

24 Hours | London to Paris | 17-18 May | 2024

# DUCHENNE DASH



Duchenne  
UK

12th Edition

## RIDER BRIEFING PACK – APRIL 2024



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## 1. WELCOME TO DASH-DAY!

In just over two weeks, we will be meeting at London's iconic Herne Hill Velodrome to prepare and set off on our 24-hr challenge to Paris.

We cannot believe we are getting together for our 12<sup>th</sup> Duchenne Dash, embarking on an epic 300KM journey which will conclude by cycling up through Paris Tour de France style to the Eiffel Tower.

Huge thanks once again for committing to join us on this epic challenge, the hours you have all spent in the saddle training are not underestimated, neither is the huge effort you have put into your fundraising.

Your donations have made the impossible, possible. Since the first Dash in 2013, we have raised more than £7.3m towards finding effective treatments for people living with Duchenne muscular dystrophy (DMD). You are helping us achieve our mission to secure the futures of people with DMD by helping them live longer, more independent lives through transformative technology and new treatments. Together, we will end Duchenne.

Welcome to the 12<sup>th</sup> Edition of the Duchenne Dash... allons-y!

## 2. EVENT OVERVIEW AND KEY CONTACTS

Event	Duchenne Dash 2024
Event Dates	Friday 17 <sup>th</sup> and Saturday 18 <sup>th</sup> May 2024
Departure venue	Herne Hill Velodrome, 104 Burbage Rd, London, SE24 9HE

Name	Organisation and role	Contact details
Emily Waring	Duchenne UK: Dash Event Director Event operational and logistical questions and queries	+44 (0) 7876 214 790 Emily.waring@duchenneuk.org
Jane Barnes	Duchenne UK Fundraising Manager Fundraising queries and general charity information	Jane@duchenneuk.org

## 3. IMPORTANT DOCUMENTATION

**Please read this section very carefully:**

**EVERYONE** participating in the Duchenne Dash **MUST** have the following documents.

- **A valid passport**  
**Please ensure you have a valid passport.** All passports are required to have at least 3 months validity to enter France. If you have any passport issues/concerns, please contact: [Emily.waring@duchenneuk.org](mailto:Emily.waring@duchenneuk.org)

For more information about passports go to:  
<https://www.gov.uk/browse/abroad/passports>

- **UK Global Health Insurance Card (UK GHIC)**  
Formerly the European Health Insurance Card EHIC: this is still accepted if valid, if it has expired, please replace with a UK GHIC card



**Or/**

**A UK European Health Insurance Card (UK EHIC):**

If you have rights under the Brexit Withdrawal Agreement

For more information <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

**BREXIT VISA entry requirements**

The below is applicable to those travelling on a **FULL British Citizen** passport. Should you be travelling on an alternative passport, please ensure you have the right access/visa documentation to enter France for this event.

Under the Brexit Withdrawal Agreement, the rules for travelling or working in European countries changed on 1 January 2021:

- You can travel to countries in the Schengen area, which France is part of, for up to 90 days in any 180-day period without a visa. This applies if you travel as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training. Find more information [here](#).

**Please note**

- It is your responsibility to make sure you have the correct and valid documentation to enter France
- If you do not, and are turned away by immigration services, Duchenne UK will be unable to assist and you will be required to make your own way home

**Public Liability Insurance**

Duchenne UK has made suitable provisions to ensure the correct Public and Event Liability Insurance is in place, which covers all riders, employees and volunteers.

**Bicycle insurance**

If you are looking for insurance to cover your bike, long term Dash partners, **Yellow Jersey** are offering all Dashers a 15% discount on their annual and short-term bicycle and travel insurance policies. Use the code **DUCHENNE15**.

What's more, they will help support your vital fundraising efforts by donating a further 10% of every policy to DUK so think about an annual policy, as your bike may need insuring all year round rather than just for the short term. Furthermore, if you're likely to cycle overseas again then an annual policy will probably work out more cost effective as well as support DUK.

Yellow Jersey offer three tiers of bicycle insurance on either a short term or annual policy. There is cover available for Europe and sportives on the Performance tier, with worldwide travel and racing on an Ultimate policy. The Dash counts as a sportive/charity event.

Please note: It is your responsibility to ensure you have the appropriate level of cover to suit your needs. If in doubt call the Yellow Jersey team on 0333 003 0046 or drop them an email on [support@yellowjersey.co.uk](mailto:support@yellowjersey.co.uk)

Bicycle insurance cover can include amongst other things:

- Crash and accidental damage
- Vandalism
- Theft home and away Incl. vehicle
- £2m Public Liability
- Legal expenses up to £100k
- £250 accessories with option to add more



- Cover in Europe and worldwide
- Cover during sportives and races
- Dental and physio cover
- *Bikes up to £15,000 value*
- 60% multibike discount for insuring all the bikes in your home on one policy
- Free DNA+ security marking kit for theft prevention worth £36
- 25% renewal discount even if you make a claim

Shop bicycle insurance here: <https://insurance.yellowjersey.co.uk/product/bicycle>

### Travel insurance

Travel insurance works in conjunction with the bicycle policy and covers the individual rather than the bike. In the unfortunate event of an accident while cycling outside the UK, travel insurance would cover you for any unexpected medical costs that might be incurred. The ECHIC/GHIC card only works in public hospitals, not private ones. Also many traditional travel policies exclude cycling when it is the main reason for the trip. If you have an existing travel policy, it is worth checking to see if you are covered.

The Yellow Jersey travel policy is available as a short-term policy as well as an annual one. Key cover includes, along with many other benefits:

- Trip cancellation
- Medical expenses up to £10m
- Repatriation up to £10m
- Baggage up to £5000
- Covid cover
- Emergency bicycle cover up to £500
- Cycle repatriation benefit £250
- Gadget cover £2000

Shop travel insurance here: <https://insurance.yellowjersey.co.uk/product/travel>

### 10% of your premium will be donated to DUK.

Furthermore, and specifically for the Dash, Yellow Jersey has agreed to include damage to bicycles in transit, within the cover for participants utilising the official Duchenne Dash bike return.

Visit [yellowjersey.co.uk](https://yellowjersey.co.uk) to get a quote using code **DUCHENNE15**. You can direct any questions to [support@yellowjersey.co.uk](mailto:support@yellowjersey.co.uk) or call 0333 003 0046.

**Please note:** please ensure you have suitable travel insurance in place for this event.

## 4. REMINDER WHAT TO PACK

The Duchenne Dash is a challenging endurance event but can be made easier by careful packing and the right kit. Whilst we hope for good weather, this cannot be guaranteed, so it is worth packing for the worst-case scenario, to make sure you are not caught out by cold and wet conditions.

It's worth bringing sufficient changes of kit to allow you to change into fresh kit at the feed stops. This is obviously essential in the event of wet weather but will also help to make you more comfortable even in good weather.





Below are a couple of lists outlining kit and equipment which should be considered when packing for the Dash:

Recommended cycle clothing	
Bike helmet: Compulsory use at all times	A couple of sets of clothing: Jerseys, shorts, under-vest, socks
Cycle/cleats shoes: Trainers and flat pedals not recommended	Long sleeve jersey, gilet, rain jacket (water and wind proof)
Bike lights (front and rear): needed for the first couple of hours in France	Arm-warmers, knee-warmers, legwarmers
High-vis jacket/top: for the early morning in France, or in poor weather	Track mitts, winter/long finger gloves, overshoes
Sunglasses with a range of lens tints, to cater for different weather conditions	

#### Please note

- **Wheels:** Please DO NOT use tubular type/carbon wheels. Repairs to this type is difficult and time consuming and this outweighs any performance advantages. Road surfaces are generally good but avoiding potholes and debris in the road is more difficult at night so we recommend using a robust set of aluminum wheels rather than your super lightweight set.
- **Navigation/GPS:** It is recommended that you use a Garmin GPS device capable of route navigation that can display a Map My Ride or Ride with GPS route file. A downloadable link to the route will be circulated 48 hours before the ride, so that you can upload this onto your device.

Recommended lotions and potions			
Sun-screen	Hydrocortisone cream	Anti-diarrhoea tablets	Insect repellent
Chamois cream	Embrocation (warming for your legs)	Anti-inflammatory cream	Hayfever / anti-allergy tablets
Lip balm	Pain killers and anti-inflammatory tablets	Deep Heat/Arnica	

#### Packing for the Dash

Everyone is required to bring 3 bags (as outlined below)

You may think you are packing 'wisely' by bringing fewer, larger bags but this does not work from a logistical perspective and larger/heavier bags cannot be accommodated on our support vehicles.

Larger/heavier bags will NOT be accepted onto support vehicles at Herne Hill



## 1. Day bag

You will be given a rider day bag as part of your registration pack when you arrive at Herne Hill. This will be colour specific to your paced speed group. This bag will remain with you throughout the ride and should include spare clothing and other items you will need during the ride itself (listed below).

This bag will travel in your accompanying support vehicle throughout the ride and **you will be able to access this bag at all rest stops.**

### Please note

- This bag will be the only bag permitted into the support vehicle as space is limited; please only pack the essentials

Suggested items for your day bag		
GHIC (or EHIC) card	Rain jacket, gilet	Energy gels/bars, electrolyte sachets etc.
Chamois cream	Rain/warm clothing	Phone charger
Cash/credit card	Spare kit	

### Mobile phones

**Please ensure you have your mobile phone on you at all times, and ensure it is activated to work in Europe.**

## 2. Ferry bag

Your ferry bag is a (SMALL) rucksack, containing ONLY kit you require in Newhaven/on the ferry

Anything larger than a (SMALL) rucksack will not be permitted on the support vehicle

This bag needs to be a rucksack as you will have to cycle with it to the ferry

### Please note:

- You will only have access to your ferry bag in Newhaven and on the ferry. In Dieppe it will be put back on a support van and taken directly to Paris
- You need to be able to attach a sleeping bag and roll mat to your backpack as these will be needed on the ferry

### Suggested items for your ferry bag

Suggested items for your ferry bag	
PASSPORT and any visa documentation	Full change of clean/dry cycling clothing for the morning. Clean shorts and base layer are particularly important
Comfortable footwear to be worn onto the ferry (cleats are not permitted)	Eye cover and ear plugs to help sleep on-board
Sleeping bag and yoga/roll-mat	SMALL wash bag and toiletries (towels will be provided at the Premier Inn)
Casual clothing to change into for the ferry trip, after a shower at Newhaven	Phone / Garmin charger



### 3. Paris bag

Your Paris bag is a small/soft overnight bag (think airline hand luggage size), containing ONLY clothing you will require in Paris

Anything larger than a small/soft overnight bag will not be permitted on the support vehicle.

Your Paris bag will be taken directly from Herne Hill to Paris. In this bag you need to pack the clothing you will require at the end of the ride in Paris for the gala dinner and to travel back to London again. **Your Eurostar ticket should be placed in this bag.**

**You will NOT have access to this bag once you have left Herne Hill**

The Duchenne Dash Gala Dinner will take place in a stunning restaurant overlooking the Eiffel Tower. Smart/casual dress is perfect for this.

#### Please note

- These bags will be subject potential checks and searches at customs
- Our volunteers will **not** be responsible for the contents of any bags and in the event of any searches, you will be asked to be present
- Please pack these bags carefully and responsibly
- **There is NO space for any bike bags/boxes. Any bike bags/boxes bought to the departure event will NOT be loaded onto the support vehicles. Please contact [Emily.waring@duchenneuk.org](mailto:Emily.waring@duchenneuk.org) with any questions or queries.**

### 5. HERNE HILL VELODROME

On Friday 17<sup>th</sup> May, the 12<sup>th</sup> Duchenne Dash will depart from the iconic Herne Hill Velodrome, located in SE London.

#### Address

- Herne Hill Velodrome, 104 Burbage Rd, London SE24 9HE, UK
- <https://www.hernehillvelodrome.com>

#### Getting to Herne Hill Velodrome

- **By Rail:** The nearest train station is Herne Hill, which is serviced by trains from Victoria or Blackfriars from Central London. It is a 10 min walk from Herne Hill station to the velodrome. Additionally, services from London Bridge run into North Dulwich Station, which is a 15 mins walk away
- **By Bus:** There are several buses which run from Herne Hill station to Half Moon Street, where you need to alight and walk down Burbage Road to the velodrome

#### Please note

- There is **no parking** available at Herne Hill Velodrome, so it is asked that you arrive at the venue by public transport or taxi
- It possible to be dropped off by private car
- Alternatively, there are various parking apps, including [www.justpark.com](http://www.justpark.com) which offer a variety of parking solutions in the area
- <https://www.hernehillvelodrome.com/faq/#travel>
- The entrance is via a driveway off Burbage Road





### Arrival, lunch and departure times

To help us ensure a quick and efficient registration, it is kindly requested that you arrive and have lunch within your allocated time slot:

	Arrival and registration	Lunch	Departure
<b>Red group</b>	10:30-10:45	11:15-11:30	13:00
<b>Green group</b>	10:45-11:00	11:30-11:45	13:10
<b>Yellow group</b>	11:00 -11:15	11:45-12:00	13:20
<b>Blue group</b>	11:15 – 11:30	12:00-12:15	13:30

\*Breakdown of groups can be found [here](#) and see more about groups below.

It is kindly requested that you respect your allocated arrival time as this will help us manage and execute an efficient registration, ensuring everyone is ready to depart on time.

### Cycle jersey

You will receive a limited-edition Dash jersey in your registration pack, which you will collect at registration at Herne Hill. We kindly request that you wear your jersey for at least the start and finish of the event so you all look fab for our photos.

### Registration and preparation

At Herne Hill will receive your registration pack, which amongst other goodies, will include:

- Rider day bag (to be used throughout the ride)
- A selection of stickers and labels to mark/name your kit
- Eurostar ticket (return from France to UK)
- Dash cycle jersey

There will be plenty of support team on hand to guide you through sorting out your kit and advising on what bags need to go on what vehicles etc.

### Catering

Lunch will be served throughout the morning.

## 6. ON THE ROAD

### Paced speed groups

You have all chosen your paced speed group. If you need a reminder, check out the team sheets [here](#).

Our aim is to produce a steady, well-paced, safe and enjoyable ride, and that we make it to Paris in good time, all together. You will cycle with the group you have chosen throughout the duration of the Dash, they will become your Dash family and support and motivate you throughout.

For the final 40KMs into Paris, we cycle as one large group.

### Please note

- It is compulsory to cycle within these groups, throughout the duration of the ride
- Each group will be managed by our wonderful, very experienced Ride Captains
- **It is important to remember that the Dash is NOT a race and that we all arrive into Paris at the same time**



### UPDATE: Red and Green groups

Red and green have been merged and will both be cycling at 16MPH/25KPH (original speed for green group).

### Changing groups

Changing groups is discouraged where possible, but if a switch up or down is required, the Ride Captains will discuss this with the Ride Management. No group changes can happen without the approval of the Ride Management.

A reminder of the average speeds of each group:

Group	Speed
Red	Confident riders, who get out as regularly as they can and enjoy a good blast <b>Average speed expected/required: 16mph/25kph</b>
Green	Confident riders, who get out as regularly as they can and enjoy a good blast <b>Average speed expected/required: 16mph/25kph</b>
Yellow	Determined riders, who have some experience in the saddle but haven't clocked up as many KMs as they'd intended <b>Average speed expected/required: 15mph/23kph</b>
Blue	Tenacious riders, who might be at the start of their cycling career and are improving with every ride <b>Average speed expected/required: 14mph/22kph</b>

### Ride captains

Each group will be allocated four Ride Captains, who will stay with and support that group for the entirety of the ride.

Ride Captains will mentor and motivate riders during the ride and provide assistance for the smooth running of the event, such as, but not limited to: directions, peloton etiquette, drink breaks, advice and endless enthusiasm.

The Duchenne Dash Ride Captains are all volunteers, who love cycling! Their participation and support is pivotal to the successful and safe delivery of an enjoyable ride.

Riders will be introduced to their Ride Captains on arrival at Herne Hill.

### Mechanics

Each group will be supported by a fully equipped mechanic, who will ensure comprehensive mechanical support is available to all riders at all times. These mechanics will also be available at Herne Hill to help with any last-minute fine-tuning, as well as throughout the ride at all rest stops.

### Please note

- Should you incur any mechanical fault more complicated than a puncture/wheel change, this will be required to be fixed on-the-go and NOT at the side of the road. Cyclists will be mounted up into the mechanics van, the bike will be fixed and then you will be dropped off at the next safe point to join the rest of your group
- The cost for any extra parts will fall to the individual to cover, so please bring a credit card/cash in case you need to settle any costs

### Medics

The ride is supported by a team of four medics. The medics are available throughout the ride to assist with minor medical issues to keep you on the road. They can issue painkillers, antihistamines (the pollen count tends to be very high), strap sore knees and triage other minor issues. They will also be available in the event of any accident or incident. In the event of a serious accident, the organisers will work with the medical team and contact the emergency services as required.



### Support team and support cars

Each group will be assigned its own lead support car which will travel with the group throughout the duration of the ride. These vehicles will carry your day bags which you can access at rest stops and will also be available for anyone who needs a rest.

We have a wonderful support team, most of whom have been involved with the Dash for many years. They are all volunteers and will be happy to help and support all our cyclists throughout the event.

## 7. NEWHAVEN TO DIEPPE FERRY

On Friday night, we will take the overnight ferry from Newhaven to Dieppe.

Cabins are not provided, so you will be required to find a seat or some floor space to get some sleep. It is recommended you pack a sleeping bag, roll mat, eye mask and ear plugs to make your night as comfortable as possible.

**Remember:** you will need to carry your ferry bag, along with any sleeping bags/roll mats etc on your back whilst cycling a short distance to the port, so please keep it as small and manageable as possible.

See page 6 for more guidance on what kit and equipment to pack in your ferry bag.

## 8. ROUTE

**UK route: London to Newhaven**

**Total distance:** 97km

**Route link:** <https://ridewithgps.com/routes/46357346>



## France route: Dieppe to Paris

Total distance: 204KM

Route link: <https://ridewithgps.com/routes/46357358>



\*The final route will be shared as a Ride With GPS link and GPX file a couple of days before the Dash

## 9. REST STOPS AND CATERING

Rest stops will take place approximately every 50KMs along the route. These stops will vary in time, some will be longer than others. Every stop will offer a selection of food and drink so you can refuel, plus the opportunity for you to stretch your legs, see a medic (if required) and have a comfort break.

**Duchenne DASH**

**Duchenne UK**

### REST STOPS

UK		
30KM	BRASTED	10 Water, snacks, toilets
64KM	UCKFIELD	15 Coffee, snacks, toilets
97KM	NEWHAVEN	15 Dinner, showers
FRANCE		
37KM	SAINT SAËNS	15 Coffee, snacks, toilets
82KM	GOURNAY EN BRAY	20 Breakfast, toilets
112KM	BAZINCOURT SUR EPTE	10 Coffee, snacks, toilets
164KM	VAUX SUR SEINE	20 Regroup, lunch
204KM	PLACE DU TROCADÉRO	END

AUBIN, ENSTAR, Fastned, Foodbuy, FUEE, henfield storage, LCRJ, LXA, Pearson, UCC COFFEE, smartbeer



## Refreshments and food

Substantial meals will be provided throughout the ride, along with well-stocked rest stops with an extensive selection of snacks and drinks to keep you fuelled on your journey.

### UK

Distance from Herne Hill	Location	Meal provision	
0KM	Herne Hill	Lunch	Provided when you arrive at Herne Hill, before hitting the road
64KM	Fairwarp	Snacks	Coffee and snack bags
98KM	Newhaven	Dinner	Hot meal will be served in Newhaven, before boarding the ferry

### France

Distance from Dieppe	Location	Meal provision	
0KM	Dieppe	Breakfast bags	Provided in Newhaven, but it is recommended that you save them and eat them in the morning before disembarking the ferry. This is the only food that will be provided before our first rest stop at around 06:30am (or 36KM from Dieppe)
37KM	St Saens	Snacks	Coffee and snacks
82KM	Gournay-en-Bray	Breakfast	A full continental breakfast will be provided at the second rest stop in France, at approximately 80KMs from Dieppe
112KM	Bazincourt	Snacks	Coffee and snacks
164KM	Vaux sur Seine	Lunch	A sandwich and a tarte will be provided at the final re-group rest stop, approximately 160KMs from Dieppe

### Breakfast bags

Dash sponsors and breakfast specialists, FUEL10K are providing a few delicious and nutritious items for our breakfast bags for our early Saturday morning start in France. They have also helped us prepare a useful Nutrition Guide, outlining information about how to fuel yourself for a long ride. Check out our [Rider Toolkit](#) for more information.

### Dietary requirements

Dietary requirements have been noted and suitable alternatives will be arranged where required.

**Please note:** If you have any preferred energy gels/sachets/bars, electrolyte/isotonic drinks it is recommended you bring these with you. They will need to be carried in your day bag/on your person.



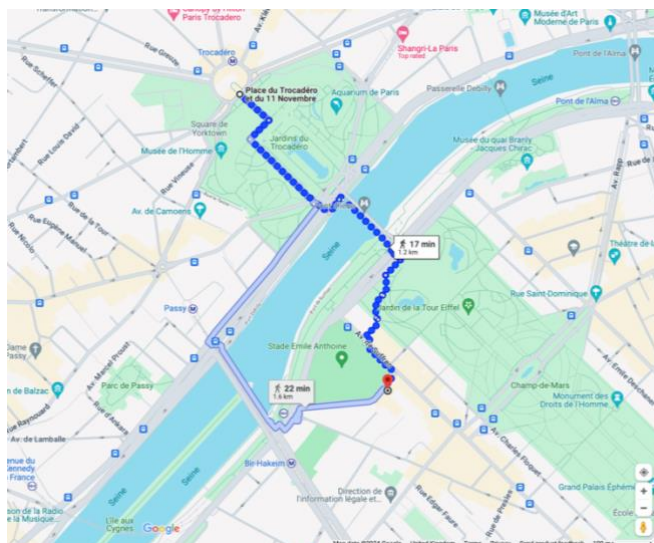


## 10. ARRIVAL INTO PARIS

The ride will end overlooking the Eiffel Tower at the Place du Trocadero.\*

Guests coming to Paris to meet riders will be kept updated via a Whatsapp group, set up on Saturday afternoon by support team, so will know where to meet. If you'd like your guests to be included on this Whatsapp group, please email: [Emily.waring@duchenneuk.org](mailto:Emily.waring@duchenneuk.org) with the name and number of the guest.

**\*Please note:** due to the high security situation in Paris, the end location could change last minute without explanation. Organisers will keep guests updates via the Whatsapp group.



## 11. PARIS

### Hotel in Paris

Hotel accommodation in Paris has been arranged for one night, Saturday 18<sup>th</sup> May, including breakfast at:

#### Pullman Paris Eiffel Tower

18 avenue de Suffren (entrance from 22 rue Jean Rey)  
75015, PARIS

This hotel will also host the gala dinner, which will take place on Saturday evening in Paris.

<http://www.accorhotels.com/gb/hotel-7229-pullman-paris-eiffel-tower/index.shtml>

**Breakfast is served from:** 06:30-11:00

**Check out is at:** 11:00am

### Rooming lists

Rooming is based on twin or triple sharing and where possible the allocations have been made in conjunction with team leaders.

Partners completing the ride will share, as will those who have partners joining in Paris.

### Checking in at the hotel

The Dash will have a private check in area in the hotel, please follow the Dash signs and instructions from hotel and Dash staff.

Here you will be able to collect all your luggage:

- Day bag from the support vehicle
- Ferry bag
- Paris bag

You will also collect your room key. Each individual guest has a room key under their name.



### Hotel extras

The room rate includes breakfast. Any incidentals, in-room extras, drinks at the bar signed to your room etc fall to the responsibility of the individuals. You are asked to settle any incidental costs when checking out. If costs are not settled, DUK will contact you after the event to settle any bills.

### Please note

There will be Dash support team available at every stage to offer instructions and directions!

### Partners/family in Paris

Those of you who have partners or family members joining you Paris will receive a separate briefing pack outlining where they should meet and when to see your arrival.

### Bike return

Bike return will be managed from the hotel. Following the end of the ride and photos, cyclists will cycle the short distance (1.2KMM) to the hotel and load their bikes onto dedicated transport returning to the UK.

This will need to be done quickly and efficiently. All accessories should be removed from bikes including, water bottles, GPS devices and saddle bags to avoid any damage in transit.

### Gala dinner

The Dash Gala Dinner will take place on Saturday evening, following our arrival in Paris. It will take place in the same hotel where accommodation has been arranged.

You are invited for 19:30 for a drinks reception, dinner will start around 20:00. The dress code is smart casual.

## 12. RETURN EUROSTAR

Return journeys from Paris to London via Eurostar have now been booked and confirmed. Please view ticket allocations [here](#), and advise of any discrepancies as soon as possible.

**Please note:** unless there is an error, it is not possible to change Eurostar trains at this stage.

You will receive your Eurostar ticket in your registration pack at Herne Hill. You will have chosen one of following options and a breakdown of all travel can be found [here](#).

Departure date	Departure time from Paris Gard de Nord	Arrival time into London St Pancras International
Sunday 19 <sup>th</sup> May 2024	13:12	14:30
Sunday 19 <sup>th</sup> May 2024	19:12	20:30
Not required	This confirms you will make your own travel arrangements from Paris	



### 13. BIKE COLLECTION IN THE UK

Our amazing sponsors, Bunzl Catering Supplies, will arrange for all bikes to be collected from the end of the ride in Paris and taken back to London, where they will be stored by awesome partners, Henfield Storage until you collect them.

All bikes will be:

- Collected directly at the end of the ride, before you head to the hotel
- Transported back to London in secure, insured transport

Our aim is to get the bikes back to London on Monday, ready for collection from 08:30 on Tuesday 21<sup>st</sup> May from Henfield Storage (address below). However, due to various operational challenges it is possible the bikes could be delayed and not ready for collection until Wednesday 22<sup>nd</sup> May at lunchtime.

We are hoping this will not be the case, and will send out an email update first thing on Monday morning to confirm arrival time of the bikes.

If you have any questions about the bike return, please contact:  
Emily.waring@duchenneuk.org

**All bikes MUST be collected from the below address NO later than Sunday 26<sup>th</sup> May 2024**

Location of bike storage	Opening times
Henfield Self-Storage Unit 4 Shield Drive, Brentford London, TW8 9EX <a href="https://www.henfieldstorage.co.uk/storage-units/chiswick">https://www.henfieldstorage.co.uk/storage-units/chiswick</a>	Opening times: Mon-Fri: 8:30am-5pm Sat: 9am-1:30pm Sun: 9am-11:30am

### 14. SCHEDULE (subject to change)

Date / time	Activity
<b>Friday 17<sup>TH</sup> MAY</b>	
10:30-11:30	Staggered arrival of all groups for registration, lunch and departure
11:00-13:00	Lunch available
12:20	Duchenne Dash official welcome Photo call
13:00 – 13:30	Staggered departures of all groups
14:00-15:00	<b>BRASTED – 30KM</b> <b>Toilet stop only – 10mins</b> Very quick stop – water and snacks from support vehicles
15:20-16:50	<b>FAIRWARP – 64KM</b> <b>Feed stop – 15mins</b> Refreshments, access to days bags, toilets and more water
17:00-18:00	<b>NEWHAVEN – 97KM</b> Showers and evening meal
	<ul style="list-style-type: none"><li>• Ferry bags available at the Premier Inn</li><li>• Breakfast bags distributed</li><li>• Showers and hot meal available</li><li>• <b>Ensure your passport is available in the bag you are carrying onto the ferry</b></li></ul>
23:00	Ferry departure



Saturday 18 <sup>th</sup> May	
05:00 (local time)	Arrive in Dieppe
05:45 – 06:15	Staggered departures of all groups <ul style="list-style-type: none"> <li>Red and green groups will have a 30-40 minute wait at Dieppe before they depart, so please ensure you have some warm clothes with you</li> <li>Bike lights are needed for the first section in France</li> </ul>
07:00-08:00	<b>ST SAENS – 37KM</b> <b>Feed stop – 10mins</b> Refreshments, access to days bags, toilets and more water
09:00-10:30	<b>GOURNAY EN BRAY - 81KM</b> <b>Breakfast stop – 20 mins</b>
10:40-12:15	<b>BAZINCOURT - 112KM</b> <b>Feed stop – 10mins</b> Refreshments, access to days bags, toilets and more water
13:30-15:00	<b>VAUX SUR SIENE – 164KM</b> <b>REGROUPING LOCATION FOR ALL GROUPS</b> Light lunch, access to days bags, toilets and more water
15:00	<b>All groups depart the final stop together</b>
<b>17:30 (approx.)</b> <b>Arrival at the Eiffel Tower - PHOTO CALL!</b>	
17:30- 18:00	<ul style="list-style-type: none"> <li>Bike return</li> </ul>
18:00-18:30	<ul style="list-style-type: none"> <li>Check in at the hotel, collect all luggage</li> <li>Shower and change</li> </ul>
20:00 – 01:00	Duchenne Dash Gala Dinner
Sunday 19 <sup>th</sup> May	
07:00 – 11:00	Breakfast available at the hotel
11:00	<ul style="list-style-type: none"> <li>All guests to check out of the hotel and settle any room extras personally</li> <li>Guests to make own arrangement to get to the Eurostar terminal at Paris Gard du Nord</li> </ul>
13:12	Eurostar departs arrives London 14:30
19:12	Eurostar departs arrives London 20:30

## 15. SPONSORS

The Duchenne Dash would not be possible without our numerous and extremely generous sponsors and partners. We would like to extend our sincere thanks to them all, for making this event possible and supporting this important cause, which sits very close to our hearts.

