

Duchenne Dash – Riders Pack

Date of the Event – Friday 8th May – Sunday 10th May 2026

Distance – 300km (186.4 miles) in two stages:

- London to Newhaven: 100km (62.14 miles)
- Dieppe – Paris: 200km (124.27 miles)

Registration Fee - £585.00 (plus booking fee of £8.50), totalling £593.50. The registration is non-refundable.

Minimum Sponsorship - £4,200.00 for Alex's Wish

Collaborating with Duchenne UK

Alex's Wish has been collaborating with Duchenne UK for many years, a charity run by two mothers Emily and Alex, whose sons' Ali and Jack both have Duchenne Muscular Dystrophy – just like Alex. Like Alex's Wish, Duchenne UK is committed to conquering Duchenne for everyone. We both know we are so much stronger together. Together we co-fund projects to help improve quality of life and extend the lives of everyone affected by Duchenne. For the first time, Alex's Wish is excited to be collaborating with Duchenne UK on their Duchenne Dash. We are putting together a team of our own this year, with funds raised going directly to Alex's Wish to help us further our mission.

About the Challenge

The Duchenne Dash is Duchenne UK's annual signature VIP cycling event. It all started 13 years ago when their 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. They have successfully raised more than £8million.

This video will give a unique insight into the event:

<https://www.youtube.com/watch?v=3ZyOTZGVsZI>

About the Event

The Dash will start from the prestigious Herne Hill Velodrome in Southeast London. Herne Hill Velodrome, 104 Burbage Rd, London, SE24 9HE.

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

The total cycle ride is 300km and is split into two stages - London to Newhaven: 100km and Dieppe to Paris: 200km. The Dash will finish in central Paris, around the Eiffel Tower area.

Friday 8th May

- **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

Saturday 9th May

- **05:00** - Arrive Dieppe
- **05:30-06:30** - Depart Dieppe in staggered group speeds
- **17:00** - Arrive Paris
- **PM** - Celebration

Sunday 10th May

- **Various** - Return to London via Eurostar

*All timings are subject to change.

The registration fee

The registration fee for the 2026 Duchenne Dash is £585.00.

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. ** Alex's Wish does not receive this administration fee**

The total you will be asked to pay upon registration is £585.00

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 8th May and return Eurostar to London on Sunday 10th 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 9th May including breakfast
- Dinner at the Duchenne Dash Gala Dinner on Saturday 9th 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 Events Team all the way!



Fundraising

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 too.

Alex's Wish 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. Your fundraising allows us to continue our work and go further and faster in improving the lives of people with Duchenne.

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

By signing up to join the Duchenne Dash, you have made a commitment to raise £4,200 in fundraising and donations for Alex's Wish. If you have failed to begin fundraising four weeks prior to the event (10th April 2026) we 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, Alex's Wish 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.

Sleeping 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.

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 impressive and 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 earplugs for the journey. Oh, and don't forget your sense of adventure and a sense of humour!

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 always worn 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
- Garmin/GPS device
- Mobile phone for photos and updating your social media channels on progress
- Portable charger for your phone/GPS

- Roll mat, sleeping bag, eye mask and ear plugs for the ferry crossing
- Credit card/cash

Your Bike

It is strongly recommended that your bike is in tip-top condition for your training and of course for the Dash itself. It is highly recommended that you give it a service before the start of the event.



Training

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).

Strava

Strava is a popular social media platform amongst cyclists, and it is recommended that you do sign up and create an account - they do have free accounts. 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.

Support

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 enroute. 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.

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 three 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 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.

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

Transport

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. There is no car parking available at Herne Hill.

Your luggage and kit

You will need to pack three bags for the challenge; each one will be required at each 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 2026.

- **Day bag:** this is 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 hold all 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.

Food & Drink

We will provide food and drinks throughout the event. Please notify us 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.

Showers and Changing Facilities

There are changing facilities at Herne Hill and in Newhaven, there are changing facilities as well as an opportunity to shower.

Setting up an Online Sponsorship form

The best place to start is to set up an online fundraising page and send it to everyone you can.

Go to justgiving.com/campaign/awduchennedash26

1. Select the orange 'Start Fundraising' button
2. Complete the information including how much you are planning to raise – please note that the minimum sponsorship for this event is £4,200.00
3. Then go to the next page and although most of the information is there you can add a personal picture and a personal statement as to why you are completing the challenge
4. You will then receive a confirmation email that your page is now live

Ways to pay:

Please do not send cash. If you would like to pay your deposit or any sponsorship you can use this link:

<https://app.etapestry.com/onlineforms/AlexsWish/donate.html>

If you would like a receipt or invoice, please let us know.

By Bank Transfer: Please quote a reference number: **DD+Your name** so we know where the funds have come from:

Bank: Natwest

Account: Alex's Wish

Sort code: 54-21-50

Account No. 30282950