

Levelling the Start Line

Pedal Paddle Peak - [SheRACES](#) commitment

Here at Muscular Dystrophy UK, we are committed to:

- Using imagery and language that positively reflects women of various ages, ethnicities and abilities to reflect the inclusivity of our event.
- Providing participants with thorough event guides that include event itineraries, route maps, kit lists, accommodation options and more. In addition to this, we host an online event briefing ahead of the event as well as supplying participants with information and resources through videos or written communications to support with training and getting the right kit to ensure all participants feel prepared ahead of the event and confident
- Ensuring cut off times are planned to allow for a variety of pacing needs, with safety as the guiding factor... not speed. We aim to encourage fair participation across the board, not pressure.
- Continually assessing and reviewing to improve toilet and changing facilities, and ensuring these are well communicated. We commit to ensuring accessible toilet facilities at our events, and will ensure sanitary products are available free of charge in all toilet facilities.
- Representing women across all our staff at events. We're proud to say that you will see women across our event hub staff and route staff across the event.
- Upholding and enforcing a zero-tolerance approach to harassment of any kind (which includes participants, volunteers and staff) to maintain a safe and respectful atmosphere throughout their event experience.
- Offering award categories that are equal to those of men. All finishers receive the same quality of medal, and well-fitting event t-shirts. We also ensure that women's results and stories are celebrated equally on our social media, and in pre-and post-event communications.
- A deferral policy that offers women who fall pregnant before the event to defer their place to a future event within a two year period.
- We listen! We actively seek feedback post event through surveys and reviews which is reviewed carefully and used to improve future events. We're committed to growing and evolving to ensure everyone has a positive experience.
- Review our compliance with SheRACES guidelines on an annual basis