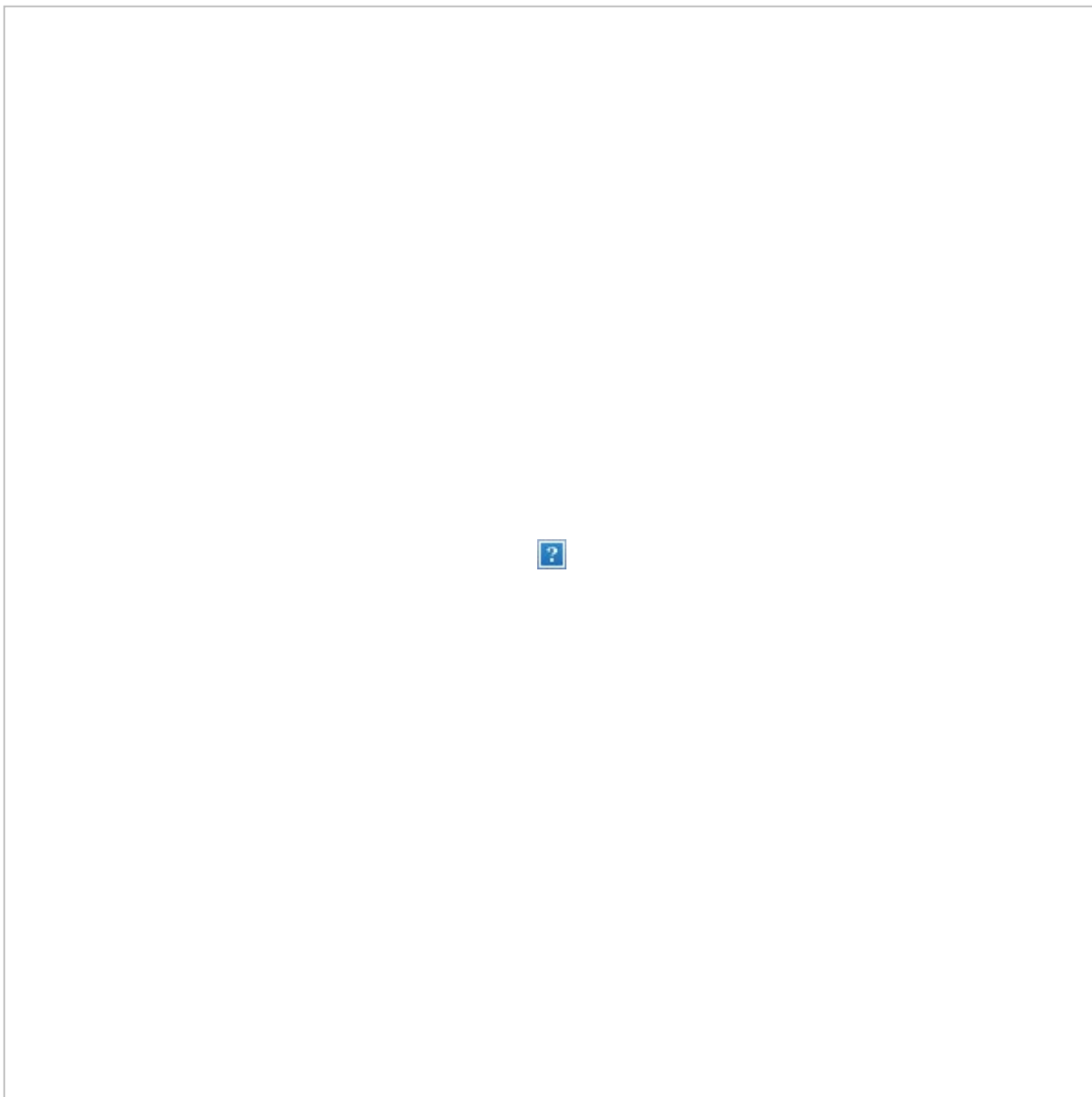


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Duchenne UK - End Duchenne | [View in browser](#)



[Training Tip](#) > [Fundraising Tip](#) > [Rider Hall of Fame](#) > [Cycling Skills Sessions](#) >  
[Dash AT HOME](#)

## VERY IMPORTANT Duchenne Dash information

Dear Dasher,

Now that April is upon us you can expect more sunshine (fingers crossed), longer days, and we hope, lots of good training!

There's just six weeks to go until we head off from Herne Hill Velodrome and embark on our incredible journey to Paris. It's vital that you start training and fundraising, if you haven't already, so you're in the best possible shape for the start line and can meet your fundraising total. But don't worry, we're here to support you.

You can find all the important information, rider briefing pack, fundraising materials, social media assets and more in the [Rider Toolkit on our website](#). If you have any questions, please get in contact by emailing [dash@duchenneuk.org](mailto:dash@duchenneuk.org).

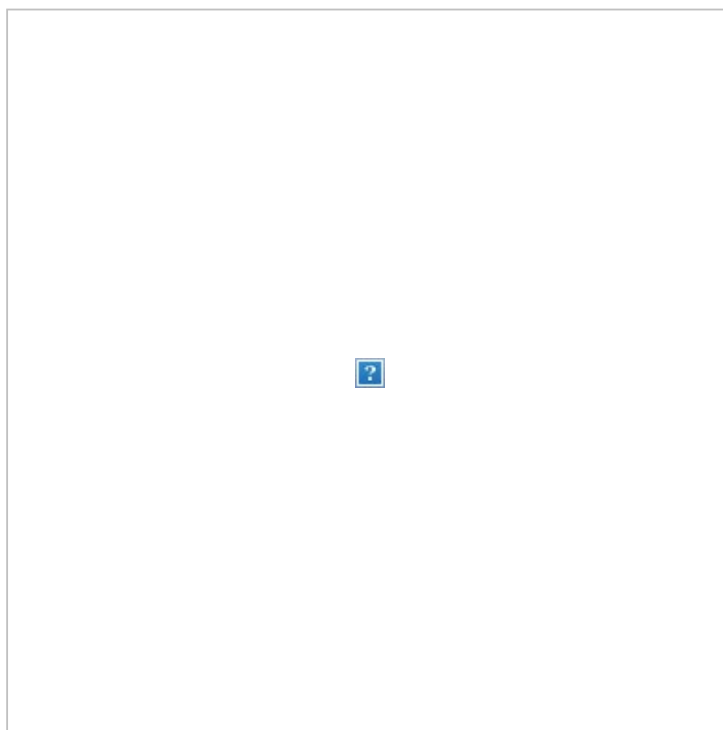
Our last Cycling Skills Session will be taking place on Saturday 20th April. It's a two-hour ride through Richmond Park where you get to meet other Dashers, this year's ride captains and get some useful training advice. Scroll down to find out more and book your place.

Why not treat yourself this Easter on some discounted goodies thanks to our Dash sponsors!

- Get **30% off Aubin's quality British menswear** in store or online when you use code **DASH30** at checkout
- Get **20% off Lucky Saint's 0.5% Superior Unfiltered Pilsner-Style Lager** by using code **SAINTDUCHENNE20** when buying on their [website](#)
- Get **30% off Veloforte's performance fuel food products** by using using code **DASH24** at checkout
- Get **25% off The Curators range of high-protein savoury snacks** when you use code **DASH25** at their website checkout.

## Getting ready for your Dash

### Select your speed group



We will offer four paced groups, each cycling at slightly varying pre-assigned speeds to suit all abilities. The aim of these groups is to enable you to cycle at a pre-determined speed, which will help you with your training and also help you pace yourself effectively to get the most out of the ride.

You are required to select the group which best represents your average cycling speed and ability over a set distance of 300KM. The groups will ensure that everyone is cycling at a

similar speed and ability, and that the ride moves at a good, fluid and continual pace.

#### Red

Strong and steady riders, who cycle a lot at club level.

Average speed expected/required: 17mph/27kph

#### Green

Confident riders, who get out as regularly as they can and enjoy a good blast

Average speed expected/required: 16mph/25kph

#### Yellow

Determined riders, who have some experience in the saddle but haven't clocked up as many KMs as they'd intended.

Average speed expected/required: 15mph/23kph

#### Blue

Tenacious riders, who might be at the start of their cycling career and are improving with every ride.

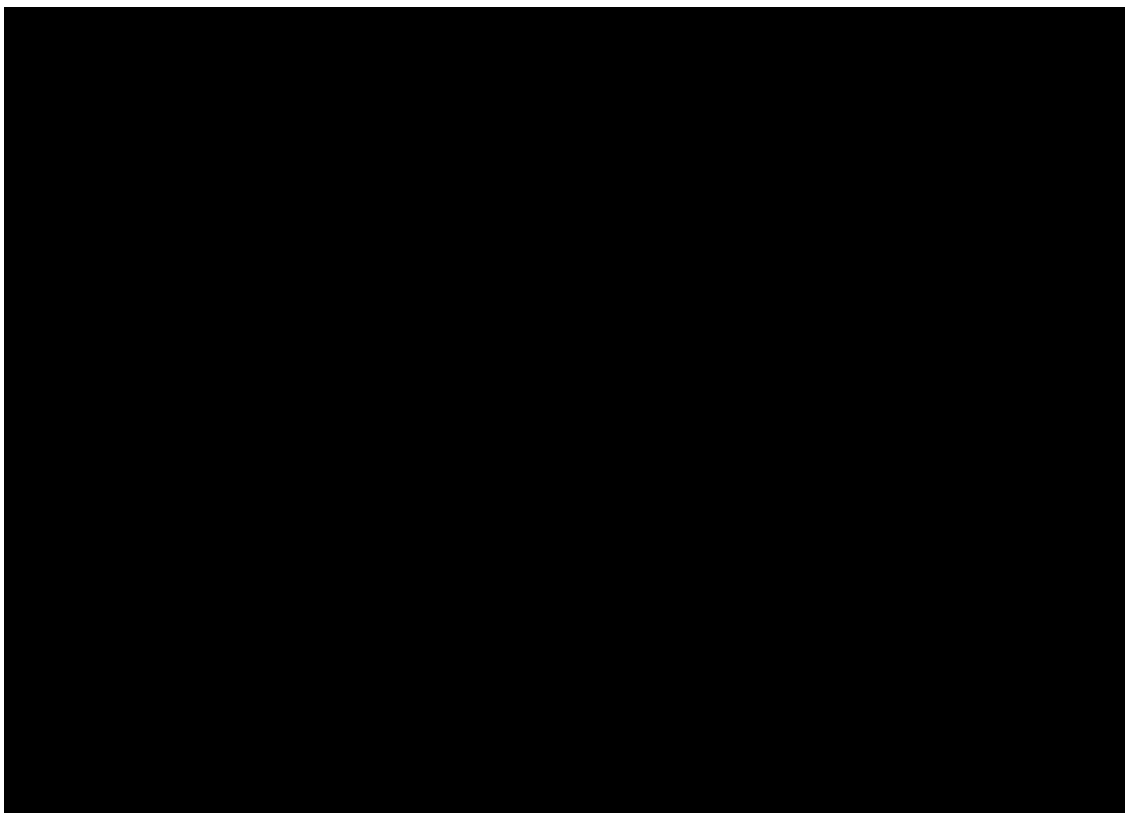
Average speed expected/required: 14mph/22kph

You can find out more on page 9-10 of the Rider Briefing Pack.

[Select your speed group here](#)

[Download the rider briefing pack](#)

### March fundraising tip





Does your work place offer matched giving? This can be a really effective way of boosting your fundraising total. Talk to your employer and see if they are willing to match some or all of your fundraising amount. You can use our new fundraising video above when sharing why you're doing the Duchenne Dash 2024.

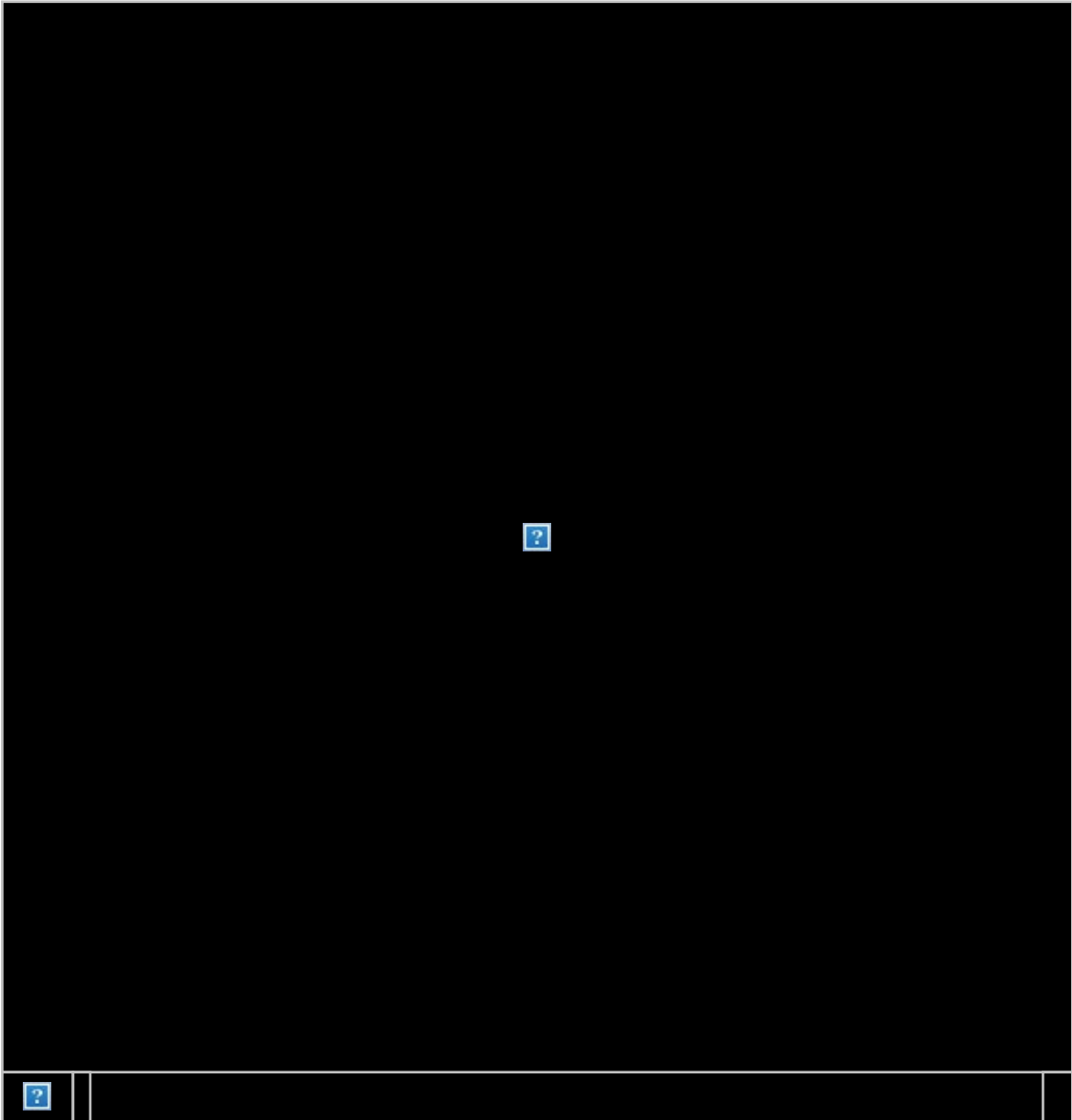
Don't forget the Dash AT HOME is another great way to meet your fundraising goal by getting family, friends, colleagues, local clubs to cover 300km any way they like in the run up to the Dash and fundraise towards your total. Find out more [here](#).

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

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

**March training tip**



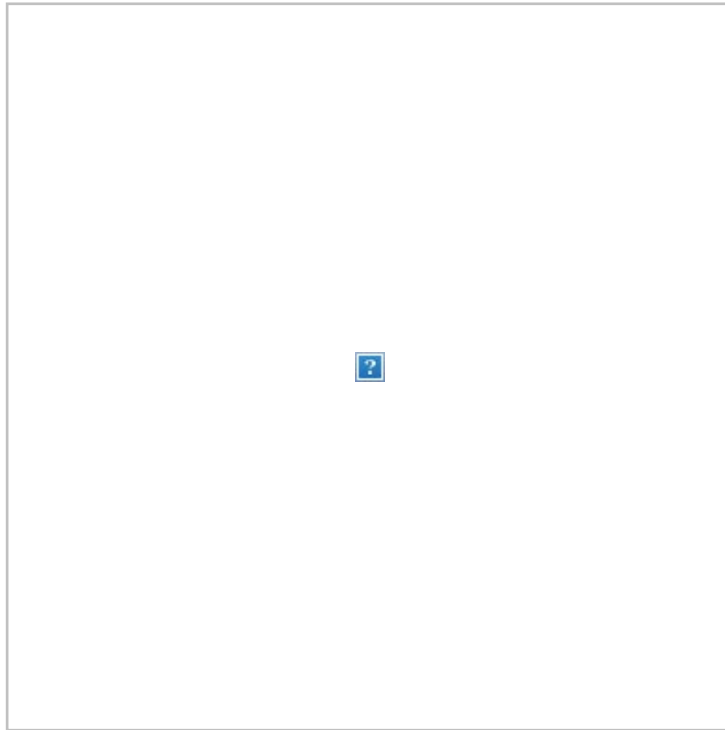


The next edition of Dash veteran and Ride Captain, Robin Strong's training videos is now available and this month he is focusing on nutrition and gears.

If you have any questions for Robin, you can email him at [novicecharitycyclist@gmail.com](mailto:novicecharitycyclist@gmail.com).

Furthermore, if you have any questions for our Ride Captains, we have an informal Dash WhatsApp group set up, so do join if you have any questions or would like some extra support over the coming few weeks. [Join here](#).

**Dash AT HOME**



The Duchenne Dash AT HOME is a virtual challenge that takes place in the run up to the Duchenne Dash where friends, family and colleagues complete 300kms (the distance from London to Paris) in any way they like in six weeks to raise money towards your Dash total.

- Ask your family to walk the distance and get sponsored to do so
- Set up a static bike in your office and get colleagues to spin during their lunch break and reach 300km
- Ask your local sports club to get in on the action and help you meet your fundraising goal!

Get family, friends, colleagues or your local sports club to take on the Dash AT HOMEs challenge and fundraise towards your Dash total.

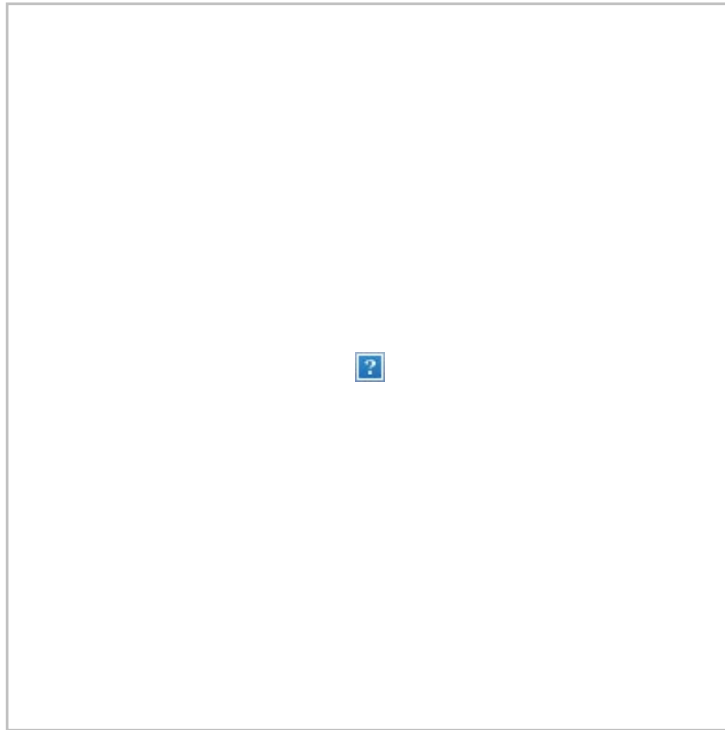
[Sign up for the Dash AT HOME](#)

[Download the Dash AT HOME fundraising pack](#)

## Rider Hall of Fame: Ben Griffiths

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 Ben Griffiths who rode the Dash in 2017, joining as part of Foodbuy's sponsor team. He's been involved with the Dash every year since by volunteering as a member of the support team.



Why did you decide to do the Duchenne Dash? In 2016, Oli Cock rode the Dash and signed Foodbuy up as a corporate sponsor. I didn't look away quick enough, and became a member of the inaugural Foodbuy Dash team! All joking aside, when Oli came back and explained about Duchenne muscular dystrophy, the impact it has to so many families and the work Emily and the team were doing to end Duchenne, there was no way I wasn't going to be a part of the cause.

How do you train? Any tips? Nowadays, I drive one of the support vehicles so training consists of driving around Buckinghamshire slowly, eating sweets, with my wife shouting at me! To be fair, that isn't too far off what happened when I was actually training for the dash, but then I was on two wheels... My tips would be to try and train with others. It's a long time in the saddle and therefore, the company is good to keep the motivation high. Stay hydrated, eat regularly (pork pies are a good savoury treat!) and have lots of chamois cream for those long training rides.

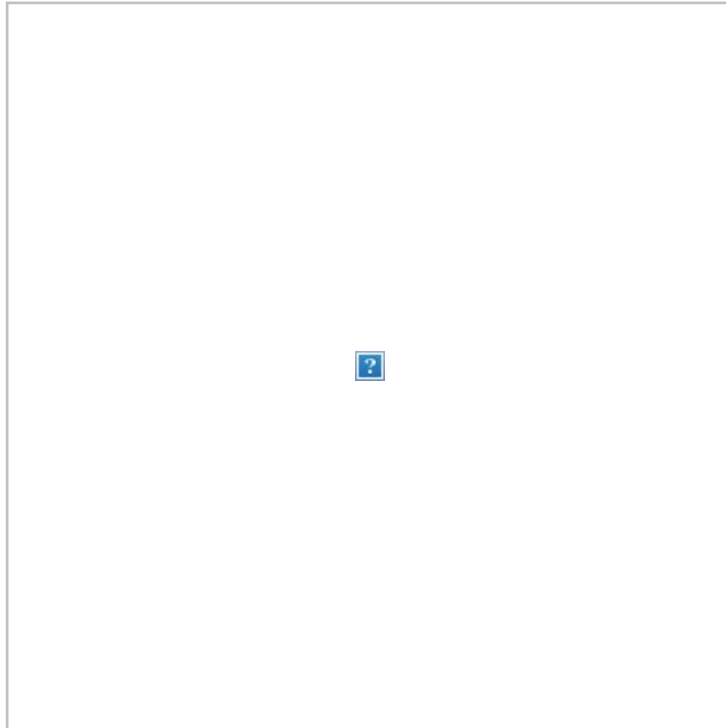
What is the Dash like to participate it? What were the best bits? There aren't enough superlatives to describe what it's like to participate in the Dash, both as a rider and a support crew member. As a rider, all you've got to do is peddle, everything else is taken care of. You'll be around a great bunch of people, having fun and doing something pretty incredible. The support crew are there for any unforeseen circumstances, so just ask if you need anything."

The bit that keeps drawing me back is that I get to spend the weekend being a part of an incredible experience, with incredible people, doing something incredible for a great cause, who doesn't want to be a part of that? Askew's (Duchenne UK CEO, Emily Reuben's son's band) performance in 2022 at the Gala Dinner is definitely up there as one of my best bits though!

What would you say to someone to encourage them to do it? You can do it! In 6 months, I went from getting on a bike for the first time in 20 years to cycling 190 miles in 24 hours. So if I can do it, so can you, and I'm not the only person who'll give you that advice.

You won't come across a better organised charity event that makes you feel genuinely positive about humanity or gives you as much of a sense of purpose as the Dash. From arriving at Herne Hill on the Friday to getting off the train in St Pancras on the Sunday, you'll have a massive smile on your face!

## Cycling Skills Sessions



Attention Dashers! Don't miss our last cycling skills session, taking place on Saturday 20th April.

This two-hour session is hosted by lead Ride Captain, Will Pearson, and will take place around Richmond Park. Along with other ride captains and Dashers, this is a great opportunity to enhance your cycling skills and get useful training advice. All you need to bring is yourself, your bike and water.

Meeting time: 08:00am (for coffee and some promo photos - we'll leave at 9ish)

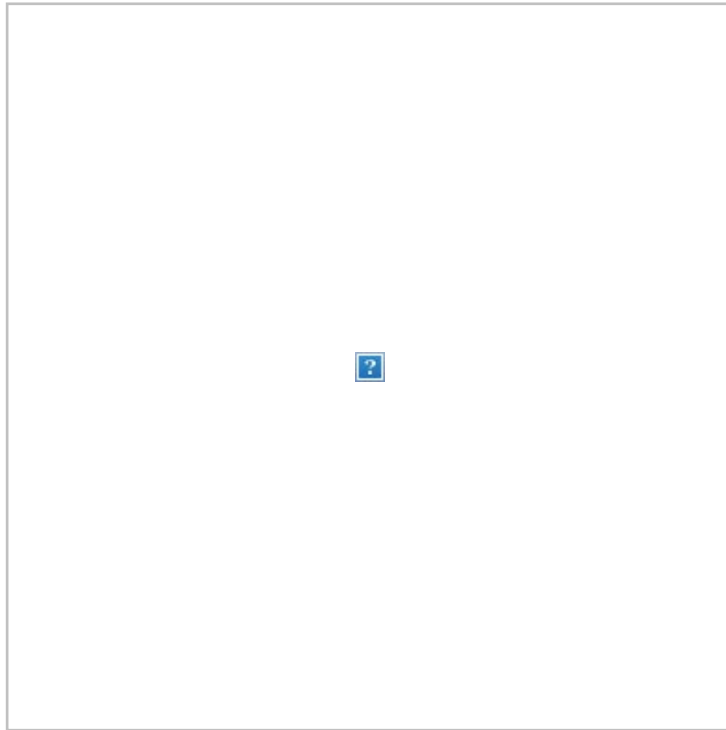
Meeting point: Pearson Cycles, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG

To book a spot, email [dash@duchenneuk.org](mailto:dash@duchenneuk.org).

See the full details for the Cycling Skills Sessions

LCH's support for the Dash





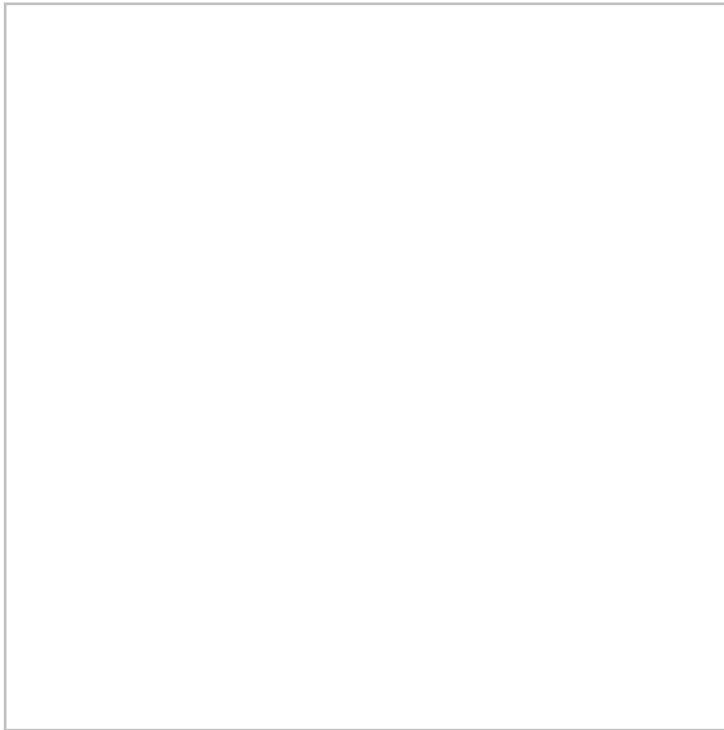
LCH is one of the UK's most renowned suppliers of luxury vehicles, providing the highest standards of vehicle hire.

Whether it's for professional and chauffeur use, a family staycation or a weekend trip away with friends, the entire fleet is available for self-drive hire.

#### LCH and the Dash

LCH was introduced to Duchenne UK and the Dash in 2019 via our partner charity Chasing Conor's Cure. They provide a fleet of support vehicles which accompany our cyclists on the road. They carry important supplies and are available if anyone needs to jump in for a rest or to warm up. Quite literally they keep the ride moving, and we couldn't do it with them!

**Fastned's support for the Dash**



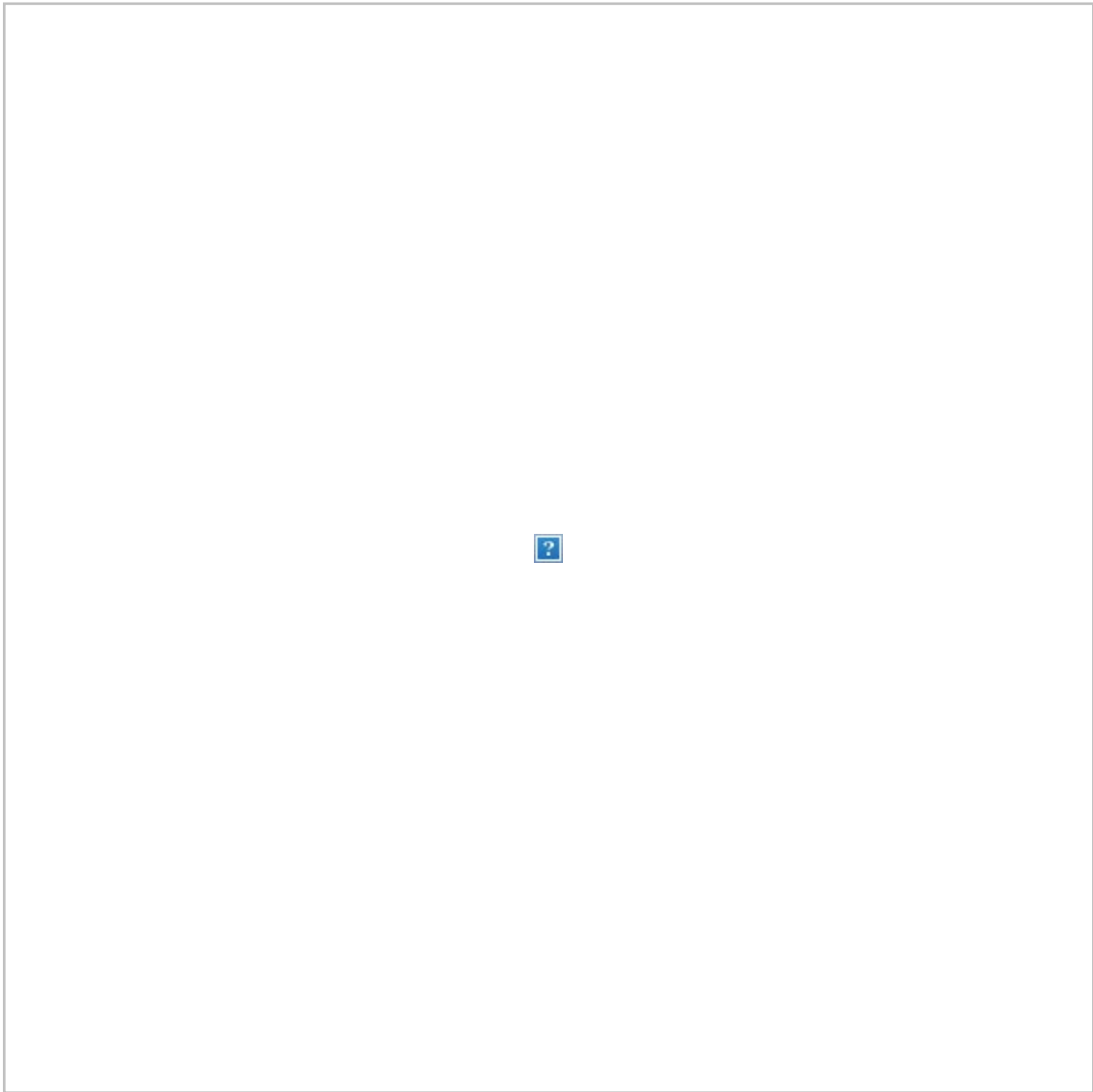
We're delighted to have Fastned as charging partner for the Duchenne Dash for the second year in a row, providing EV charging to the Dash support cars.

This fantastic partnership all started with a chance encounter at an EV charging station south of London when one of the support cars for the Duchenne Dash 2022 was struggling to charge, but thankfully one of their superstar employees was on hand to help.

From this fleeting interaction, a partnership started to grow, leading to Fastned sponsoring the Dash in 2023 and two of their team signing up for the ride. They're back for 2024 with four cyclists gearing up to cycle the 300km to Paris.

Fastned said: "*We couldn't be prouder to be powering up the Duchenne Dash with 100% renewable energy, from underneath our yellow solar canopies, at our charging hubs between London and Paris. Keep an eye out for our bright yellow EV and see you all in May!*"

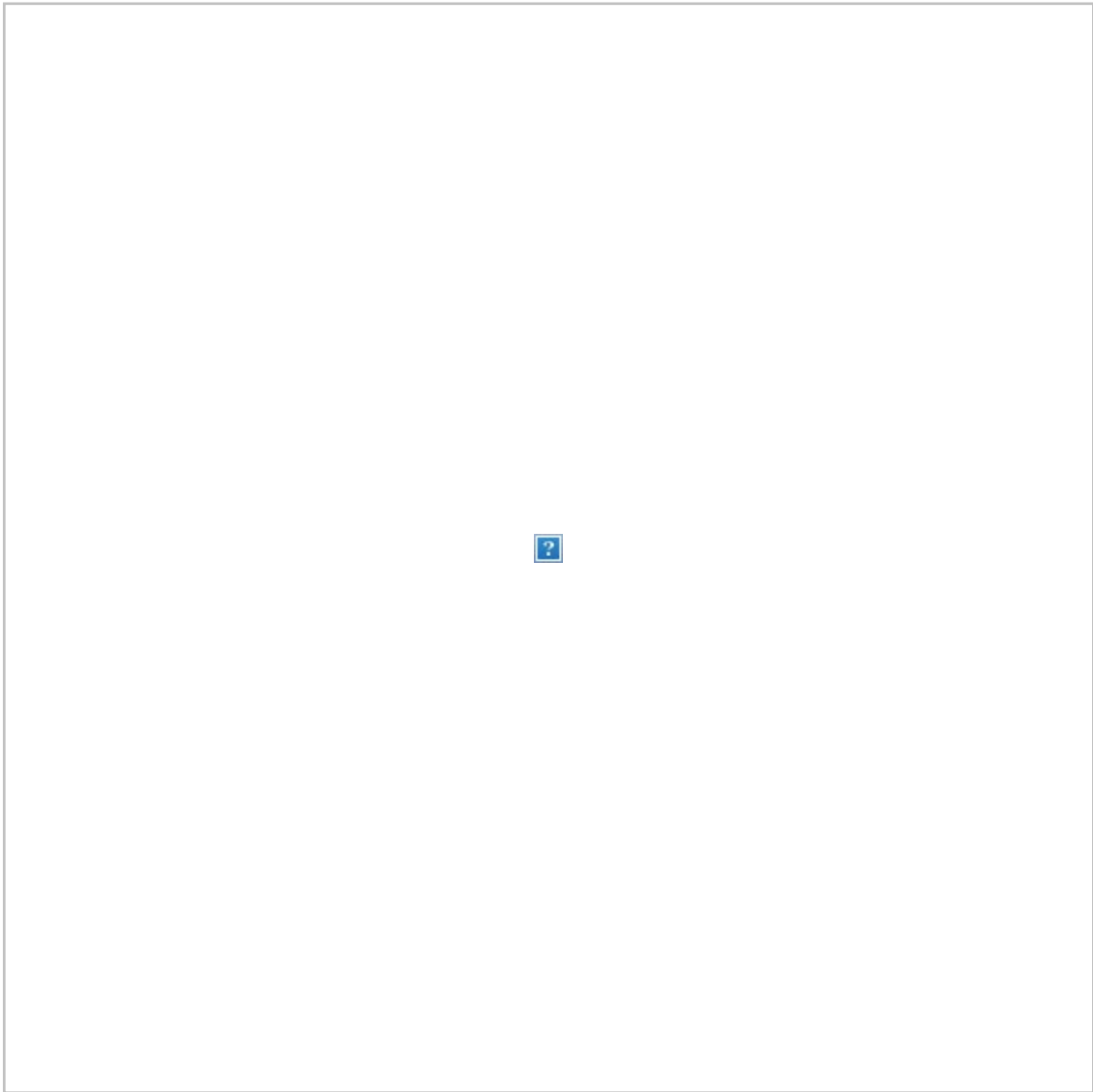
[Join our Strava club](#)



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 2022

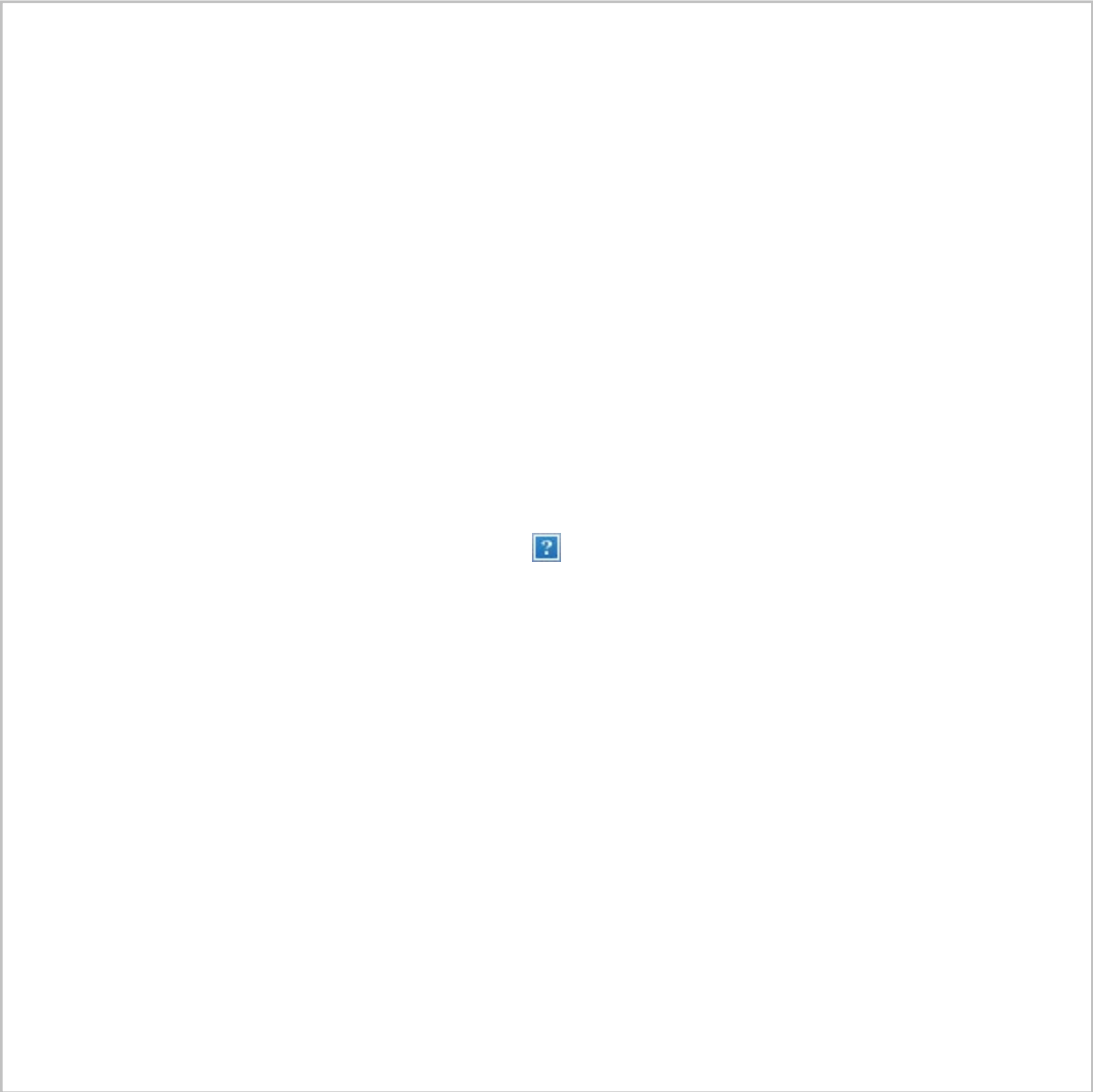
After a two year COVID-enforced break, 2022 saw us get back on the road and cycle to Paris together.

We also celebrated our 10th Dash!

## 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](#).



Charity Number 1147094

**duchenneuk.org**



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