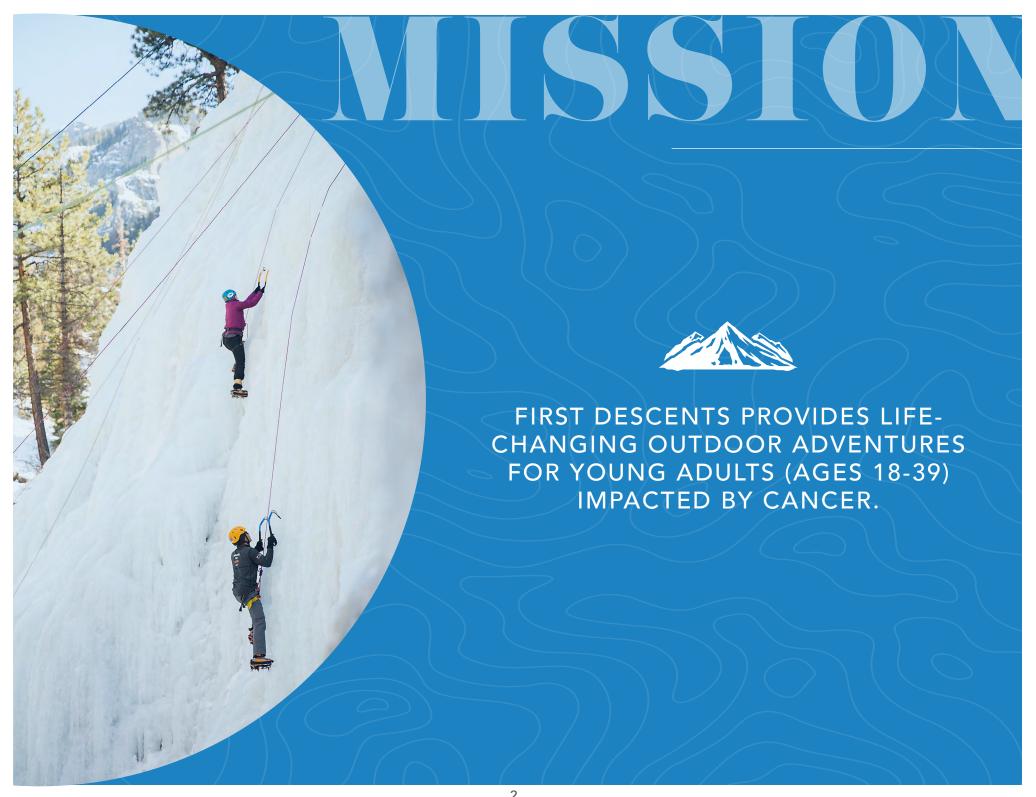
FIRST DESCENTS

ANNUAL REPORT



## FOUNDER'S LETTER

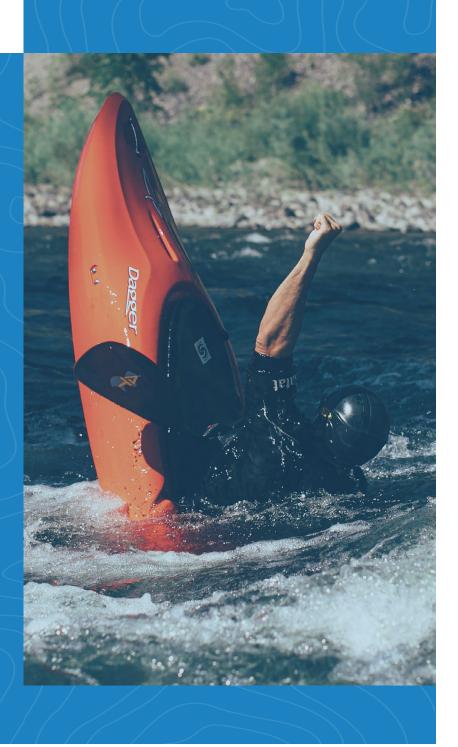
I've said this before, but it's worth noting again — if you've ever gone farther than you thought you could, climbed higher than you figured was possible, run a rapid or caught a wave or finished a race that beckoned you beyond your limits, then you know. You understand adventure's capacity to empower us, and make us more whole.

In 2017, the power of First Descents continued to ripple its way through communities across the country. FD Tribs grew exponentially, with a nearly 72% increase in membership throughout 15 different cities. This growth contributed to our effort to establish long-term adventure communities, where our tribe can continue to connect with each other, and tap into the healing power of adventure.

To this end, First Descents has become an unstoppable community. One that isn't afraid to peer over the horizon line, or look beyond the safety net — or for that matter, toss the safety net aside entirely. First Descents is all of you. It's our our participants, our volunteers, our staff, and those who donate time, money, and ideas to this extraordinary phenomenon. It's coming together and cheering each other on and tapping into the most human element in a way that cracks our adventurous spirits wide open.

As we charge forward into this new territory, we do so with 17 years of proof that adventure works. It heals, and that is something well worth sharing with as many people as we possibly can.

"FIRST DESCENTS IS ALL OF YOU.
IT'S OUR PARTICIPANTS AND OUR
VOLUNTEERS AND OUR STAFF
AND THOSE WHO DONATE TIME
AND MONEY AND IDEAS TO THIS
EXTRAORDINARY PHENOMENON."





Since its inception, First Descents (FD) has provided life-changing outdoor adventures for young adults impacted by cancer. We have come to learn FD's impact is far-reaching, and often extends to the friends and loved ones of those we serve. This mission touches each member of our team, our board, our donors, and hundreds of volunteers who make our work possible each year.

And while we're proud of everything we've accomplished, our work has just begun. As we look to the future, a few questions guide our thinking:

What if First Descents was included in every treatment plan for young adults diagnosed with cancer nationwide?

How can we partner with hospitals to design custom programs for their young adult patients? What if we literally prescribed adventure?

We know adventure and community fosters healing, complementary to clinical care. Not every healthcare intervention involves a prescription drug or a hospital stay, and we have research to prove it.

In 2017, First Descents conducted an externally led strategic planning effort for the first time in its history. Benefits of the plan include greater focus, ownership, clarity and unity throughout the organization, and ultimately support FD's ability to have an even greater impact in the lives of those we serve. The strategic priorities are quite simple: Expand Programs, Build Communities, and Prescribe Adventure.

THANK YOU for your interest and continued support of First Descents! Onward, to the next adventure.

"[OUR] STRATEGIC PRIORITIES
ARE QUITE SIMPLE: EXPAND
PROGRAMS, BUILD COMMUNITIES,
AND PRESCRIBE ADVENTURE."

Cancer is the leading disease-related cause of death in adolescents and young adults (AYAs) and continues to be the fastest growing and most underserved oncology demographic.

# FORGOTARIO DE LO GRAPHIC

70,000

ADOLESCENTS & YOUNG ADULTS ARE DIAGNOSED

**ANNUALLY** 

WHY YOUNG ADULTS

\*POOR IMPROVEMENT IN FIVE-YEAR SURVIVAL RATES

\*MINIMAL PEER SUPPORT

\*RARE AND AGGRESSIVE TUMOR BIOLOGY

\*LACK OF PARTICIPATION IN CLINICAL TRIALS

\*DISRUPTS NORMATIVE MILESTONES OF ADULTHOOD

640,000
YOUNG ADULTS IN THE U.S. ARE

LIVING WITH CANCER

AT A GLANCE



1.049

ADVENTURE PROGRAMS

\$3.66M



## 2017 ACKNOWLEDGEMENTS



First Descents was recognized as one of OUTSIDE's Best Places to Work in 2017. Each year, OUTSIDE recognizes the top 100 companies from across the United States. The winning companies are those that value productivity in combination with an active, eco-conscious lifestyle, for a fulfilling experience inside and outside the office. This recognition highlights First Descents' culture that blends engaging work with an active 'Out Living It' lifestyle that our staff and community truly embody everyday.





Since 1988, ColoradoBiz Magazine's Top Company Awards program has recognized Colorado companies of all sizes for their continuous commitment to excellence. First Descents was honored to be selected as the 2017 Top Company in the nonprofit category for our vision and dedication to impacting the lives of young adults living with and surviving cancer.

"EVERYTHING WE DO AS AN ORGANIZATION IS CENTERED ON HELPING YOUNG ADULTS IMPACTED BY CANCER DEFY THEIR DIAGNOSES AND FULLY EMBRACE OUT LIVING IT AS AN ONGOING PART OF THEIR LIVES." FIRST DESCENTS FOUNDER BRAD LUDDEN



FIRST DESCENTS PARTNERED WITH SLALOM CONSULTING
TO DEVELOP A STRATEGIC ROADMAP TO GUIDE PROGRAM
EXPANSION AND SUSTAINABILITY THROUGH 2020 AND BEYOND.

**HORIZON 2020 OBJECTIVES:** 

#### **EXPAND PROGRAMS**

With more than 640,000 young adult cancer survivors in the U.S., FD is committed to expanding outdoor adventure programs to improve survivorship and quality of life.

#### **BUILD COMMUNITY**

Young adult survivors often experience feelings of isolation and alienation. FD will strengthen local adventure communities by adding more regional multi-day programs that nurture supportive peer relationships and provide ongoing skills development.

#### PRESCRIBE ADVENTURE

Hospitals often lack age-appropriate survivorship programs for young adults. FD will strengthen existing and build new networks of healthcare professionals to reach more young adults earlier in their cancer journeys.



A SPECIAL THANKS TO THE KIRK MACKENZIE CHARITABLE GIFT FUND, WALTON FAMILY FOUNDATION, AND RISE ABOVE IT FOR UNDERWRITING THIS IMPORTANT INITIATIVE.

# PROMA

**TOTAL PROGRAM DAYS** 

£6,994

ž6,489



£ 1,049

£1,003



**TOTAL PROGRAMS** 

103

**2017 VOLUNTEERS** 

273

**VOLUNTEERS** 

**VOLUNTEER HOURS** 

First Descents is committed to ongoing impact evaluation. Research studies demonstrate improved psychosocial health outcomes and continued participant satisfaction.





## NUTRITION

First Descents is dedicated to providing healthy meals and nutrition education at our programs. We believe in the healing properties of food and the benefits that can be gained from sharing amazing meals. At each program, professional chefs prepare all meals for participants focusing on a whole food approach to eating. Most importantly, meals taste great, inspire healthy living and teach participants about the healing power of real food.

## AT A GLANCE



PARTICIPANT MEALS PROVIDED

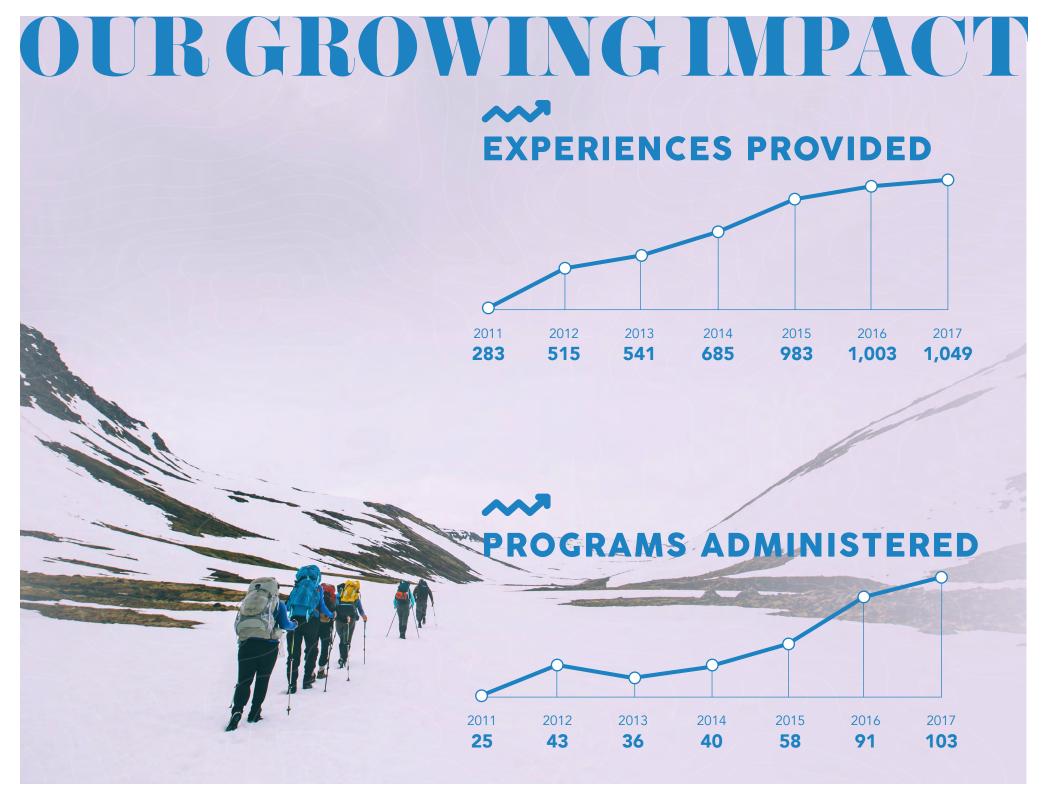
PROGRAM CHEFS

26

RIPE AVOCADOS CONSUMED

1.600





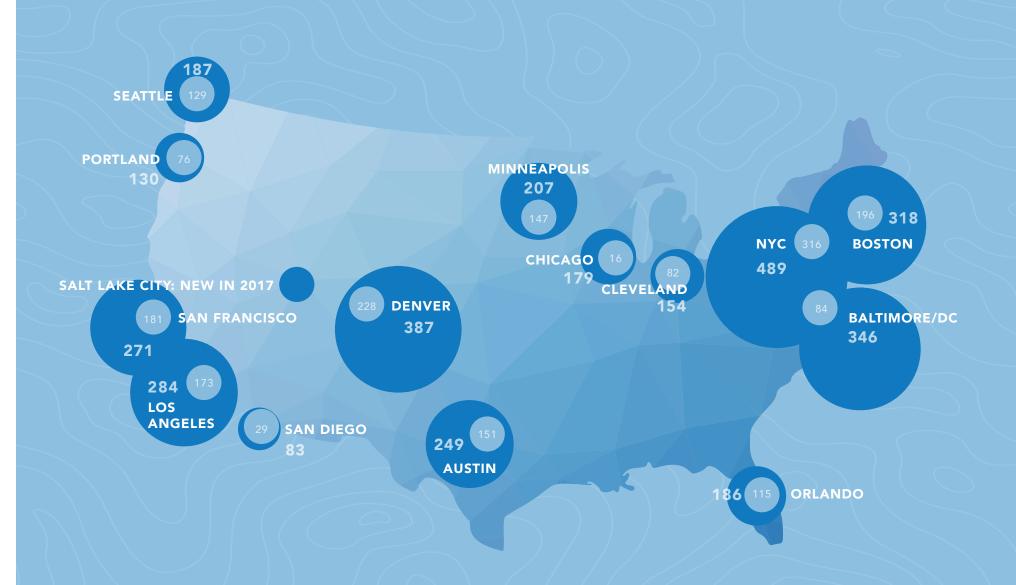
## FIRST DESCENTS TRIBUTARIES



First Descents Tributaries offer local adventures and community support for young adults impacted by cancer.







## PRIBS: OUR COMMUNITY

## HIGHLIGHTS



**JAN - DEC 2017** 

**APRIL - JUNE 2017** 

**MAY 2017** 

**JULY 2017** 

Began Monthly Community Meet-ups in DC/Baltimore, LA, Denver, and Portland Genentech Staff Volunteer at Q2 Local Programs

2017 MinneBall Raised \$20.536 for FD First program held in Salt Lake City



**AUGUST 2017** 

**SEPTEMBER 2017** 

**JAN - DEC 2017** 

First multi-day program held in Chicago

First Annual Brooklyn Bash raised \$22,265 and welcomed 120 people Unique Trib Experiences provided increased from 480 in 2016 to 517 in 2017



First Descents feature events bring together the FD community with the ultimate goal of extending the healing power of adventure to as many young adults impacted by cancer as possible. This year, we danced the night away at The First Descents 80's Ski Party, tossed kegs and axes at Man of the Cliff, and celebrated our Local Adventure Communities at the 11th Annual First Descents Ball!

FIRST DESCENTS 80S SKI PARTY 11TH ANNUAL FIRST DESCENTS BALL

MAN OF THE CLIFF 2017

Raised \$29,116 and welcomed 486 guests

Raised \$818,236 and welcomed 396 guests

Raised \$35,497 and welcomed 1,300 guests over two days



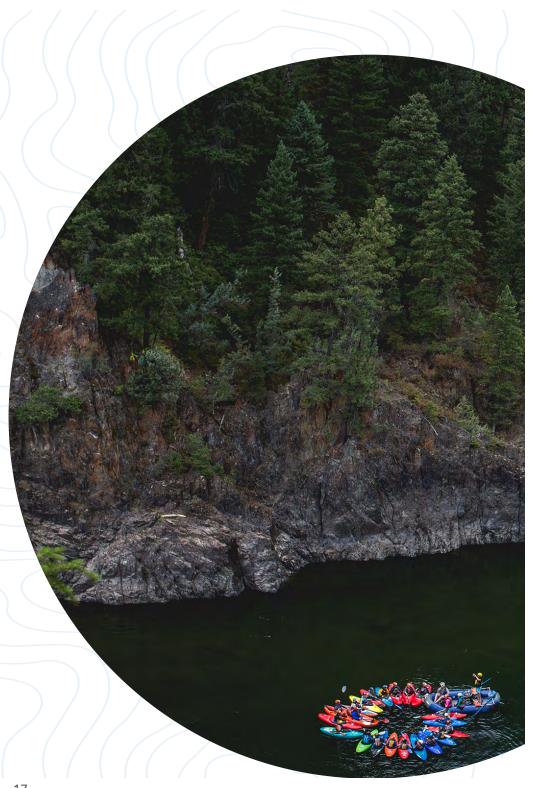
## **BOARD OF DIRECTORS**

Founder Brad "Man Salmon" Ludden
Chairman Brent "Sunday" Goldstein
Vice-Chair and Secretary Debbie King "Zipper" Ford
Treasurer Michael "Volcano" Kantor
Medical Director Larry "Larry Boy" Smith
Josh "Bear" Behr
Alix "Snooki" Berglund
Brad "Uncle Brad" Reiss
Dr. Brandon Hayes-Lattin
Eva "Pacman" Ho
Jeremy Shevlin
Joel "Fuji" Appel
Kip "Wombat" Cross
Tanum Davis "UniKitty" Bohen

Honorary Director - Rochelle "Hefty" Shoretz

#### STARF

Founder Brad "Man Salmon" Ludden Executive Director Ryan "Wolf" O'Donoghue Chief of Staff Melissa "Master Splinter" Markle Global Experience Developer Willie "Sweet D" Kern Partnerships and Recruitment Manager John "Fever Dog" Scheid Director of Programs Peta "Moneypenny" Sheridan Senior Program Manager Paul "Crash" Kelly Senior Program Coordinator Andy "Panda" Frame Program Coordinator Riley "Chum" Schumm Director of Community Engagement Julie "Fruit Boots" Kinamore Community Engagement Coordinator Lizzie "Dizzy" LaCour Community Engagement Coordinator Brooke "Noodles" Barry Director of Development and Marketing Ray "Fridge" Shedd Marketing Manager Becca "Turtle" Rohrer Marketing Coordinator Anna "006" Kenyon Development Coordinator Andrew "Tops" Coulter Development Officer Emma "Piano Pat" Burick Director of Finance and Operations Adam "Toby" Schuster Finance and Operations Coordinator Ella "Lady Smith" Kerr





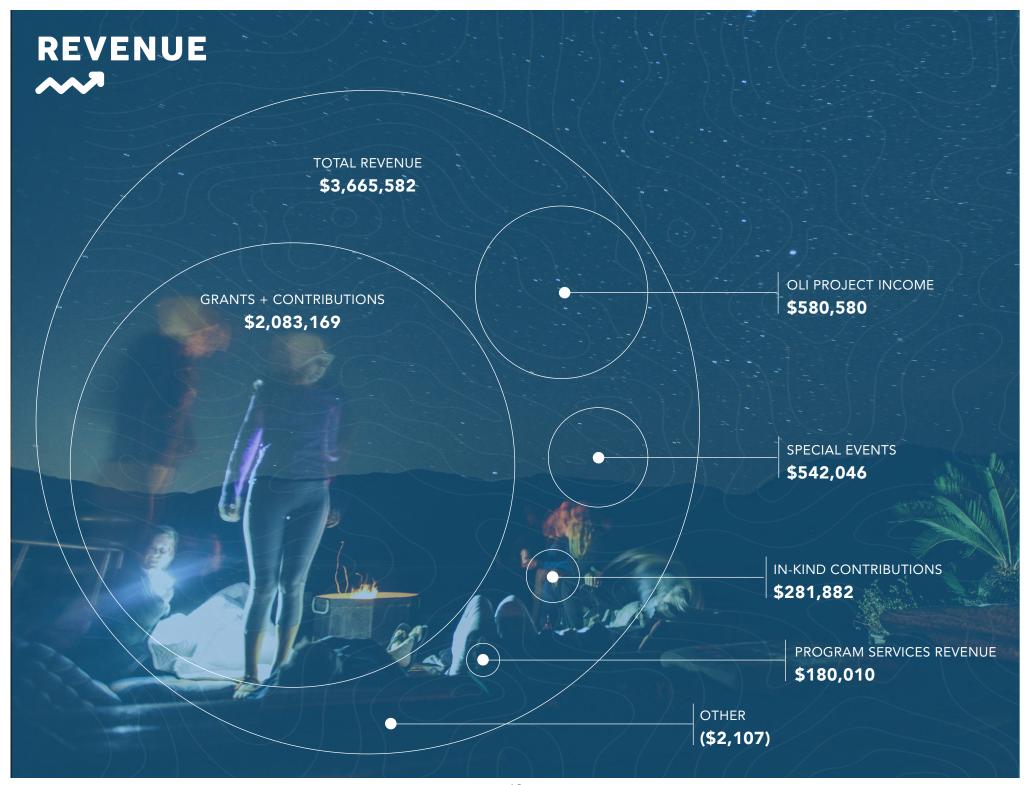
## FINANCIALS

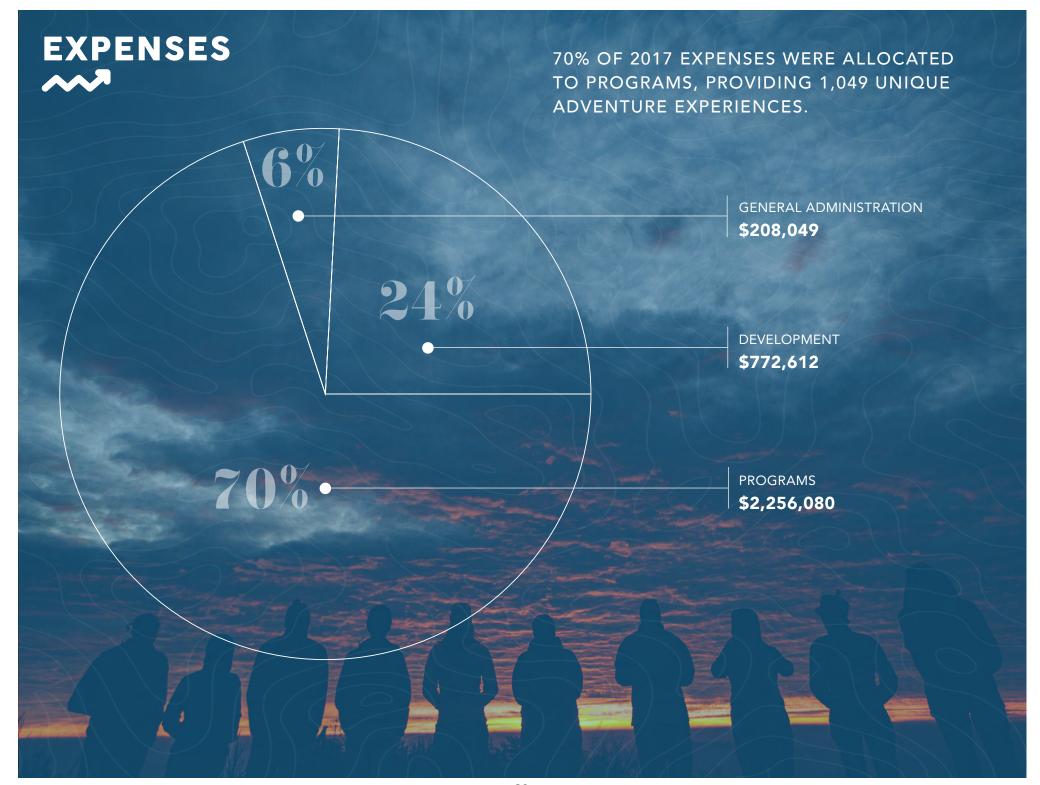


IN 2017, OUR GENEROUS COMMUNITY GENERATED
MORE THAN \$3.6 MILLION REPRESENTING A BANNER
FUNDRAISING YEAR.

IN RECOGNITION OF OUR FINANCIAL TRANSPARENCY,
GUIDESTAR AWARDED FD WITH ITS COVETED
PLATINUM RANKING.







## STATEMENT OF FINANCIAL POSITION

#### ~~

#### **ASSETS**

Cash and Cash Equivalents \$1,266,911
Contributions and Grants Receivable, net \$738,066
Prepaid Expenses \$139,559
Other Assets \$8,919
Furniture and Equipment, net \$39,179

Total Assets \$2,192,635

#### **LIABILITIES AND NET ASSETS**

Accounts Payable and Accured Liabilities \$53,643
Deferred Revenue \$755

Total Liabilities \$54,398

#### **NET ASSETS**

Unrestricted \$837,212 Temporarily Restricted \$1,301,025

Total Net Assets \$2,138,237

TOTAL LIABILITIES AND NET ASSETS \$2,192,635

## STATEMENT OF ACTIVITIES

	Unrestricted	Temporarily Unrestricted	2017 Total
Revenue + Support			
Grants and Contributions	\$687,894	\$1,395,275	\$2,083,169
OLI Project Income, net	\$580,580		\$580,580
Special Events, net	\$542,046		\$542,046
Program Services Revenue	\$180,010		\$180,010
In-kind Contributions	\$281,882		\$281,882
Other	\$(2,106)		\$(2,106)
Net Assets Released from Restrictions -			
Satisfaction of time and program restrictions	\$1,099,214	\$(1,099,214)	\$ -
Total Revenue + Support	\$3,369,521	\$296,060	\$3,665,582
Expenses:			
Program Services -			
Adventure Programs	\$2,256,080	\$ -	\$2,256,080
	\$2,256,080	\$ -	\$2,256,080
Supporting Services -			
Management and General	\$208,049	\$ -	\$208,049
Fundraising	\$772,612	\$ -	\$772,612
Total Supporting Services	\$980,662	\$ -	\$980,662
Total Expenses	\$3,236,742	\$ -	\$3,236,742
Change in Net Assets	\$132,778	\$296,060	\$428,839
Net Assets, Beginning of Year	\$704,433	\$1,004,964	\$1,709,398
Net Assets, End of Year	\$837,212	\$1,301,025	\$2,138,237

\$100,000+

GENENTECH HOGAN LOVELLS WALTON FAMILY FOUNDATION

\$50,000 - \$99,999

ANONYMOUS
CHAD MCWHINNEY
DAVITA UNIVERSITY
MICHAEL GROSS FAMILY FOUNDATION
RITZ CARLTON BACHELOR GULCH
SUBARU

\$25,000 - \$49,999

GRADY & LORI DURHAM HEALTHLINE MEDIA JOEL & TIFFANY APPEL JOFFY BASTARD JON & MINDY GRAY FAMILY FOUNDATION KIRK MACKENZIE CHARITABLE GIFT FUND NANCY OAKS PETE RIVE & NATASHA DVORAK SCOTT LYNES TANUM DAVIS & SEAN BOHEN THE ANSCHUTZ FOUNDATION THE CHAR AND CHUCK FOWLER FAMILY FOUNDATION THE MUSK FOUNDATION THE PRECOURT FOUNDATION THE TAPPAN FOUNDATION WACKY WARRIORS

\$10,000 - \$24,999

ALEXA SHUMAN
ANNENBERG FOUNDATION
CHARLOTTE & CHUCK FOWLER
CHUCK & JINNY LUDDEN
COLIN FRYER
CONNECTICUT CHALLENGE
COREPOWER YOGA
DAVID & IZABEL FLOWERS
DEAR JACK FOUNDATION

EILEEN & LOWELL APTMAN GEORGE KARL FOUNDATION HAYMAKERS FOR HOPE, INC. JEREMY HENRICHON JIM AND CARMEN SEPIC KATHLEEN MACKENZIE LORRI GOLDBERG MARC & LINDSEY GUTMAN MELLAM FAMILY FOUNDATION MICHAFI KANTOR PRATHER'S MARKET RK FOUNDATION SCOTT & MICHELLE BROOKS SHINE FOUNDATION TAKEDA PHARMACEUTICALS THE BEHR TEAM THE SEABURY FOUNDATION TIMOTHY WATKINS TRIFORD FOUNDATION TROY COX & ADEO ALDAY TURNER BRAND EXPERIENCE VAIL RESORTS YOUNG TEXANS AGAINST CANCER

\$5,000 - \$9,999

ALICIA & JOHN TLAPEK BARBARA MCCAFFERTY FAMILY FOUNDATION BRENT & LISA GOLDSTEIN CAROLYN GOLTRA CATHLEEN ROBINSON CRAWFORD FAMILY FOUNDATION DAN AND JUDY STONER DANA FARBER CANCER INSTITUTUE DR. ALEXANDER ROBB AND DR. JENNA TJOSSEM-ROBB AND THE CROWN FAMILY ELLE AND MICHAEL LANNING EMILY STAUFFER EMMETT FOUNDATION GARY MUSKETT GARY ROHR HARMON FOUNDATION, INC. HUGH HOWARD HOUSEN (HHH) FOUNDATION JAMES AND CAROLYN BRETT CHARITABLE FOUNDATION JIM & CAROLYN BADENHAUSEN KATE SVITEK MEMORIAL FOUNDATION KATIE MORGAN KEVIN & JILL KANE LATRICE DARRELL LAURA BEUNING MAPLE FAMILY FOUNDATION MARTIN AND PATRICIA BOYLE

MARY BRIDGE CHILDREN'S HOSPITAL MAX & ELAINE APPEL MICHAEL POTTS MINDY BOYUM NORTON CANCER INSTITUTE OPTIMUM EVENTS OVERBROOK FAMILY ADVISED FUND OF SERENA ALTSCHUL RICHARD & MARGOT BADENHAUSEN ROB AND NANCY SAMIT ROBERT ALLISON SAM & PEGGY GROSSMAN FAMILY FOUNDATION SHINESTY STANCHINA FAMILY FOUNDATION THE CHILDREN'S HOSPITAL OF PHILADELPHIA THE DENVER BEER COMPANY THE KENNETH KING FOUNDATION TOM & ANGELA CIVIK VAIL VALLEY SURGERY CENTER. LLC WILLIAM NEWTON JR. AND ANNE FRENCH CHARITABLE LEAD ANNUITY TRUST YOURCAUSE, LLC TRUSTEE FOR CHEVRON HUMANKIND MATCHING GIFT PROGRAM

\$2,500 - \$4,999

AARON GEORGELAS ANNA BARATELLE ASSOCIATION OF CORPORATE COUNSEL COLORADO CHAPTER BERNIE & JENNIFER RIBERDY BILL & CHERYL JENSEN BRADY & KRISTEN DOLSEN BRUCE & MARNI GUTKIN COMMUNITY FOUNDATION OF NORTHERN COLORADO CORRINE BAWTINHIMER & JODDE MASON CRAIG AND LYNN LUBBOCK DAKINE DEBORAH & MARK HARRINGTON DENISE WARD DONALD & KATHY WOODS DONNA SULLIVAN E.H. AND M.E. BOWERMAN ADVISED FUND EDWARD CARYE EPPERSON FAMILY FOUNDATION

FORT WORTH AYA ONCOLOGY COALITION

HAL & COURTNEY ROBERTSON **HEATHER & JP MCINERNY** HOWARD POSTAL JAMES & CRYSTAL DEAN JANET CALLAHAN JENNA SEOANE JENNIFER MILLS JOEL HEATH KIP CROSS & JESSICA MARTIN KRISTIN L. GARDNER FOUNDATION KRISTOPHER CUMBERMACK MARTHA WILLIAMS MATTHEW ERICKSON MELISSA PUGH NANCY E. BARTON FOUNDATION OHSU KNIGHT CANCER INSTITUTE OUIETKAT RENEE NOLAND RISE ABOVE IT ROB MAHAN FOUNDATION ROBERT ANDERSON ROBERTO IBAÑEZ ATKINSON & MARIA PAZ CALVO SAMMI'S CHEETAH RUN SECRET AGENTS OF CHANGE TESARO THE FOUR SEASONS TIFFANY GRUNWALD, M.D. UNITED WE SING UNIVERSITY OF NORTH CAROLINA CHAPEL HILL VELOCITY GLOBAL WELLS FARGO FOUNDATION WHITEWATER KING OF NEW YORK WINC. WOODRUFF FAMILY FOUNDATION

\$1,000 - \$2,499

808 DISTILLERY LLC
AARON CORSON
ALEX ISAACS
ALLEN LUND COMPANY
ALWAYS KEEP PEDALING (AKP) FOUNDATION
AMANDA MILLS
AMANDA ROBICHAUD
AMY LIN
ANDREW RODRIGUEZ
ANDREW WYKSTRA & DR. KRISTA DURAN
ANDY RULE
ANGELA ROSSI & SCOTT LEACH
ANNA NOLAND
ANNIE BOSS
ANTHONY FUSCO

APRIL CAPIL ASCENT CAPITAL MANAGEMENT AVA GOLCHIN BAILEY FAMILY FOUNDATION BARRY & MARILYN GOODMAN BEN & SHIRLEY EISLER BERNARDO FLASTERSTEIN BESPOKE EVENT GROUP BIBLER RESOURCES COMPANY BILL & SARAH ROSS BLACK DOG FOUNDATION, INC. BRAD LUDDEN BRUCE & ELLEN WINSTON BRUCE AND LINDA PUHLE CARRIE ACCARDI CASEY BROWN CATHY CONTE CHANDLER REALTY CHARLES GRAVELY CHRIS & STEPHANIE SILVERSMITH CHRISTINA & STUART SMITH CHRISTINE MCBETH CHRISTOPHER DAUSTER CHRISTOPHER MONTROSS CHRISTY HANSON CLICKS AND CLIENTS CIPJEWFIRY CRESTONE CAPITAL ADVISORS CUBA EDUCATIONAL TRAVEL DALETTE HABENICHT DAN KNOWLES DANIEL KAUFMAN DAVE & ALLI ANGULO DAVID CORKERY DAVID GORDON DAVID PODEIN DAVID RUF DEERHAMMER WHISKEY DOMINIC DELUCA DR. KEN AND DR. HOLLY ADNAN DRTDA/ BIGHORN TOYOTA DST SYSTEMS INC., MATCHING GIFTS PROGRAM DUKE UNIVERSITY HEALTH SYSTEM EDITH GLAZER EDWARD OUINN EILY & STACY TOYAMA

ELISA TRIGG ELIZABETH PITCAIRN ELLEN HAHN ERIC FRETZ ERIKA AND MATT FITZGERALD FAITH GOLDSTEIN FIFTY-NINE 22 MLK FISHPOND USA FOLSOM SKIS FREEPORT-MCORAN COPPER & GOLD FOUNDATION GEF JOHNSON GEORGE BILLINGS GINO DILELLO GOLDIE LIU GREG ISHII GRETCHEN FAULKNER HANS & ALIX BERGLUND HAP & DARCI POOL HARRY AND SUSAN FRAMPTON HELEN HARTMAN HELENE & ANDREW GLICK JAMES PATRICK GRIFFITH FOUNDATION JANET HARVEY JEFF & LAURI O'BRIEN JEFFREY BISKUP JEFFREY HOFFMAN JEN MORRIS JENNIFER FOLEY JEREMY & SANDRA SHEVLIN JEREMY GOLDSTEIN JESSICA GUERRERO JESSICA MENG JF HODGES & JENNIFER INGRASSIA JILL CLIFTON JIM DEAN JODI MARSH JOHN & CHRISTY CHASE JOHN KIRK JOHN OURISMAN JOHN STEWARD JON & CAITLYN BEALL JON KINNING JONATHAN WENK JONI & PAUL GOTTHELF JOSH MCKINLEY JULIE AND AARON CARLSON JUSTIN BALL JUSTIN BRUNS KAREN R. CHAKMAKIAN CHARITABLE FUND KATHERINE MILHAM KATHY EATON KATY & CHRIS LLOYD

KELLY & JAMIE MALIN KELLY HOFFMAN KENDALL BAYNE FOUNDATION KENT AND VICTORIA LOGAN KEVIN & ELIZABETH KEATING KEVIN ZIMMERMAN KYM SINCLAIR LAND O'LAKES LARRY PRATHER LARRY SMITH LAUREN BORJON LAWRENCE AND KIMBERLY WEINBERG FUND LEONID YUFFA & CAMI COOPER-YUFFA LIOUID LAB NYC MARC KLEES MARCIA DONZIGER MARIA LAZZAREVICH MARK D MELANCON MARK GOODREMONT MARK KOGOD MARY CAROLINE CLARK MATTHEW COONEY MATTISON FAMILY CHARITABLE FUND MELISSA CHEN MELISSA LAWRENCE MICHAEL PRATHER MICHAEL STAFFIERI MICHELLE & LONNY ESOUIVEL MORAG SOUTER NANCY MEREDITH EVANS NEIL & MARCY COHEN NELSON CHENG NEW YORK YANKEES NOBLE ENERGY INC. NORTHWEST FIRE PROTECTION DISTRICT ONUS IV HYDRATION ORCHARD LAKE COMMUNITY CHURCH OSCAR VARGAS PAT SPENCER PATRICK BYERS PAUL JOHNSON PAUL SNEYD PHILIP S. HUNTER TRUST RICHARD WOOD ROBERT AND SHEILA HYATT

ROBERT BURMAN

ROCKYWOLD DEEPHAVEN CAMPS RUSSELL & SARA HIRSCH RYAN & TRISTA SUTTER RYAN HIGGINS SAMIRA WOODINGS SEAN & MICHELLE FITZGERALD SHANNON ROUTH SHAUN & KELSEY BOYTE STATE OF MONTANA STEPHEN HUSKINS TAMI YINGER TARA SMITH TEAM EVERGREEN BICYCLE CLUB. INC. TED & CANDICE LEACH TELLURIDE SKI RESORTS THE HELD FOUNDATION THE M&T CHARITABLE FOUNDATION THE RORER FOUNDATION THE SPANX BY SARAH BLAKELY FOUNDATION FUND THOMAS SMITH TITO'S VODKA TOWN OF FAIRPLAY TROY JONES VALERIE LONDON VALERIE MUNOZ WALKER DIMMING WENDY & MIKE CAREY WENDY WILHELM WESLEY WALTON WHITNEY EVANS FUSTON WILLIAM KYLE WILLIF KERN WILSON DOW GROUP WYATT LUENENBORG

