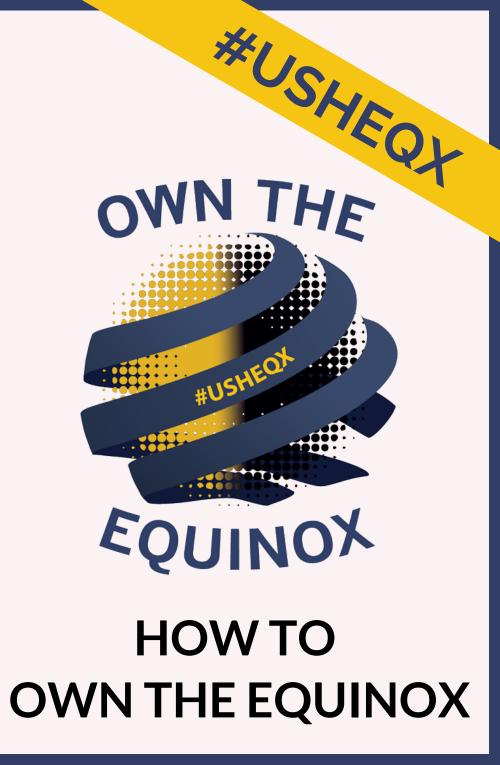
Don't let the sun go down on USH.

On August 23rd, join us for this 26 day challenge. On September 17th, we will celebrate **Usher Syndrome Awareness Day across** the globe.



### Why Own the Equinox?

The autumnal equinox in the northern hemisphere marks the start of days containing more darkness than light.

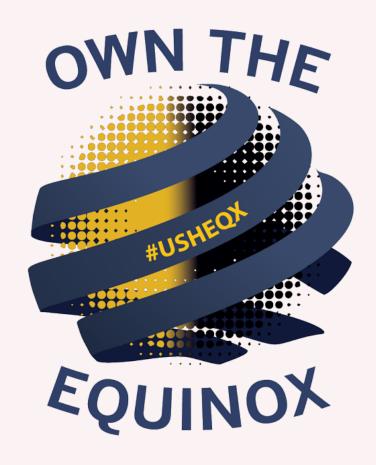
It is a powerful metaphor for the threat of Usher syndrome and the state of Usher syndrome research.

The Usher syndrome community has the power, today, to stop their world from sliding into darkness.

On August 23rd, we will Own the Equinox for 26 days leading up to September 17th:

Usher Syndrome Awareness Day.





Join the USH family to help push off the darkness for our sons and daughters, for our brothers and sisters, for our partners, for our friends and for ourselves.



From Australia to Alaska, Dublin to Denver, Holland to Hammond, Indiana, people Own the Equinox in a number of unique ways.

- Marathons
- Mile-a-thons
- Hug-a-thons

Here's how YOU can start to Own the Equinox.

## OWN THE EQUINOX



to walking, running or biking a mile a day starting
August 23.



Run, walk, or bike one mile a day for 25 days, On September 17, we all join to go the last mile together!



your friends and family to participate and contribute to your fundraising page.



#### **TELL THE WORLD**

Post your stories and pictures on Facebook, Twitter and Instagram using the hashtag #USHEQX. Share your story! "I reached out to the Usher Syndrome Coalition, asking,

'I'm here, what can I do?'

Now, I spread awareness about Usher syndrome. I give back. I'm most grateful and appreciate the opportunity to share in honor of this awesome awareness event."

Danay Trest, living with Usher Syndrome II





# and we will do this every year until Usher syndrome is history.



## USHER SYNDR ME COALITION #USHEQX







/UsherSyndromeCoalition

/UsherCoalition

/ushcoalition