



DUCHENNE DASH

24 HOURS LONDON - PARIS 8 - 9th MAY, 2026 14TH EDITION



FUNDRAISING PACK

Duchenne UK, Registered Charity in England and Wales (1147094).
Duchenne UK, Unit G20 Shepherd's Building, Charecroft Way, London W14 0EE.



THANK YOU FOR JOINING OUR FIGHT TO END DUCHENNE



The Duchenne Dash is more than a ride: it's a journey and a movement that is transforming the future for everyone affected by Duchenne muscular dystrophy (DMD). From pioneering clinical trials and advocating for access to new treatments to revolutionary tech that redefines mobility, every pedal stroke powers progress.

DMD is a devastating and severe genetic muscle-wasting disease. It causes all the muscles in the body to irreversibly weaken and deteriorate. There is currently no cure for DMD, but there is hope and we are making progress.

We've come so far, but the fight isn't over, and the finish line still lies ahead.

By joining the team and signing up to take part in the Duchenne Dash or the Dash AT HOME, you're helping us make the impossible possible.



Your Impact, Measured in Miles

Amazing Dashers, like you, have already raised £9 million towards our mission.

Every pedal stroke and pound raised is driving forward progress.

£3million invested in clinical trials with more boys on clinical trials than ever before

Duchenne UK funded the development of **the first ever treatment**, approved in the UK in 2024 to treat all patients with DMD

TWO new treatments made available to patients in 2025 - with DUK playing a key role in both.

200 boys now taking a new treatment thanks to our Time is Muscle Campaign

Nine care guidelines endorsed by clinicians and the National Institute for Health and Care Excellence (NICE) ensuring patients access the best care.

Positivity in Darkness: Why I Was Determined to Smash the Duchenne Dash

Rowan was diagnosed with Duchenne muscular dystrophy (DMD) aged 2. I knew something wasn't right, but I so hoped I was wrong. Our feisty, curly-haired little boy was diagnosed with a cruel, life-limiting muscle-wasting condition. The dark days lasted a long time.

Attending Duchenne UK's annual conference was a turning point. We found support, solidarity, and the energy to fight. It was there that I first heard about the **Duchenne Dash** – a massive challenge, but such a positive one. It combined fitness and fundraising to help find a cure and support families like ours, who had joined a club we never asked to be part of.

My husband Pete and I signed up, along with friends, and formed **Rowan's Raisers**, our family's fundraising team within Duchenne UK.

I had never ridden a road bike before.

We threw ourselves into it – joined the cycle-to-work scheme, learned how to use cleats, picked up a few war wounds, and received incredible support from fellow cyclists who trained with us. Training gave me the headspace and fitness I desperately needed. The Dash became a positive focus for our whole family.

The ride itself was daunting, but the training made it achievable. The event is brilliantly organised and supported. I had amazing conversations with so many people along the way. And arriving in Paris? There's nothing quite like the high and the reception you get. It's an unforgettable achievement – both in distance and in the amount you fundraise.

Would I do it again? Absolutely. Though our kids have insisted Pete and I don't do it at the same time again! I even fell off my bike and gashed my knee – but still completed the ride. Huge thanks to the medical support team!

- Linze Moran



Duchenne UK has committed **£34M** to the fight against DMD

Two families a week in the UK will hear the devastating news that their child has DMD

DMD is a severe muscle-wasting disease diagnosed almost always in boys in early childhood

We will end the devastation that a diagnosis of DMD brings to families

BOOST YOUR FUNDRAISING

We've got a whole year full of ideas to help you reach your fundraising goals. We love to share your successes, so please send your updates to dash@duchenneuk.org

300km, 2 countries, 1 epic challenge!

Fund a personal goal: set yourself a new challenge or give up a bad habit. Ask your friends to sponsor you throughout the month.

Competitive entertaining: gather your pals for a week of cooking, board games or karaoke. Put in a donation to take part and the winner gets the glory of being the best host!

Film Screening: screen a relevant documentary or film and charge for tickets, with proceeds going to DMD research

Dive for Duchenne: for the keen swimmers host a swim day

Du' nothing for Duchenne: have a movie night, get your PJs on, grab your duvet and enjoy the smugness of snugness. Why not organise a PJ Day at your work to boost fundraising

Charity Auction: auction off items donated by local businesses or artwork from community members

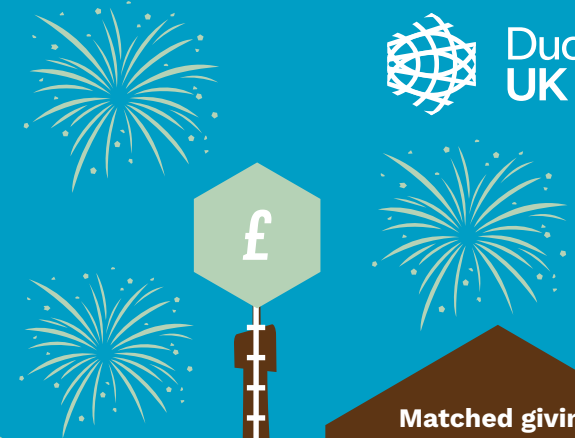
Challenge your colleagues: rally people at work to contribute to a pot luck – the dish with the most donations wins!

Host your own quiz night: inviting locals to compete, or take over your local pubs

£

Matched giving: Ask your employer if they will match your fundraising (and if they'd like to sponsor the Dash, we'd love to talk to them!)

Fun in the sun: get everyone together and host a BBQ, picnic or sports day in aid of Duchenne UK



DUCHENNE DASH AT HOME

Ask your friends, family and colleagues to help you reach your target by taking part in the **Dash AT HOME**. All they need to do is complete 300KM of activities over six weeks (30 March-10 June). By the end of the challenge they will have covered the distance from London to Paris. They can cover the 300kms anyway they like; walk, run, swim, skate, scoot, space hopper! Everything they raise can be added to your Duchenne Dash fundraising page! They just need to set up a JustGiving page by clicking here. Make sure they include your name and let the Dash team know they are supporting you by emailing dash@duchenneuk.org. Spread the word even further and challenge your colleagues to join in too!

Looking for an extra challenge? Why not add on the return journey and attempt to complete 600kms in six weeks?

Add some friendly competition. Who can go the distance the quickest or go the furthest? Set up your Dash AT HOME page today! **Duchenne Dash 2026 - JustGiving**



GIVE YOUR FUNDRAISING A BOOST



Set up a JustGiving Page

The easiest way to fundraise is by setting up a JustGiving page. Click [here](#), then select the orange 'Start fundraising' box. If you have any questions or would like advice on banking cash or cheque donations please contact

dash@duchenneuk.org



Share your story

Share the news on social media, by email, on your workplace intranet. Include the official Duchenne Dash video to bring the event to life!



[Sign up for the Dash 2026!](#)



Gift aid

If your donor is a UK taxpayer, the Government will give Duchenne UK £25p for every £1 donated. If your sponsor is making a cash donation, they will need to complete a Gift Aid Declaration Form. Just email dash@duchenneuk.org to request a form.



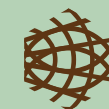
Check out the **rider toolkit** for all Dash resources



Go viral!

Contact your local media about your incredible challenge. Using radio, press and TV you can help you reach even more people in your local area who may support you.

Say thanks! Don't forget to thank everyone for their incredible support!



Duchenne
UK

PAYING IN YOUR DONATIONS

Website

You can donate any offline donations through our website
Hyperlink to duchenneuk.givingpage.org/donate -
remember to include the name of the Dasher and the
Friends and Family Fund



Bank transfer

Please email: dash@duchenneuk.org with the subject
'DASHER NAME' and we'll provide our details and a
reference



Cheque

Please make cheques payable to Duchenne UK, include
your full name and Duchenne Dash with your cheque.
Please post cheques to: **Duchenne UK, Unit G24,
Shepherd's Building, Charecroft Way, London, W14 0EE**



Very important! Make sure any transfers or cheques have the donor
name and your name on so we can add them to your fundraising.

Any questions please contact: dash@duchenneuk.org

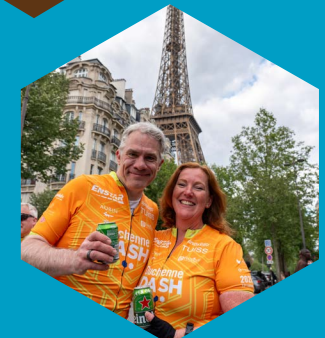
Remember
to pay in any
donations **by 5th
September
2026**



Lots of people make
donations after
the Dash is over.
Remember to **keep
sharing your story**
and success after you
cross the finish line.



Say **THANK
YOU** to your
amazing
supporters



We are looking forward to welcoming you all to the #DuchenneArmy, a collective of riders with purpose, pushing boundaries and powering change for everyone living with Duchenne muscular dystrophy (DMD).

**Together we will
end Duchenne.**





Duchenne
UK

Thank you to our incredible sponsors



Blinds2Go™



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Every coffee, every moment

ENSTAR



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Hammersmith, W14 0EE

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