

## FAQs

### **What is the Duchenne Dash?**

The Duchenne Dash is Duchenne UK's annual signature VIP cycling event. It all started 13 years ago when our patron, Krishnan Guru-Murthy, along with a small team of committed enthusiasts cycled 300km from London to Paris in 24 hours – the Duchenne Dash was born!

Over the past 13 years, the Dash has grown into our biggest and most challenging fundraising event. We have successfully raised more than £8million. Whilst the 2020 pandemic forced us to cancel the 8th Dash, undeterred, the Duchenne Dash AT HOME took its place, raising more than £500,000. Our 2021 event was still impacted by Covid-19 and as such we developed a UK-based Dash challenge which took place at the iconic Goodwood Motor Circuit. Here we challenged our cyclists to collectively cycle the total circumference of the globe, a whopping 40,000KM in just 12 hours! We smashed it and raised over £500,000. 2022 not only saw us return to Paris for the first time in 2-years, but we also celebrated our 10<sup>th</sup> Dash! Now four years further later, the Dash is still going strong!

The Duchenne Dash is our biggest fundraising event of the year and helps us to improve the lives of people with DMD through groundbreaking research into new treatments and technology, information for healthcare professionals, patients, and families to ensure everyone gets the best standard of care.

### **Who is Duchenne UK?**

Duchenne UK has one clear aim - to end Duchenne: a severe muscle-wasting disease diagnosed in childhood.

As the leading Duchenne muscular dystrophy (DMD) charity in the UK, we're going further to find effective treatments for DMD to end its devastating impact. We're doing it faster, too, by accelerating access to these treatments and therapies for this generation of patients.

Duchenne UK has raised more than £27 million and used this money to:

- Fund clinical trials of medicines for DMD, including one that is now available on the NHS.
- Create a [DMD medical research hub](#) with hospital sites across the country, which has led to more trials for DMD treatments than ever before.
- Set up [DMD Care UK](#), a national care programme that is establishing best practice across all the disciplines involved in DMD care, and works to ensure all medical professionals and parents know exactly what treatment children and adults with DMD need.
- Develop innovative technologies to support the independence of people with DMD.

And we're here to support every family affected and ensure that they receive the best possible care.

Together, we will end Duchenne.

For more information about Duchenne UK, our mission and our impact, please visit our website at [duchenneuk.org](https://duchenneuk.org)

### **Duchenne Dash 2026**

2026 promises to be as big and as brilliant as all our previous Dashes and we hope you will join us on the journey!

### **What is the date of the event?**

The Duchenne Dash 2026 will take place on Friday 8<sup>th</sup> and Saturday 9<sup>th</sup> May 2026.

### **Where will the event start from?**

The Dash will start from the prestigious Herne Hill Velodrome in South East London.

Herne Hill Velodrome, 104 Burbage Rd, London, SE24 9HE

<https://www.hernehillvelodrome.com/contact>

### **How far is the event?**

The total cycle route is 300KM and we split it into two stages:

- London – Newhaven: 100KM
- Dieppe – Paris: 200KM

### **Where does the event finish?**

The Dash will end in central Paris, around the Eiffel Tower. The exact location will be confirmed in due course.

### **What are the timings of the event? \***

<b>Friday 8<sup>th</sup> May</b>	
10:00 – 11:30	Registration opens, cyclists will be invited to arrive at staggered, pre-confirmed times Lunch, welcome, final preparations
12:00-13:00	Cyclists depart in staggered time slots depending on their group speed
18:00-21:00	Arrive Newhaven, shower, dinner
21:00	Depart for the Ferry
23:00	Depart UK
<b>Saturday 9<sup>th</sup> May</b>	
05:00	Arrive Dieppe
05:30-06:30	Depart Dieppe in staggered group speeds
17:00	Arrive Paris
PM	Celebration
<b>Sunday 10<sup>th</sup> May</b>	
Various	Return to London via Eurostar

\*All timings are subject to change

### **Getting involved**

The Duchenne Dash is open to keen and confident cyclists over 18 years old, who can commit to the challenge of cycling 300KM in 24hrs and pledge to raise a minimum of £4,200 for Duchenne UK.

### **Do we need a team name?**

If you are joining as part of a team or with a group of friends, we will need you to confirm either a team name, or the name of the team/group leader/coordinator. This will enable us to know who is joining with who for planning and organisational purposes.

**How can I register?**

Please contact the Dash team at [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to discuss participation. Registration closes on 1<sup>st</sup> April 2026 at 23:59.

**Registration fee**

The registration fee for the 2026 Duchenne Dash is £625.00.

An additional £8.50 booking fee that includes a credit card handling fee, which is imposed by the banks and payment acquirer will be added to the total payable. **\*\*Duchenne UK does not receive this administration fee\*\***

The total you will be asked to pay upon registration is £633.50

Included in your registration fee:

- Total event support, including; medics, mechanics, outriders, Ride Captains and escorts in both the UK and France
- Transport including; night ferry to France on Friday 8<sup>th</sup> May and return Eurostar to London on Sunday 10<sup>th</sup> May
- Return bike transport to a central London location
- Food and drink throughout the ride
- Evening meal and hot shower in Newhaven
- Hotel accommodation (based on a twin room, sharing) in Paris on Saturday 9<sup>th</sup> May including breakfast
- Dinner at the Duchenne Dash Gala Dinner on Saturday 9<sup>th</sup> May in Paris
- Exclusive limited-edition Dash cycling jersey
- Pre-event rider pack and information
- Training and nutritional guide
- Access to Dash Training Rides with our experienced Ride Captains
- Finisher medal
- Rider registration goody bag
- Digital event photos
- Support from the Duchenne UK Team all the way!

**2026 early bird registration offer:**

There are 20 early bird places available. These will be offered on a first come first served basis. The first 20 people to sign up will pay the reduced fee of £585 (plus a booking fee of £8.50).

Once these 20 places have filled the registration fee will revert to £625 (plus booking fee).

**DMD Parents**

If you are a DMD Parent cycling the Dash, we can offer you the reduced rate registration fee of £585 (plus booking fee). Please contact [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to request this reduction.

**Family and Friends Funds**

If you are cycling as part of a DUK Family and Friends Fund, we can offer you and your team mates the reduced registration fee of £585 (plus booking fee). Please contact [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to request this reduction.

**When does registration close?**

Registration closes on 1<sup>st</sup> April 2026 at 23:59.

**When do I pay my registration fee?**

You will pay for your registration fee upon sign up. Please contact the Dash team at [dash@duchenneuk.org](mailto:dash@duchenneuk.org) to discuss participation. You will also be required to submit an event registration and medical form as part of the registration process.

**Do I have to fundraise?**

Yes, we ask that all participants pledge to raise a minimum of £4,200. The total can include any Gift Aid or Match Funding you are entitled to.

Duchenne UK relies on the support of incredible fundraisers like you. Without you, none of the amazing progress over the past 13 years would have been possible. Thanks to fundraising by our Dashers and supporters, the DMD landscape has changed considerably. Your fundraising allows us to continue our work and go further and faster in improving the lives of people with DMD.

Duchenne UK will provide fundraising support and assistance, so you won't be doing it alone!

**What happens if I can't raise the agreed fundraising target?**

By signing up to join the Duchenne Dash, you have made a commitment to raise £4,200 in fundraising and donations for Duchenne UK. If you have failed to begin fundraising four weeks prior to the event (10th April 2026) Duchenne UK will contact you by phone and by email to offer fundraising support and gain insight into your plans for reaching your pledged fundraising target. If you fail to respond or indicate any positive intention to fundraise, Duchenne UK reserves the right to refuse your entry to the Duchenne Dash. In such circumstances, due to the administration time and expense we have incurred, we will be unable to refund your registration fee.

**Can I get a bed on the ferry?**

Cabins on the ferry are not available to our booking. Cyclists are kindly asked NOT to contact the ferry company to book cabins personally, as this would put us in breach of our booking terms and could jeopardise our booking preventing us from being allowed to travel.

**How/where will I sleep on the ferry?**

Bedding down on the ferry is all part of what makes the Duchenne Dash such a challenge. Having a back-to-basics overnight on the ferry is something that donors find really impressive and also helps to build great camaraderie amongst our Dashers.

There is plenty of floor space and seating areas on the ferry to settle down to get some sleep. It is recommended that you pack a roll mat, sleeping bag, eye mask and ear plugs for the journey. Oh, and don't forget your sense of adventure and a sense of humour!

**How will I get my bike back to London at the end of the event?**

The organisers will make arrangements to get your bike back to London at the end of the event. You will be required to collect your bike from the London-based storage facility the week after the event. More information will be shared about this in due course.

**Will there be video content to share with my networks?**

Yes, a variety of content, including video content will be shared throughout the campaign.



## **What kit and equipment will I need?**

The Duchenne Dash is an endurance cycling event and as such the suggested kit list is extensive. Top line items are listed below, comprehensive kit and packing lists will be provided in official briefing packs circulated in advance of the event.

- Valid passport, which has at least 6 months validity (from the event date)
- Required visa documentation to enter France
- A bike, which you can ride and is road worthy
- A bike helmet (which must be worn at all times when on the road)
- Suitable cycling clothing, plus several spare sets so you can change throughout the event
- Wet weather kit: rain jacket, shoe covers, arm warmers, gilet
- Sun cream
- Chamois cream
- Saddle pack with two inner tubes, tyre levers, patches, air canisters
- Preferred energy gels/bars, electrolyte sachets etc.
- Any specific medication you require (such as inhalers, hay fever tablets)
- Change of clothes for the night on the ferry, the gala dinner in Paris and the return journey to London
- Garmin/GPS device
- Mobile phone for taking lots of photos and updating your social media channels on your progress
- Portable charger for your phone/GPS
- Roll mat, sleeping bag, eye mask and ear plugs for the ferry crossing
- Credit card/cash

## **Should I get my bike serviced before the event?**

It is strongly recommended that your bike is in tip-top condition for your training and of course for the Dash itself. Give it a good wash if it hasn't had one in a while; treat it to a thorough service at [Pearson](#) to ensure that everything is running sweetly.

## **Do I have to train in advance of the event?**

As with any endurance sporting event/challenge, it is paramount that you undertake suitable training prior to the event. This is an endurance event so the more training you do the easier and more fun the ride will be.

We will share a suggested training plan after you have registered and will also run a couple of training rides. Additionally, we can put you in touch with our experienced Ride Captains, if you have any further questions or queries about your training.

**Please note:** The organiser reserves the right to remove any cyclist who is unable to complete the event safely (for both them and others).

## **Do I need to have a Strava account?**

Strava is a popular social media platform amongst cyclists and it is recommended that you do sign up and create an account. Once you have registered, you will receive a link to the event Strava page. Information on training and training rides will be posted here, along with community-based information from other Dashers including leader boards for those out training/cycling and general advice.



**Can I meet other Dashers who live in my area so we can exchange training tips and perhaps train together?**

The best way to do this is via Strava, you will receive a link to the Dash Strava account once you have registered. Open a conversation/chat and see who responds.

There is also a Duchenne Dash Facebook group where you can meet other Dashers, share updates, arrange meet ups and ask questions. This will be shared once you have signed up.

**What support will be provided?**

The Dash is a fully supported ride. The organisers will provide (included within your registration fee) the following support to help you get to Paris:

- A team of mechanics to ensure your bike is in top-top working order throughout the ride. This support extends to helping you fix punctures and any other mechanicals you might have throughout en-route. Please ensure you arrive at the event with a mechanically sound bike. There will be extra charges for spare parts provided by the mechanics
- Medics to ensure you are fit and well throughout the ride
- An awesome team of Ride Captains who will support you on the road, providing motivation and support to get you to Paris
- A dedicated support car to each group which will carry your bags, water and snacks. They will also have a spare seat, should you need a break
- All food and drink throughout the ride to ensure you stay fully fueled

**Will there be set speed groups or can we cycle at any speed/on our own?**

There will be set pre-confirmed speed groups. It will be compulsory to always cycle within these groups. There is no option to cycle on your own throughout this event.

We will run four paced groups each cycling at differing speeds for slightly varying abilities. This will allow cyclists to cycle at a pre-determined speed, enabling you to train to set speed and also pace yourself effectively to get the most out of the ride. These groups will be managed by our wonderful, very experienced Ride Captains.

The speeds for each of the groups will be as follows:

- **Confident riders:** average 16mph/25kph
- **Determined riders:** average 15mph/23kph
- **Tenacious riders:** average 14mph/22kph

We will ask you submit your preferred speed group in the spring, once your training is well underway and you have a realistic idea of which group would be most suitable.

**Can I cycle in a group with my friends, colleagues, teammates?**

Yes, if you all agree to cycle at the same speed, as defined by the four speed groups, then you can all select to ride in the same group.

**Is there an age limit to take part?**

Participants must be 18 years old or older on the event day.



**What transport is included?**

Participants are required to make their own way (with their bike and all equipment) to Herne Hill Velodrome in southeast London for the departure of the ride.

All transport between Herne Hill and returning to London on Eurostar is included in the event:

- Ferry to France
- Return Eurostar from Paris to London
- Bike return from Paris to London

You will be required to make your own way home from the Eurostar in London at the end of the event.

You will also be required to collect your bike from the London based storage depot the week after the event.

**Is there car parking at Herne Hill?**

No, there is no car parking available at Herne Hill.

**What if I become injured or need to cancel my place?**

Should you need to withdraw from the event due to injury or other personal reasons, due to the administration time and expense we have incurred, we will be unable to refund your registration fee. Any donations you have raised are gifts to the Charity and cannot in such circumstances be refunded to you and our supporters. Please contact the team as soon as your plans change so we can discuss this further.

**Deferring my place**

Should you need to withdraw it is possible to defer your place to the following year. If our registration fees and fundraising targets in the following year have increased, by deferring, you will be agreeing to pay the additional registration fee and to meet the new fundraising target.

If you defer within 8 weeks of the event (any time from Friday 21st March 2026), we will be obliged to charge you 50% of the registration fee for the current year as we will have committed non-refundable costs for your participation. We will accordingly, give you credit of the remaining registration fee for the following year's event.

You may only defer a place once, if you need to defer a second time you will be required to cancel your place and we will not be able to offer a refund for your registration fee or fundraising for the reasons stated. You will be able to register for the following year, which will incur a full registration fee.

Due to auditing protocols, it is not possible to roll-over any banked fundraising and you will be committing to raising the full fundraising target the following year.

**When will I receive my official rider briefing pack?**

The final event instructions will be emailed to you about two weeks before the event day. If you have any questions in the meantime, please contact: [emily.waring@duchenneuk.org](mailto:emily.waring@duchenneuk.org)

**When will I receive my ride number and cycling jersey?**

You will receive a rider pack which will contain both these items (and more), plus any final event information when you register at Herne Hill on the event day.



### **Will I have to carry all my kit with me?**

No, you will need to pack three bags for the challenge, each one will be required a different stage of the event. More information about what to pack in each bag will be provided in the pre-event briefing pack which will be circulated in April.

- **Day bag:** this is to be provided as part of your registration pack handed out when you arrive at Herne Hill. This will be placed in the support car for your cycle group and you will have access to it at each rest stop.
- **Ferry bag:** this should be a small backpack (think hand luggage size) which will be placed onto a support van at Herne Hill. You will have access to this on arrival in Newhaven and you will place it back on the van before you leave Dieppe. You will need to be able to cycle a short distance with this bag on your back – so keep it small!
- **Paris bag:** this should be another small backpack or holdall which will be placed on another support van at Herne Hill. This bag will **only** be available when you arrive in Paris and check into the hotel.

### **Will there be food and drink?**

Yes, organisers will provide food and drinks throughout the event. Please notify the organiser of any specific dietary requirements. If you have any specific/preferred food you enjoy/need whilst cycling including energy gels/bars, electrolyte sachets etc. it is recommended you bring these with you.

### **Will there be showers?**

There will be showers available in Newhaven on Friday evening and then again at the hotel in Paris.

### **Will there be somewhere to change?**

Yes, there are changing facilities at Herne Hill and in Newhaven.

### **Will I get a finishers medal?**

Yes, a finishers medal will be provided at the end of the ride for all cyclists who have participated.

### **Can my family come and support?**

- **Herne Hill:** Due to number restrictions, we are not able to invite family and friends to the departure event at Herne Hill.
- **The route:** Family and friends are welcome to support along the route. The route will be shared in advance of the event.
- **Paris:** Family and friends are welcome to meet you at the end of the ride in Paris.

**Please note:** any costs associated to supporters travelling to Paris (travel, accommodation, food and drink) are to be covered by the individual

### **Can family attend the post-ride gala dinner in Paris?**

Unfortunately, at this stage we are not able to confirm if this will be possible.

### **Are pets allowed?**

No, pets are not permitted at this event.

**How could Covid-19 impact the Dash?**

As we continue to live with Covid-19, we will continue to monitor how the pandemic could impact the Duchenne Dash in terms of social distancing requirements and international travel restrictions. We will keep our participants updated on any regulations and policies introduced by either the UK or French government which could impact the event.

**What if Covid-19 forces the event to be cancelled, will I get my registration fee and/or fundraising money back?**

In the unlikely event that the Duchenne Dash is cancelled directly due to Covid-19 and government guidelines or travel restrictions prohibit public events or international travel from taking place, then Duchenne UK will reimburse registration fees, not including the £8.50 booking fee.

However, should you contract or have to self-isolate due to Covid-19 there shall be no obligation by Duchenne UK to refund registration fees.

Unfortunately, it will not be possible to refund any fundraising money which has been submitted/paid to Duchenne UK.

**What happens if travel restrictions between the UK and France are in force once again, making travel to France at the time of the Dash not possible? Or if there is an enforced quarantine required in either the UK or France?**

Our main aim for the 2026 Dash is to cycle to Paris and unless the international boarder is closed, or unworkable quarantine on either side is required, we will do everything we can to ensure we get to Paris.

**What is Duchenne muscular dystrophy?**

Duchenne muscular dystrophy (DMD) is a devastating muscle-wasting disease that mainly affects boys.

Children born with DMD cannot produce the protein dystrophin, which is vital for muscle strength and function. Without it, their muscles are damaged by everyday wear and tear and gradually weaken, leading to a loss of mobility often by their teens. It eventually affects the heart and lungs, with those affected usually only living into their twenties or thirties. In the UK, there are around 2,500 people affected and around 300,000 worldwide.