

DUCHENNE DASH

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

Rider Briefing Pack – April 2026





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1. Key Contacts

For any questions or queries, from event logistics to fundraising, please do not hesitate to contact us:

- Emily Waring, Event Director: Emily.waring@duchenneuk.org
- Maire Ryan, Event and Fundraising Support: Maire@duchenneuk.org
- Tayla-Rae Skeritt-Jones, Fundraising: Tayla@duchenneuk.org
- General event questions and queries: dash@duchenneuk.org

2. 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: dash@duchenneuk.org

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

- **UK Global Health Insurance Card (UK GHIC)**
Formally 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 makes suitable provisions to ensure the correct Public and Event Liability Insurance is in place, which covers all riders, employees and volunteers.

Bike and travel insurance by Yellow Jersey

Long term Dash partners, Yellow Jersey are offering all Dashers a 15% discount on ALL annual and short-term bicycle and travel insurance policies. Use the code **DUCHENNE15**.

Yellow Jersey also donates a further 10% of every policy bought by you to DUK - so think about an annual policy, as bikes are better insured all year round.

Bicycle insurance

Yellow Jersey offers 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.

Bicycle insurance cover can include amongst other things:

- Crash and accidental damage
- Vandalism
- Theft home and away incl. vehicle
- 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
- 25% renewal discount even if you make a claim

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, Yellow Jersey travel insurance is designed to 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 for short-term or annual cover. Key cover includes, along with many other benefits:

- Trip cancellation
- Medical expenses up to £10m
- Repatriation up to £10m
- Baggage up to £5,000
- Covid cover
- Emergency Cycle Hire
- Cycle repatriation benefit £250
- Gadget cover £2,000.

Finally, if you purchase bicycle insurance from Yellow Jersey then your bicycle will be covered while in transit. This is only available for riders who are participating in the event



and utilising the Duchenne Dash Bike Return. Yellow Jersey cycle travel insurance does not cover bicycles or bicycles in transit.

Visit yellowjersey.co.uk to get a quote using code **DUCHENNE15**. You can direct any questions to support@yellowjersey.co.uk or call 0333 003 0046.

3. A reminder about what and how to pack

The Duchenne Dash is a demanding endurance event, but smart packing and the right kit make it easier. Weather can be unpredictable, so pack for rain and cold as well as sun. Bring enough changes of kit to switch into fresh gear at feed stops—essential in wet weather and helpful for comfort even in good conditions.

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 | |

- **Wheels:** Do **not** use tubular or carbon wheels. They are difficult and time-consuming to repair, which outweighs any performance benefit. While road surfaces are generally good, hazards are harder to spot at night—use durable aluminium wheels instead of lightweight race sets.
- **Navigation / GPS:** Use a Garmin GPS cycling device (or equivalent) capable of route navigation and compatible with Ride with GPS files. A download link will be shared 48 hours before the ride for upload to your device.

Recommended lotions and potions

| | | | |
|---------------|--|-------------------------|---------------------------------|
| Sunscreen | 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 | |



What goes where?

| | | |
|--|--|---|
|  <p>COLOURED DAY BAG</p> <p>This bag will travel in the support car and be available at rest stops.</p> <p>Include: bike lights, spare kit, waterproofs, sunscreen, credit card, any preferred snacks/gels and any medication.</p> <p>IMPORTANT NOTE: Pack anything you'll need regular access to during the ride in this bag.</p> |  <p>FERRY BAG</p> <p>This bag is only accessible in Newhaven and on the ferry.</p> <p>Include: post-shower clothes, toiletries, PJs, spare shoes, clean cycling kit, and a sleeping bag/mat/pillow.</p> <p>IMPORTANT NOTE: Pack your passport in this bag.</p> |  <p>PARIS BAG</p> <p>This bag will only be available upon arrival in Paris.</p> <p>Include: clothes for the gala dinner and for travelling home on Sunday.</p> <p>IMPORTANT NOTE: Put your Eurostar ticket in this bag.</p> |
|--|--|---|

Day bag

Drawstring bag given to you at Herne Hill

- This bag stays in your support car throughout the ride, so you will have access at rest stops.
- It 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 | Sun cream |
| Cash/credit card | Chamois cream |
| Rain jacket, gilet | Saddle pack |
| Rain/warm clothing | Energy gels/bars, electrolyte sachets etc. |
| Spare kit | Phone charger |

Ferry bag

A small rucksack

- You will have access to this bag in Newhaven and take it onto the ferry with you.
- You'll cycle to and from the ferry with this bag, so something light and secure is recommended.
- Don't forget your sleeping mat, bag, eye mask and ear plugs. These must be attached to this bag.



Suggested items for your ferry bag

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

Paris bag

- Small hand luggage-style bag.
- Will be taken directly from Herne Hill to Paris.

Suggested items for your Paris bag

- Change of clothes for the Gala Dinner.
- Clothes to travel home in on Sunday.

Please note:

- All Paris bags are potentially subject to searches at customs; you are all responsible for packing and contents of your bags.
- 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.

4. Herne Hill Velodrome

Venue address: Herne Hill Velodrome, 104 Burbage Rd, London SE24 9HE, UK

Access: <https://www.hernehillvelodrome.com/faq>

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 which offer a variety of parking solutions in the area.

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 | Departure |
|--------------|--------------------------|-----------|
| Red group | 09:45 | 12:00 |
| Green group | 10:00 | 12:10 |
| Yellow group | 10:15 | 12:20 |
| Blue group | 10:30 | 12:30 |



A breakdown of groups will be shared on Friday 1st May. If you have not ready, please submit your preferred cycling group [here](#).

At Herne Hill you be given your registration pack and Dash kit and you will then be guided through sorting out your bike and kit, ready for the ride departure at 12 noon.

Lunch will be served before we depart.

Cycle jersey

You will receive a limited-edition Dash jersey in your registration pack. 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 pack contents

- 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), plus guests' tickets if applicable.
- 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.

5. Paced speed groups

Please remember to select you're your paced speed group [here](#) no later than Friday 1st May.

There will be four groups, each riding at a pre-assigned speed to suit different abilities. These groups are led by our experienced Ride Captains, who will help maintain a steady pace and ensure the ride runs smoothly. Please choose the group that best reflects your average cycling speed and ability over 200 miles / 300KM (the distance of the Dash). This helps keep each group moving at a consistent and comfortable pace.

Group Speeds

- **Red** – Strong, experienced riders (avg. **17MPH / 27KPH**)
- **Green** – Confident, regular riders (avg. **16MPH / 25KPH**)
- **Yellow** – Riders with some experience (avg. **15MPH / 23KPH**)
- **Blue** – Newer riders building confidence (avg. **14MPH / 22KPH**)

Cycling as a team

If you are completing the event as a team, we understand that you will all want to cycle together. However, please be mindful when selecting your group and ensure you either choose the group which matches the slowest pace or consider splitting up across groups.

Cyclists who find themselves in inappropriate groups will be moved and this might lead to time in a support vehicle.



6. The route

Ride Captains

Each group is supported by four Ride Captains who stay with you throughout the ride. They provide guidance, pacing, peloton support, rest stop coordination, and plenty of encouragement. All are experienced volunteer cyclists and play a key role in delivering a safe, enjoyable event. You'll meet your Ride Captains on arrival at Herne Hill.

Mechanics

Every group has a dedicated, fully equipped mechanic available at Herne Hill, at rest stops, and throughout the ride.

Please note:

- More complex repairs (beyond a puncture/wheel change) will be carried out on the move via the mechanic's van. You'll rejoin your group at the next safe point.
- Any replacement parts must be paid for by the rider, please bring a credit card or cash.

Medics

A team of five medics support the ride, providing treatment for minor issues (e.g. pain relief, antihistamines, strapping) and responding to incidents. In serious cases, they will coordinate with organisers and emergency services.

Support Team & Vehicles

Each group has a dedicated support car travelling with them. These carry your day bags (accessible at rest stops) and offer transport if needed. Our experienced volunteer support team is on hand throughout to keep everything running smoothly.

Mobile phones

Please ensure you always have your mobile phone on you and ensure it is activated to work in Europe.

Rest/feed stops

Rest stops will take place every 50KMs (approx.) along the route, both in the UK and France. Stops will vary in length and what is offered in terms of refreshments.

Route and rest stops

UK route: <https://ridewithgps.com/routes/53797927>

Rest stops

| Distance from Herne Hill | Address | Stop duration | Refreshments |
|--------------------------|--|---------------|--|
| 0KM | Herne Hill | - | Lunch |
| 27KM | Westerham Brewery, Beggars Lane, Westerham TN16 1QP (10mins) | 10mins | Water/snacks from support car |
| 63KM | Foresters Arms, Fairwarp, The St, Uckfield, TN22 3BP | 15mins | Coffee, snack bags, water, Cornish Pasties |
| 97KM | Premier Inn Newhaven, The Drove, Newhaven, BN9 0AG | 1hr + | Dinner |



French route: France: <https://ridewithgps.com/routes/54551914>

Rest stops

| Distance from Dieppe | Stop address | Stop duration | Refreshments |
|----------------------|---|-----------------|-------------------------|
| Departure | Dieppe | - | Breakfast bags |
| 37KM | Centre Sportif De La Varenne, 60 La Martinique, 76680 Saint-Saëns | 15mins | Coffee, snacks, toilets |
| 81KM | Hotel Le St Aubin, 550 Chemin Vert, 76220 Gournay-en-Bray | 30mins | Breakfast, toilets |
| 112KM | Mairie, 6 Rue de la Mairie, 27140 Bazincourt-sur-Epte | 10mins | Coffee, snacks, toilets |
| 170KM | Place Philippe Prevost, Triel sur Seine | 1+ plus Regroup | Lunch |

Breakfast bags

We will provide delicious and nutritious breakfast bags for our early Saturday morning start in France - these will be handed out in Newhaven and it is advised you eat something before we hit the road, as it is about 30KM to the first stop.

We have also prepared a useful [Nutrition Guide](#), outlining information on 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.

Arrival into Paris

The ride will conclude on Rue Jean Ray, just along from the hotel.

Guests coming to Paris to meet riders can be kept updated via a WhatsApp group, set up on Saturday afternoon by support team, this will enable everyone to be in the right place at the right time.

If you'd like your guests to be included on this WhatsApp group, please email Maire at: dash@duchenneuk.org with the name and number of the guest.

7. Paris

Hotel in Paris

Hotel accommodation in Paris has been arranged for one night (Saturday 9th May), including breakfast, at:

Pullman Paris Eiffel Tower

18 avenue de Suffren (entrance via 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>

Please note

- Accommodation is arranged on a twin-sharing basis. If you'd like to request to share with someone specific, please email dash@duchenneuk.org before 1st May.
- If you are participating with your partner/husband/wife, double rooms will be allocated as standard.

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

Check out is at: 11:00am

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 your 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!

Guests in Paris

A breakdown of guests coming to Paris can be found [here](#). If you believe you have arranged to have a guest(s) join you in Paris, attend the dinner and/or stay at the hotel and travel back on Eurostar, please check this document to ensure all requirements are correct. If there are any discrepancies or queries, please contact Emily.waring@duchenneuk.org.

A full briefing pack for guests will be shared a few days before the event, outlining where they should meet to see the arrival, plus other info about the hotel, dinner etc. And remember, if you want guests to be added to the WhatsApp group, please let us know: dash@duchenneuk.org

Bike return

Bike return will be managed from outside hotel. 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.

8. 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.

You will receive your Eurostar ticket in your registration pack at Herne Hill.

| Departure date | Departure time from Paris Gard du Nord | Arrival time into London St Pancras International |
|---|--|--|
| Sunday 10th May 2026 | 13:07 | 14:30 |
| Sunday 10th May 2026 | 19:09 | 20:30 |
| Not required | This confirms you will make your own travel arrangements from Paris. | |

9. 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 our 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 transport.
- Made available for collection from 08:30 on Tuesday 12th May from Henfield Storage (address below).

Location of bike storage:

Henfield Self-Storage
Unit 4 Shield Drive, Brentford
London, TW8 9EX

<https://www.henfieldstorage.co.uk/storage-units/chiswick>

Opening times:

Mon-Fri: 8:30am-5pm

Sat: 9am-1:30pm

Sun: 9am-11:30am

10. Bike Preparation

Before the event

- Service your bike.
- Check brakes, gears and tyres.
- Ensure tyres are suitable for long-distance riding.

Dash Sponsor, Forge 1860, is offering special discount bike packages to all Dashers:

- 10% discount on all clothing, parts and accessories in store.
- £70 reduction for a three-hour Precision Bike Fitting session (from £275 to £205). Book online at <https://www.pearson1860.com/pages/precision-bike-fitting-london>



On the Dash you will have access to:

- Professional mechanics.
- Support vehicles.
- Medical support.

11. Being safe on the road

The Dash is ridden in groups led by experienced ride captains.

Key principles

- Follow instructions from ride leaders.
- Ride in a predictable line.
- Communicate hazards clearly.
- Avoid sudden braking.
- Maintain safe distances between riders.

Communication Signals

Riders should call out key hazards down the peloton; this ensures safety for the entire group:

- “Car back”
- “Stopping”
- “Hole / hazard”

Puncture Protocol

If you puncture:

1. Signal and move safely off the road.
2. Inform your ride captain.
3. Attempt to repair if able.
4. If needed, support vehicles and mechanics will assist.
5. Do not continue riding with unsafe equipment.

12. Reminder of key contacts

For any questions or queries, from event logistics to fundraising, please do not hesitate to contact us:

- Emily Waring, Event Director: Emily.waring@duchenneuk.org
- Maire Ryan, Event and Fundraising Support: Maire@duchenneuk.org
- Tayla Rae Skeritt-Jones, Fundraising: Tayla@duchenneuk.org
- General event questions and queries: dash@duchenneuk.org

Ride Captain WhatsApp group

Ride Captains have set up an informal WhatsApp group where riders can ask questions about training or kit. Please note this is not an official Dash group, but an additional support channel run by the Ride Captains.

