



Shifting Gears for Down syndrome

A bike ride to benefit the Down Syndrome Association of MN

As many of you know, our son, Gunnar has Down syndrome. As a family, we strive to raise awareness for Down syndrome and people with Down syndrome. Money that is raised for the Down syndrome Association of MN helps give support to new families who have an infant with Down syndrome, supports parent groups, holds conferences for individuals with Down syndrome and their families and much more. We thought that having a local bike ride would be a fun way to raise money. We would like to start small this year, only advertising to the Owatonna Bike Club, but we hope that someday this could be a large event.



****Please consider making your normal Saturday morning bike ride with us on
October 1st. We would greatly appreciate your support!****



****This ride will be unsupported and you will be riding at your own risk****

When: Saturday, October 1st, 2011

Where: Start and End at Straight River Sports

3 different ride lengths (**each ride length plays on the fact that Down syndrome results in 3 copies of the 21st chromosome**)

Starts at 7am: $3 \times 21 = 63$ mile ride (Andrew will lead this this ride)

Starts at 9am: 21 mile ride (Adrienne and Kathy will lead this ride)

Starts at 10am: $21/3 = 7$ mile ride (Amanda and Gunnar will lead this ride if there is an interest)

Hoping that all rides would end around 11-12pm.

All we ask for is a **free will donation** at the beginning of the ride. Treats and beverages will be provided at the end of the ride by our family and hopefully other local families who have kids with Down syndrome.

****Please respond to Andrew or Amanda and let them know if you will be attending and what ride you will be doing, so they know how many to plan for. Thanks!****

Andrew (andrewgislason@gmail.com)

Amanda (amandagislason@gmail.com)

What is Down syndrome?

- Down syndrome occurs when an individual has three, rather than two, copies of the 21st chromosome. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome.

A few facts about Down syndrome:

- Down syndrome occurs in people of all races and economic levels.
- People with Down syndrome attend school, work, participate in decisions that affect them, and contribute to society in many wonderful ways.
- A few of the common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all.
- All people with Down syndrome experience cognitive delays, but the effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses.



The Down syndrome Association of MN

<http://www.dsamn.org/home>