't enough of a challenge and cycle a further 1200KM, via the Alps to Monaco!

What an incredible challenge!

Thanks to Enstar



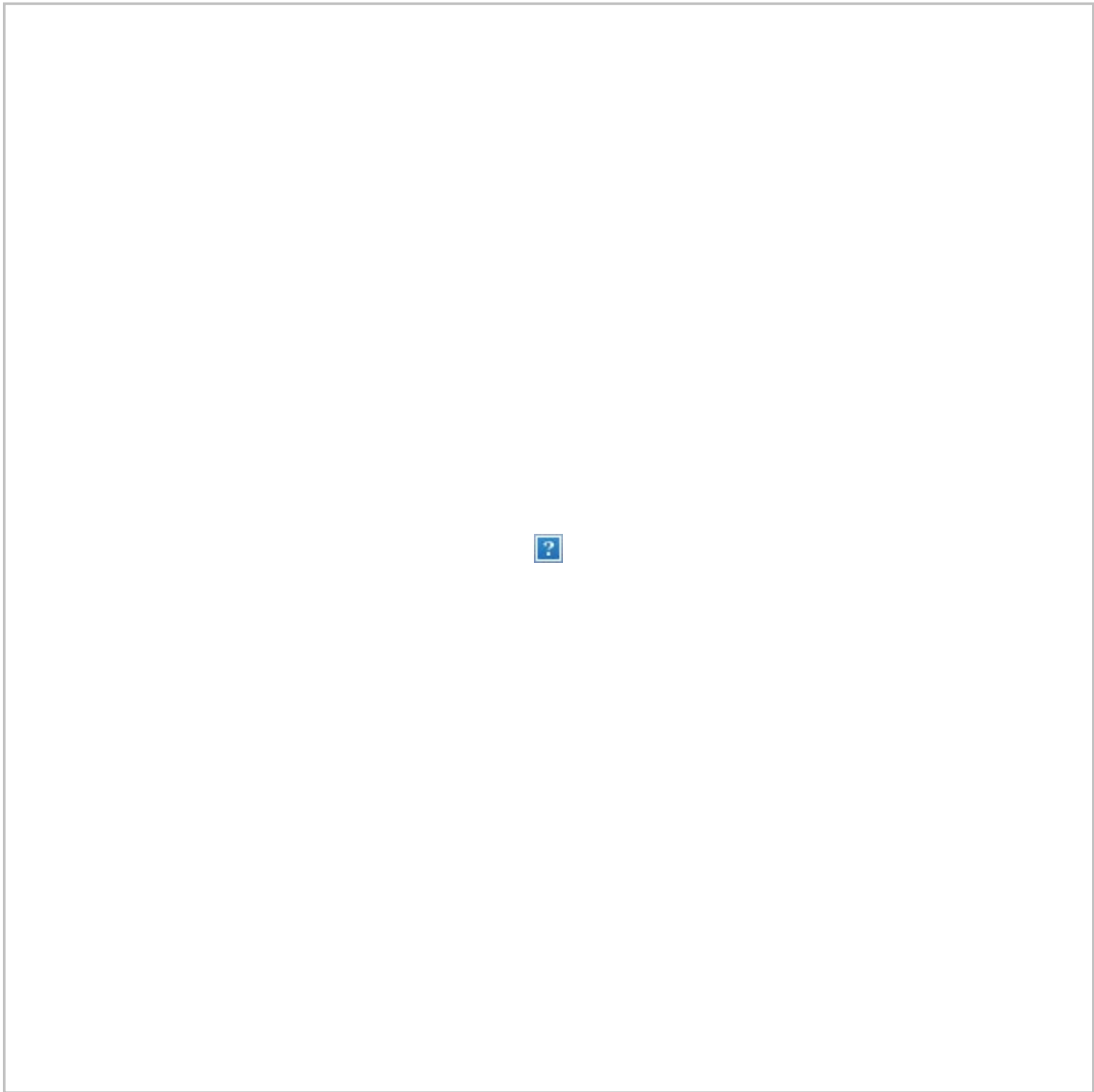
We are delighted to welcome Enstar to the Duchenne Dash. Enstar is a leading global insurance group, and has been delivering innovative capital release solutions through its network of group companies for more than 30 years.

Stephen Hogan, Head of ESG, Enstar Group said: *“It’s great to see the excellent work Duchenne UK is doing to help families in their fight against Duchenne. We’re delighted to be a part of the Dash family, and as the Official Mechanical partner, we would like to wish all the Dashers good luck on their ride to Paris this year!”*

Thanks to our wonderful sponsors

Huge thanks to our amazing roster of sponsors for the Duchenne Dash 2024. These brands and organisations do so much to help us deliver a first class event, so all you have to do is peddle and fundraise!

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



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