



About Rock Your Socks

ROCK YOUR SOCKS first started in 2015 as a way to join the Down Syndrome community in raising awareness for Down Syndrome as part of World Down Syndrome Day. World Down Syndrome Day (WDSD) is celebrated each year on **3.21** because people with Down Syndrome are born with 3 copies of the 21st chromosome (referred to as Trisomy 21.)

We wanted to help our family and friends better understand our precious Eliza Kate, and others like Eliza, who are born with Down Syndrome, and join in the celebration. We asked everyone to wear a pair of crazy socks that day (**3.21.15**) because crazy socks are a symbol of WDSD used to help raise awareness of Down Syndrome. To our shock and joy, hundreds of friends, our kids school classrooms, and others around the world joined us in wearing pairs of some really crazy looking socks, and posting pictures and talking with others about why they were doing it.

We repeated the event in 2016 & 2017 and added an organized walk/run in Lancaster, PA. For October 2017, Down Syndrome Awareness Month, we want to do even more. We want everyone who can to contribute **\$32.10** to put on a pair of really crazy socks & sneakers, and join us in running, walking or biking **3.21** miles between 10.13.17 - 10.31.17. For everyone who registers on this site, we will send a custom designed **ROCK YOUR SOCKS** medal and ribbon - and the medal looks really cool. All proceeds will benefit 2 selected charities that help raise awareness, conduct medical research, and support individuals with Down Syndrome and their families.



Please join us in raising awareness and funds for our designated Down Syndrome Charities!!!!

Thanks, David and Aimee Snyder