

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.

#USHEQX



HOW TO  
OWN THE EQUINOX

# 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

**1**

## COMMIT

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

**2**

## CHALLENGE

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

**3**

## GET MOVING

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

**4**

## 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**



# We did it last year...





**In 2015,**

**82**

**Teams  
participated**

**25**

**States**

**12**

**Countries**



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



# USHER SYNDROME COALITION

## #USHEQX



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