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Get on your bike!

Dear Dasher,

It's go time! With the Dash just weeks away, it's time to jump on your bike and get training. We want you to be in the best possible shape for the start line. Over the next few weeks we'll be sharing important information to get you ready for your Dash and kick-start your fundraising so keep an eye on your inbox so you don't miss anything. If you have any questions, please get in contact by emailing dash@duchenneuk.org.

Our launch webinar is coming up at 8pm on Tuesday 19 March via Zoom. Don't forget to

[register](#) as we'll share all you need to know to make it to the start line and what will happen along your ride. Scroll down to find out more and book your place.

There will also be two cycling skills sessions, taking place over the next couple of months, with our amazing ride captains and sponsor, Pearsons. These are a great opportunity to meet other Dashers and get top tips, support and advice on how to train for the Dash so make sure to book your place and don't miss them! There's more info below.

Furthermore, we've got another training guide from The Tyburn, this time on how to avoid common cycling injuries, and Dash vet, Ian Playford is in the hot seat today! Read on to find out more.

Plus we've got advice to make your fundraising campaign a success by getting friends and family to do the Dash AT HOME.

Getting ready for your Dash

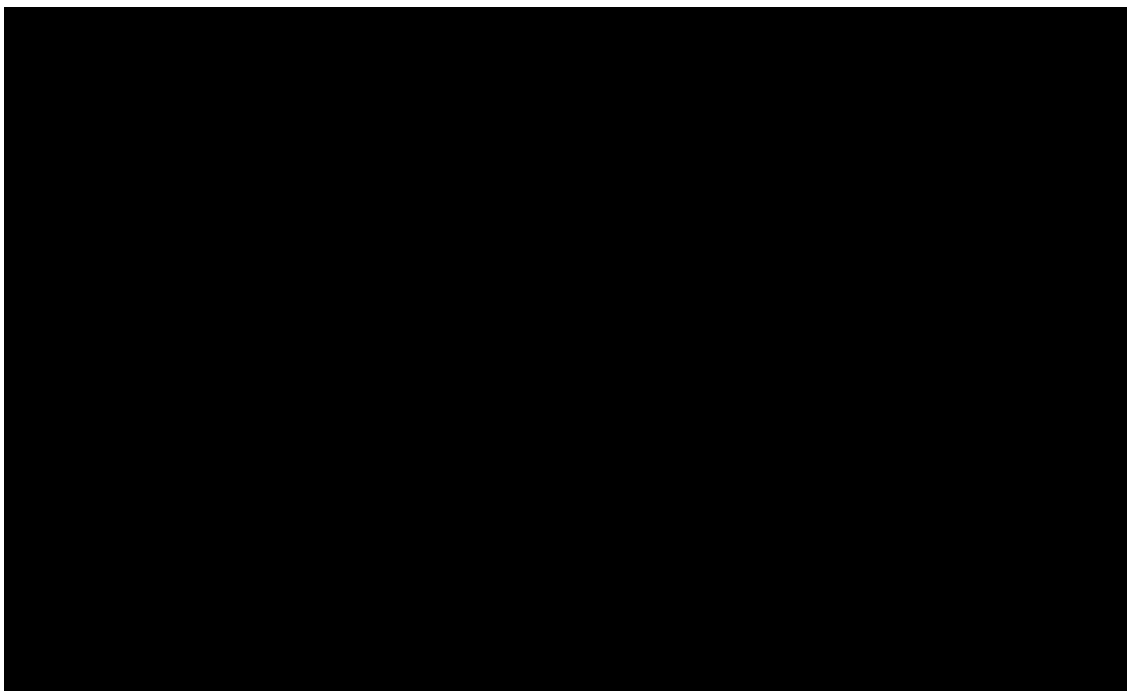
Launch webinar

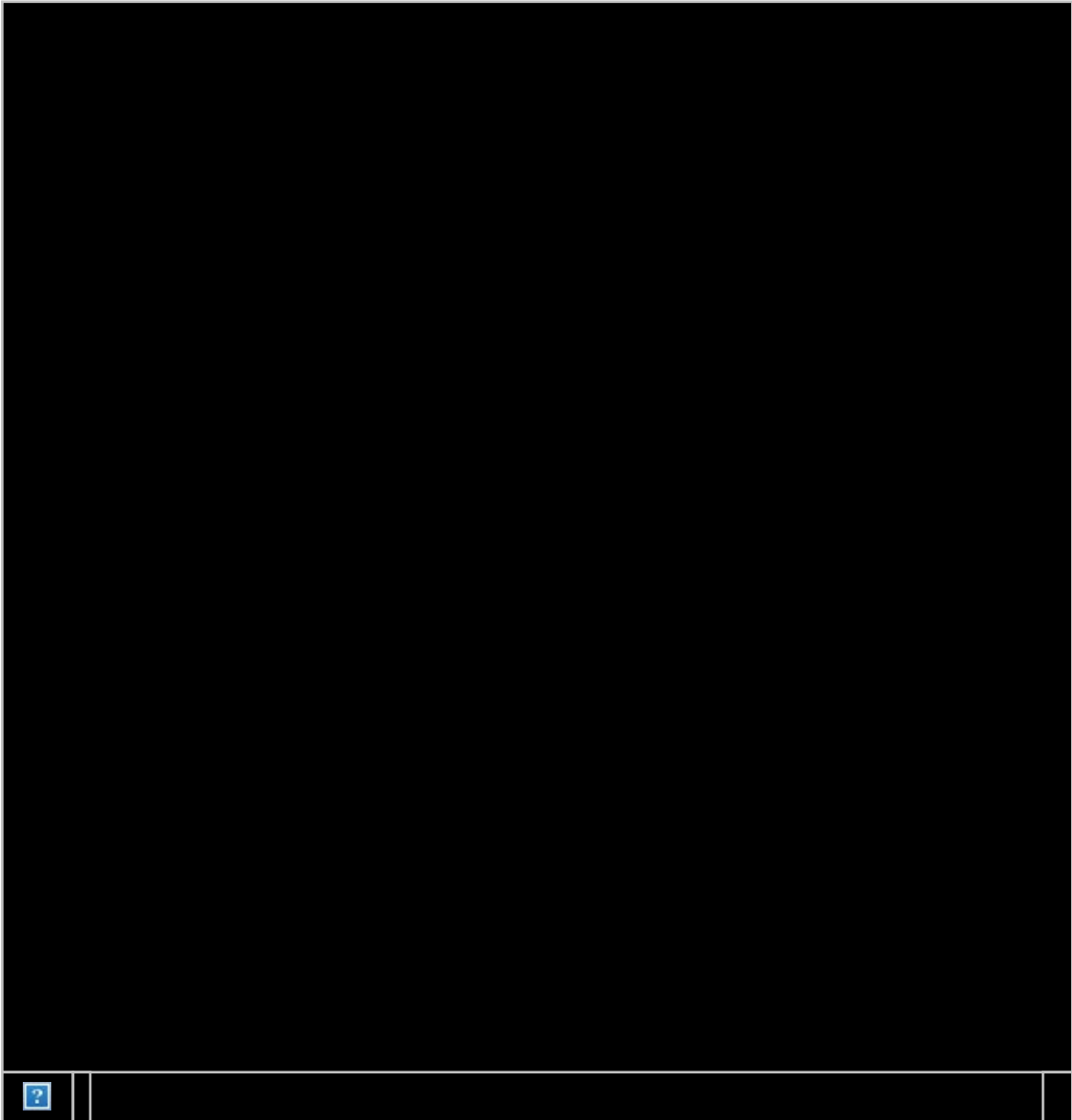
We are delighted to host our 2024 Duchenne Dash launch webinar on Tuesday 19 March from 8-9pm on Zoom.

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](#)

March fundraising tip





Why not make the most of the Easter fun to host a fundraising event for the whole family? Host a BBQ or picnic with an Easter egg hunt for the kids and ask for a donation to join in. Add in a few fun games to boost your total. What about guess the number of mini eggs in the jar or raffling off an Easter hamper?

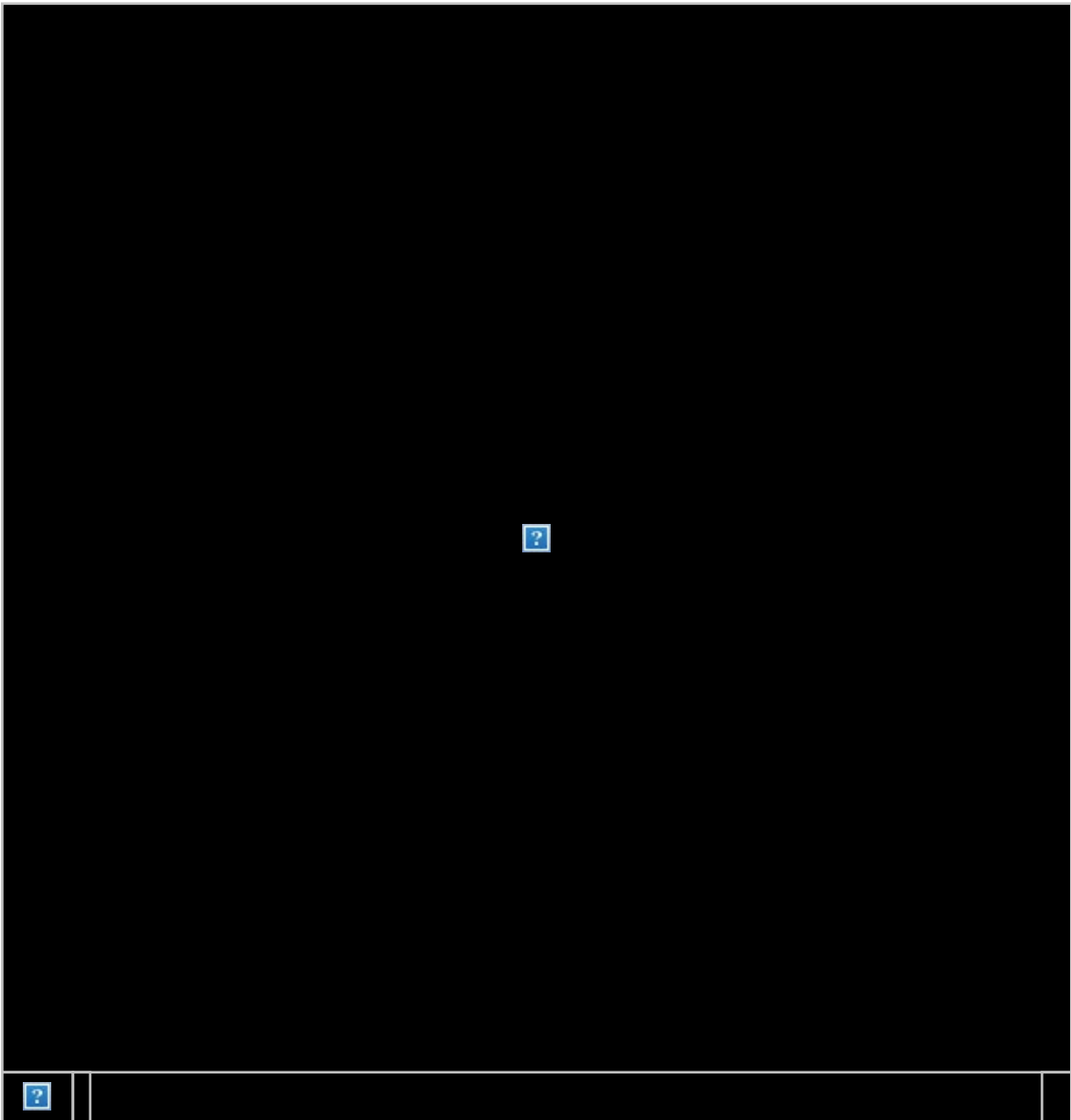
We've created the video above for you to share with your network when fundraising. Share it via social media, email, text, whatever you're using to tell people why you're doing the dash and why they should donate.

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

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

March training tip



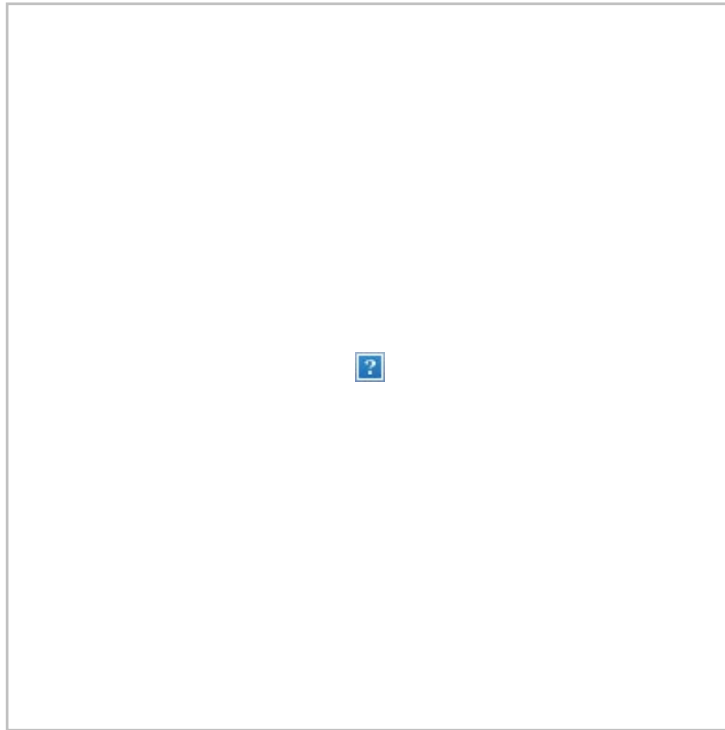


Dash veteran and ride captain, Robin Strong, has created a video on how to turbo-charge your training and get you ready for the start line in a few weeks time! If you have any questions for Robin, you can email him at novicecharitycyclist@gmail.com.

Rider Hall of Fame: Ian Playford

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 Ian Playford who first heard about the Dash from fellow Dasher and neighbour, Richard Parton, and after a few beers decided to sign up for the race. He's been involved with the Dash ever since.



Which Dashes have you taken part in? 2024 will be my fourth Dash. I keep saying each is my last but the reality is they are great fun and for such a fantastic cause. My first was the wet and windy one in 2019. It was proper grim but cut the cloth for future ones as nothing could be that bad again. I was well under way training for the 2020 but didn't have the chance to do it due to the pandemic. I resumed my Dash streak in 2022 and 2023 which were both really enjoyable events.

Why did you decide to do the Duchenne Dash? Rich Parton who lives near me convinced me to get involved. I had just hit 50 and was looking for an excuse to get fit and shed some weight. After a few beers one night I signed up. I didn't know much about Duchenne and didn't have a road bike but I started training in February on an old cross-trainer and went from there. The ride was beyond my expectations. Since then, I have gotten to know lots of the mums and dads with Duchenne boys and it is a privilege to be part of the team making a difference.

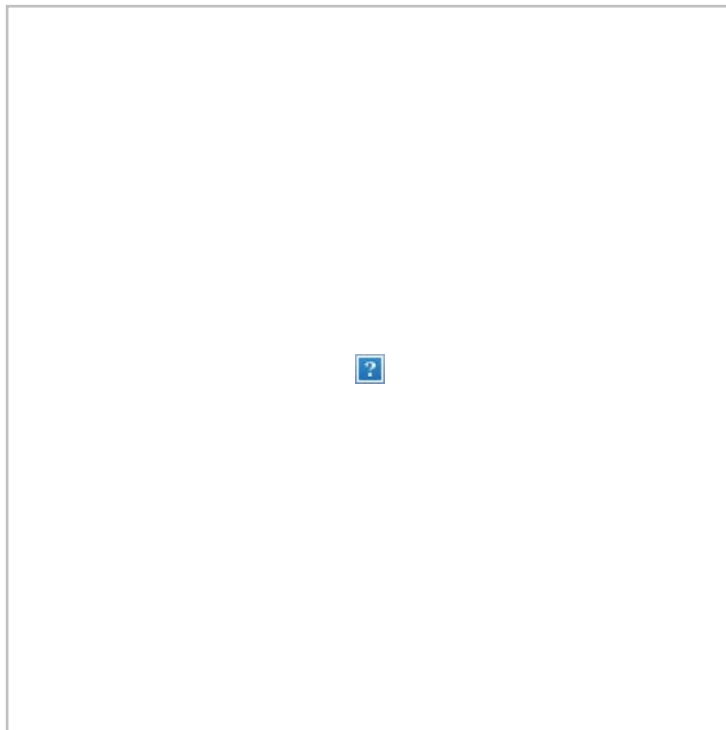
How do you train? Any tips? I start after Christmas with a mixture of using an exercise bike, rowing and walking. I try to venture out at the end of January as road biking is about confidence and getting used to cars, potholes, wind and weather, as well as riding with others. I try and hit two hours once a week as soon as I can, and then slowly increase my hours and add in climbs. I also look out for nearby sportives. In Kent we are lucky with the Kentish Killer and Ditchling Puncheur which gets you to 40 then 60 miles by the end of March with some testy hills. Last year I had Covid twice just before the event and was a little low on power so I am trying to eat, sleep and drink better this year!

What is the Dash like to participate it? What were the best bits? It's awesome. Firstly, it is so professionally run, the Duchenne UK team make it easy for us. The other thing that strikes you is how nice everyone is! You feel supported and there are four groups that ride at different speeds so no one is left behind. My best bits are easily riding into Paris up the Champs Elysees and down towards the Eiffel Tower and the glass of champagne looking over Paris at the gala dinner. The start is pretty cool too, all the excitement and gathering

before the big take-off. And finally, the first part of France; sun coming up, long flowing roads, no traffic, and just purring along at speed in a group of 40 tucked in and soaking up the views

Any fundraising tips? Be ruthless and brazen. Ask whoever you know, remind them again and again why you are doing the Dash and who you are fundraising for. People don't have a problem donating, they are just forgetful. Get a group to work together too, use corporate links if you can, and again don't be shy. Finally, quizzes. They are great - each year we get 130 people in a local hall, run a quiz night with a raffle. We also get 20 donations from local businesses for an auction. Altogether, we usually raise £4,500.

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)

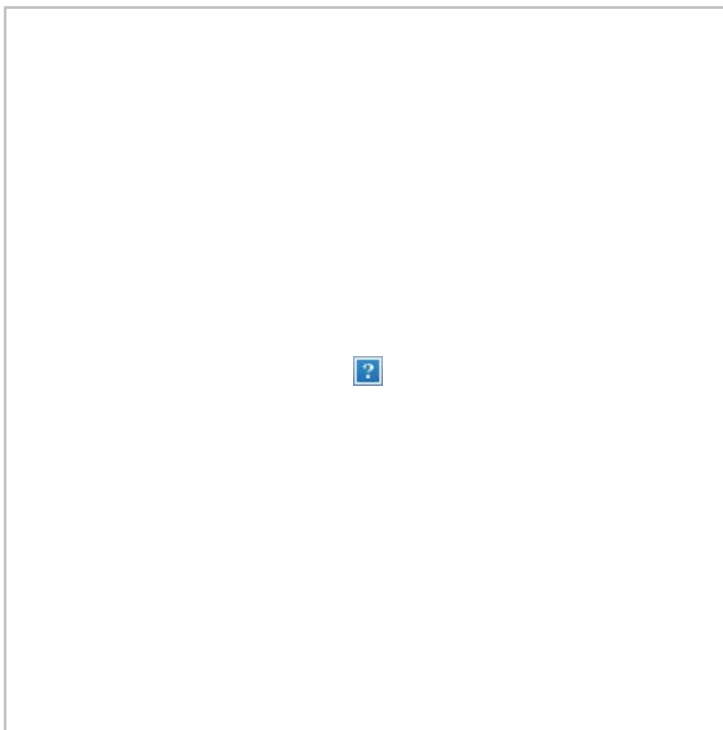
Meeting point: Pearson Cycles, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG

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.

Email us to book your place

See the full details for the Cycling Skills Sessions

Aubin's support for the Dash

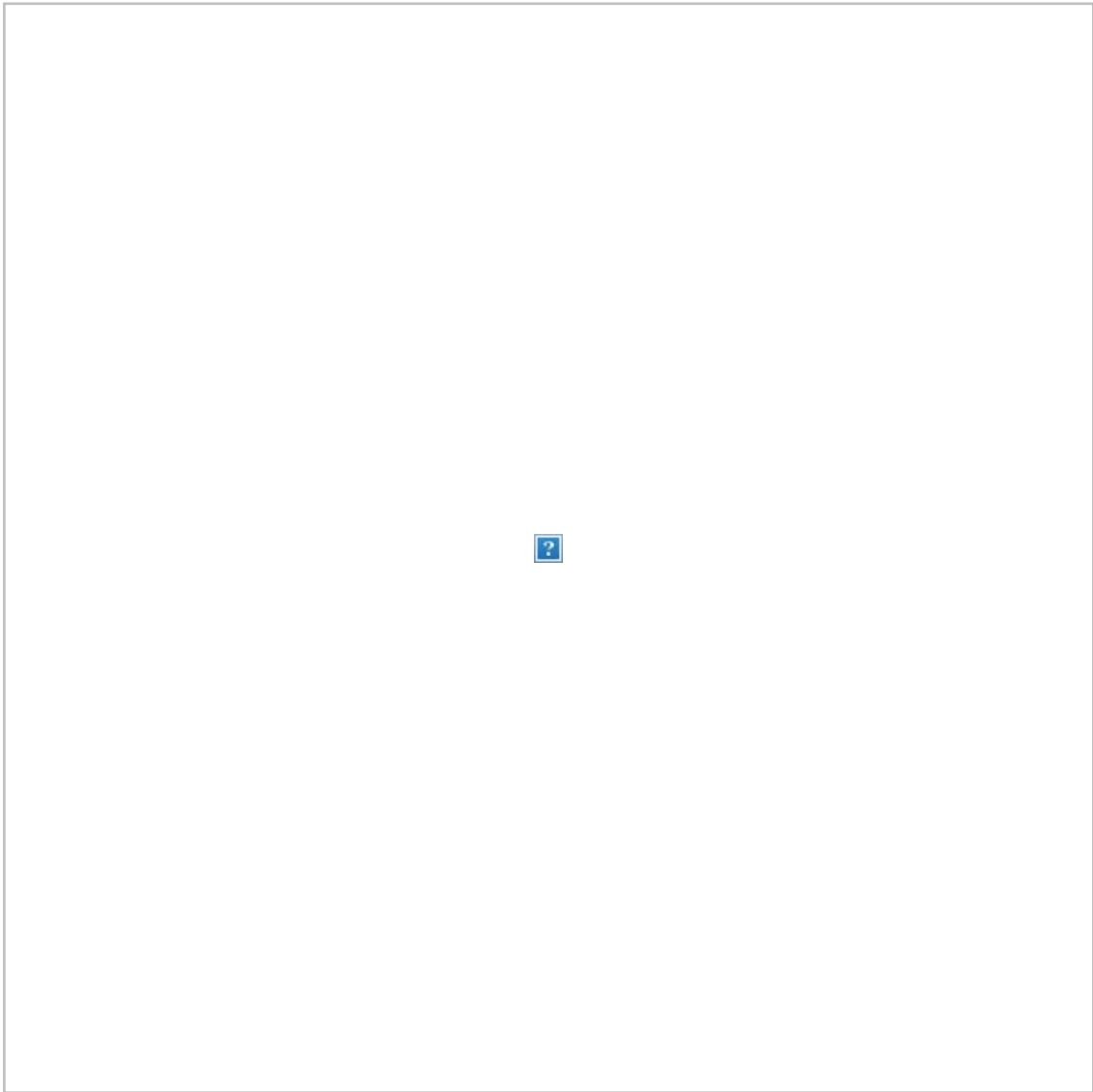


Aubin is a British menswear brand, developed by the same team who created Jack Wills. Aubin prides itself on being driven by quality rather than trends or fast fashion, offering built-to-last pieces that look good and feel great.

Aubin and the Dash

Aubin became involved with the Dash in 2022. Aubin kits out our amazing support team by providing stylish, practical clothing to ensure our volunteers stand out and keep warm whilst supporting the cyclists on this epic challenge.

The Tyburn | Muscle strength guide

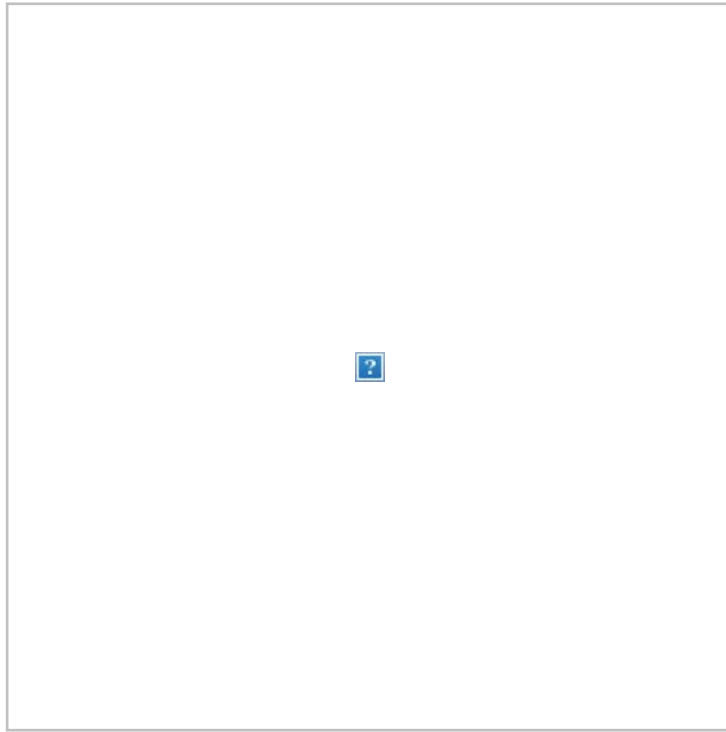


Duchenne Dash sponsor, The Tyburn Private Medical Practice, will be providing medical and healthcare support on this year's Dash.

Dr Adam Hazell has created a guide on how to avoid common cycling injuries when training and on the ride itself.

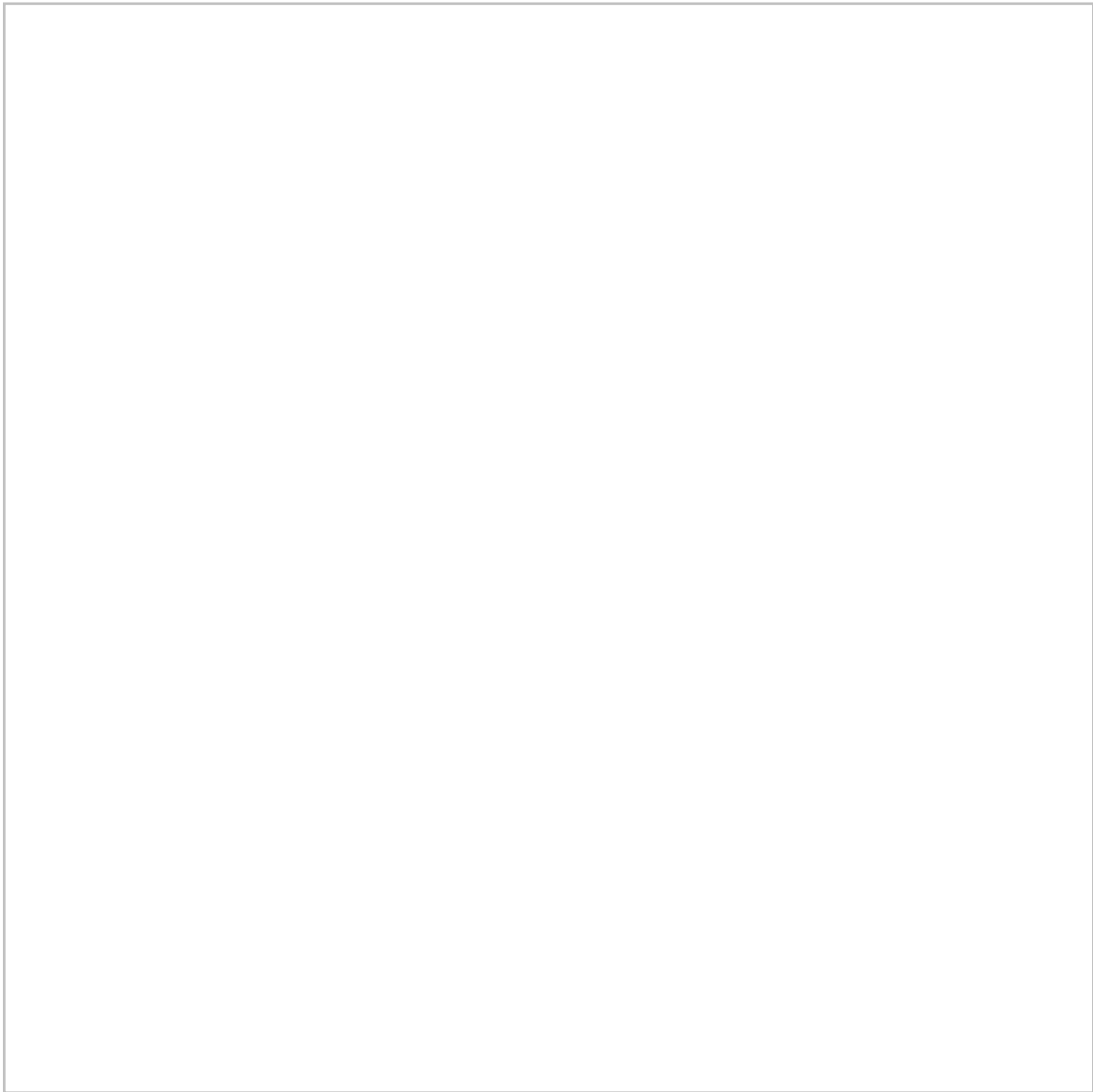
[Download the guide](#)

Tip from Finn Crockett



Commonwealth Games bronze medalist and FUEL10K field sales executive, Finn Crockett, shares tips on building your stamina for the Dash.

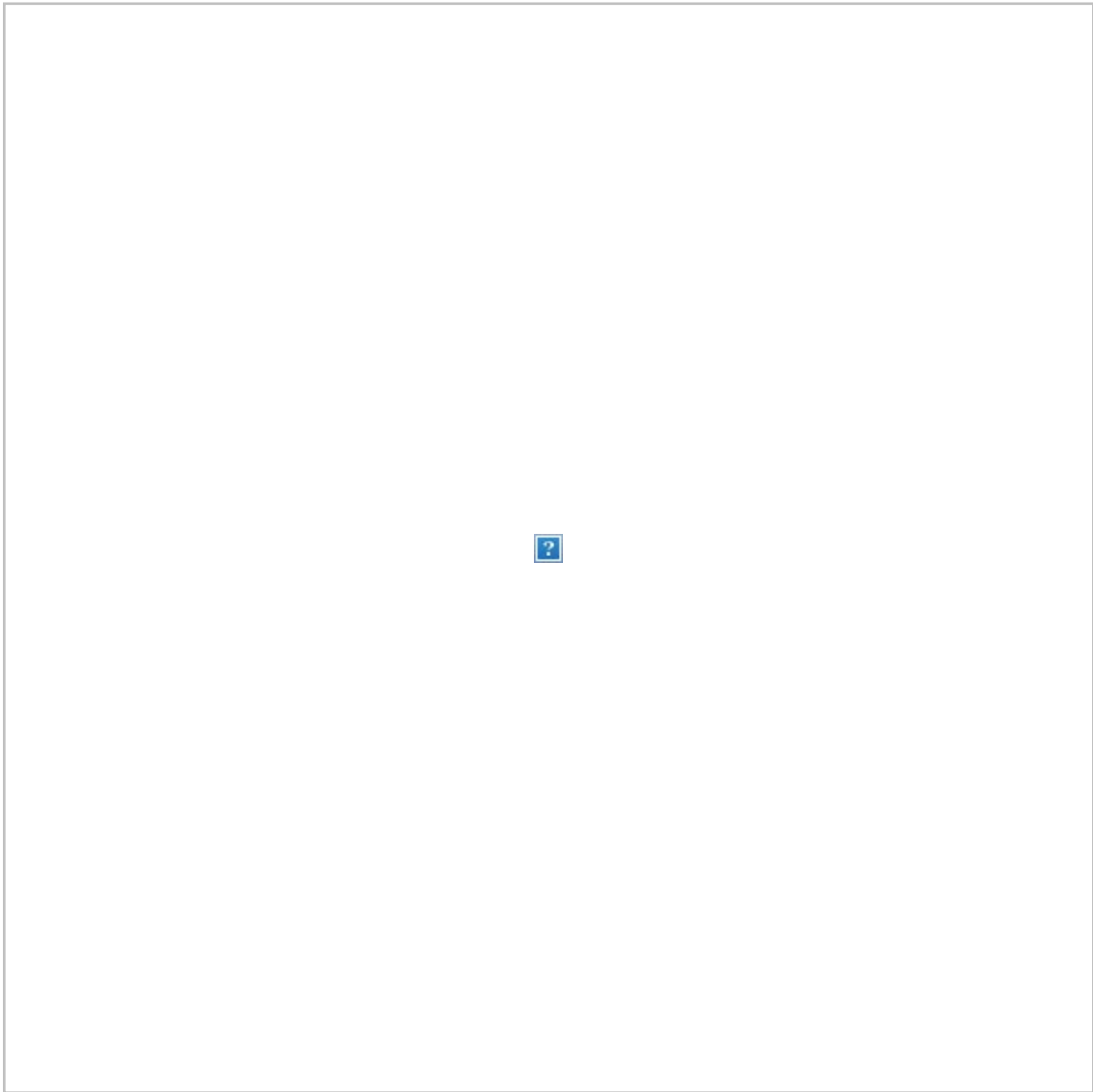
[Join our Strava club](#)



Have you checked out the official Strava club for the Duchenne Dash 2024?

It's a great way to connect with other Dashers who have started their training, share rides and posts about how your training is going. Plus, you can check out the club's stats for the week and see where you place on the leaderboard! Click the widget on the left to get started.

Dash memories



Remembering the Duchenne Dash 2016

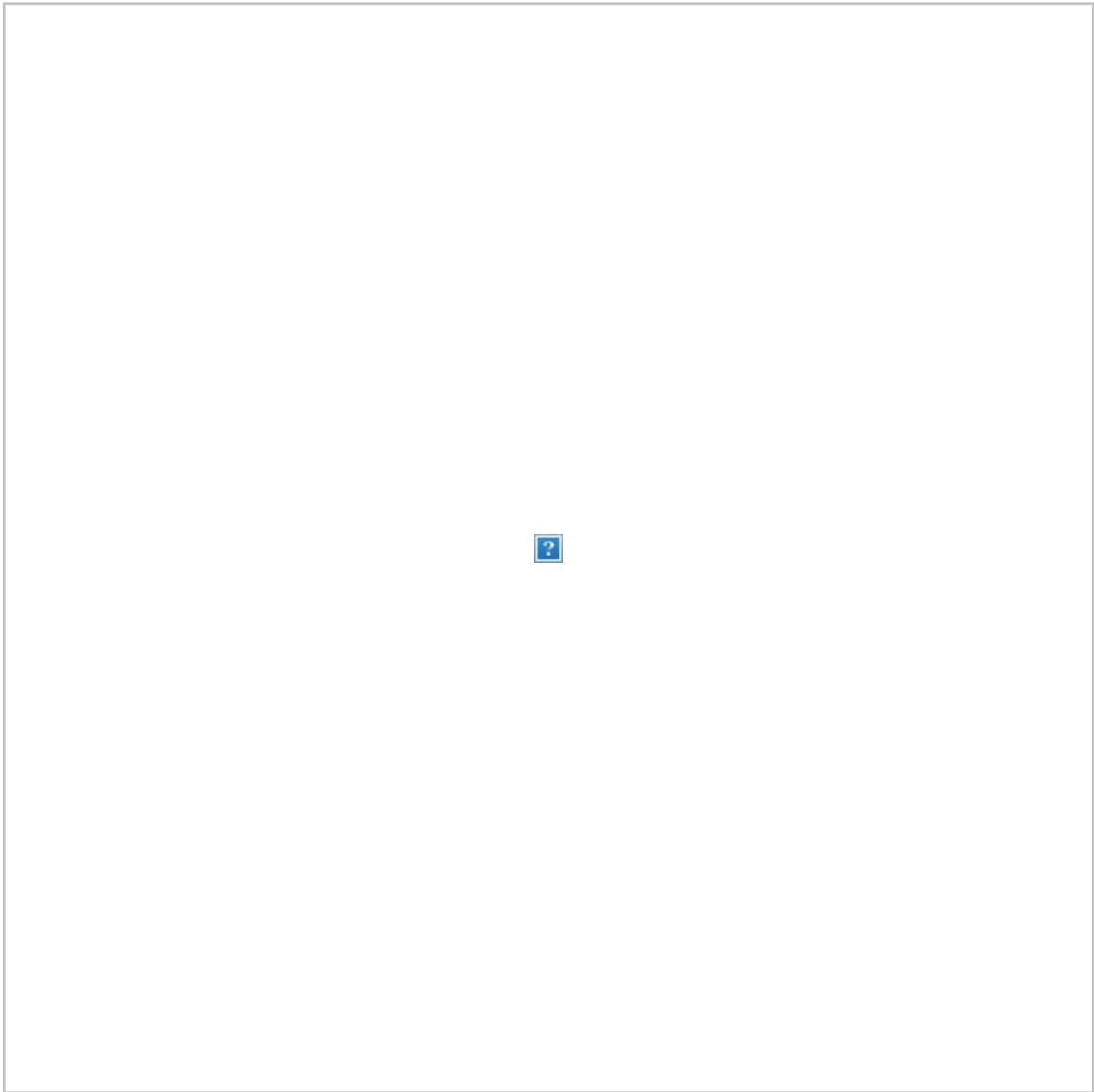
The early Dashes set off from Channel 4 HQ in Central London, before the event became too big and needed a larger venue.

In 2016, the sun shone and we had a crazy Dasher take part on a Boris Bike!

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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