



# 2022

# ANNUAL REPORT

FIRST DESCENTS



**FIRST DESCENTS PROVIDES  
LIFE-CHANGING OUTDOOR  
ADVENTURES FOR YOUNG  
ADULTS IMPACTED BY CANCER  
AND OTHER SERIOUS HEALTH  
CONDITIONS.**





# ALUMNI SPOTLIGHT



In 2017, I was living the life I had always imagined: married, two babies and a dog, and a beautiful house in a quiet neighborhood. I was a career second grade teacher with a retirement plan and summers off. I had just returned to work after maternity leave and was in the midst of figuring out how to balance it all when I noticed I wasn't able to feel my left foot.

The next few weeks brought a whole new level of clumsiness I'd never experienced. I was dropping dishes and running into table corners and door frames. I began to misread and mishear things. Driving through the town where I'd always lived, I would forget where I was going. All of this was accompanied by constant nausea, hot flashes, wooziness, and migraines that forced me to spend most evenings on the bathroom floor.

One Saturday I went to play soccer. I thought maybe some exercise would improve my circulation or reset whatever glitch was messing with my system. I tired quickly and I felt slow. My legs felt like lead and I didn't have enough strength to even lock my ankles when kicking the ball.

What followed was a series of trips to the ER, neurology appointments, MRIs, extensive blood work, and a spinal tap to receive an official diagnosis: multiple sclerosis. The rest of the year was one loss after another. I couldn't play soccer anymore - something I'd spent my whole life doing. I could barely walk around the block. I couldn't read without falling asleep. New medications meant the end of breastfeeding way earlier than I had planned. I sought mental health services to help cope with the MS diagnosis and ended up with several mood and personality disorder diagnoses to go with it. I had a miscarriage. My dog died. My marriage was failing. I had no time or energy to socialize.

After my diagnosis, I began to accept my mortality - a deep understanding that my time on earth is limited. But I was so focused on letting go that I forgot to let things in. I was stuck, standing in place waiting for the next storm to blow through. Until I opened an email one day and learned about First Descents.

I read the announcement about this organization hosting a pilot program for young adults with MS and just knew I had to go for it. Even though I'd never been whitewater kayaking before, it sounded like something I would love to do in a place I would love to be. It was the first time in more than a year that I felt a spark of excitement, anticipation, and the call of adventure.

While taking it all in on my First Descents program in Tarkio, Montana, I observed something interesting - in this place, in this group, having MS became the least important thing about us when in everyday life it is the thing that screams different. I felt a profound sense of freedom wash over me. Being surrounded by others who knew exactly what I was going through let me feel seen, heard, and loved as a whole person.

In the years since my time in Tarkio, I have dedicated myself to out living my diagnosis. I invited adventure and excitement back into my life, despite the fear. I started singing and dancing in public. I have traveled and met countless new friends. I have left behind harmful relationships and formed new loving ones. I have found new activities to channel my passions into. I am always learning how to live a healthier and more authentic life.

I could never tell the story of my life without mentioning First Descents. It was truly what brought me back to life when I needed it most. My heart still burns brightly with passion for the healing power of adventure and the mission of First Descents. My First Descents adventure gave me my answer to Mary Oliver's question - what will you do with this one wild and precious life? Answer - absolutely everything I can.

**Elyse "Birdy" Palmer**, First Descents MS Participant



# ALUMNI SPOTLIGHT



Photo Credit: Mike Arzt

Reflecting on the past year, I am truly grateful for all that we have accomplished. Despite facing numerous challenges leading up to 2022, we found our focus, stayed resilient and returned to our core mission of providing week-long outdoor adventure programs for the young adult community that we serve.

I'm thrilled to share that this year we successfully executed 39 life-changing, week-long programs across 12 awe-inspiring locations coast-to-coast, serving a total of 459 participants. And what's more, we were able to

provide these transformative experiences amidst the untouched wonders of the wild while keeping the safety and well-being of our participants top priority.

Each participant experienced the Healing Power of Adventure as the Out Living It spirit filled the air. Lifelong bonds were formed, extending the impact far beyond the program itself.

The success of this year has reinvigorated our commitment to serving as many young adults impacted by cancer and MS, healthcare workers, and caregivers as possible. We

are fully dedicated to justice, equity, diversity, and inclusion (JEDI) in all aspects of our work. Working closely with our JEDI committee and JEDI Advisory Council, we continue to make progress in ensuring that First Descents reflects the diversity of today's community.

In addition to our week-long programs and on-going commitment to JEDI, we have expanded our resources to support our community and the Out Living It lifestyle. Our Out Cooking It content series features healthy recipes prepared by FD chefs, encouraging community

members to explore new culinary adventures from home. Our Mindfulness series led by FD mindfulness coach Sprinkles, offers yoga, breathwork, and meditation practices further promoting health and well-being. And our Community Adventures provide a platform for peer-led experiences encouraging participants to live the life of adventure while connecting and supporting those around them in their local area.

None of this would have been possible without your support. Your belief in our mission has allowed us to overcome

obstacles and make a positive impact on the young adult community we serve.

As we look to the future, we remain committed to empowering individuals through the Healing Power of Adventure. Together, we will create more opportunities for growth, connection, and resilience.

Thank you for being an integral part of our journey.

With heartfelt gratitude,  
**Ryan "Wolf" O'Donoghue,**  
CEO of First Descents



## PROBLEM

Cancer is the leading disease-related cause of death in adolescents and young adults (AYAs).

MS is the most common neuroinflammatory disease affecting young adults.

Cancer, MS, and all serious health conditions present unique challenges and obstacles to young adults.

## OBSTACLES

86,000+ adolescents & young adults are diagnosed with cancer each year

Minimal peer support

Rare and aggressive tumor biology

Lack of participation in clinical trials

Disrupts normative milestones of adulthood

Higher rate of depression and psychosocial distress in young adults impacted by MS and cancer

## FD PROGRAM OUTCOMES

# 100%

OF PARTICIPANTS REPORTED INCREASED ABILITY TO COPE WITH CANCER AND ITS EFFECTS

# 81%

REPORTED INCREASED SELF-EFFICACY

# 99%

OF PARTICIPANTS WANT TO STAY INVOLVED

# 17% ↓ TO 7%

PARTICIPANTS WHO REPORTED FEELING DEPRESSED BEFORE AND AFTER FIRST DESCENTS

[LEARN MORE](#)

# WHY IT WORKS?





# OUR HIGHLIGHTS

459

PARTICIPANTS SERVED

---

39

TOTAL PROGRAMS

---

2,587

PARTICIPANT INQUIRIES

---

\$4.75M

FUNDS RAISED

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# OUR HIGHLIGHTS





## Expand Programs

With more than 680,000<sup>1</sup> adolescent and young adult cancer survivors in the U.S., First Descents (FD) programs are offered nationwide and improve survivorship and quality of life for this unique demographic. Further, FD expanded programs to support young adults coping with other health conditions.

<sup>1</sup> [ACS Journals](#)



## Build Community

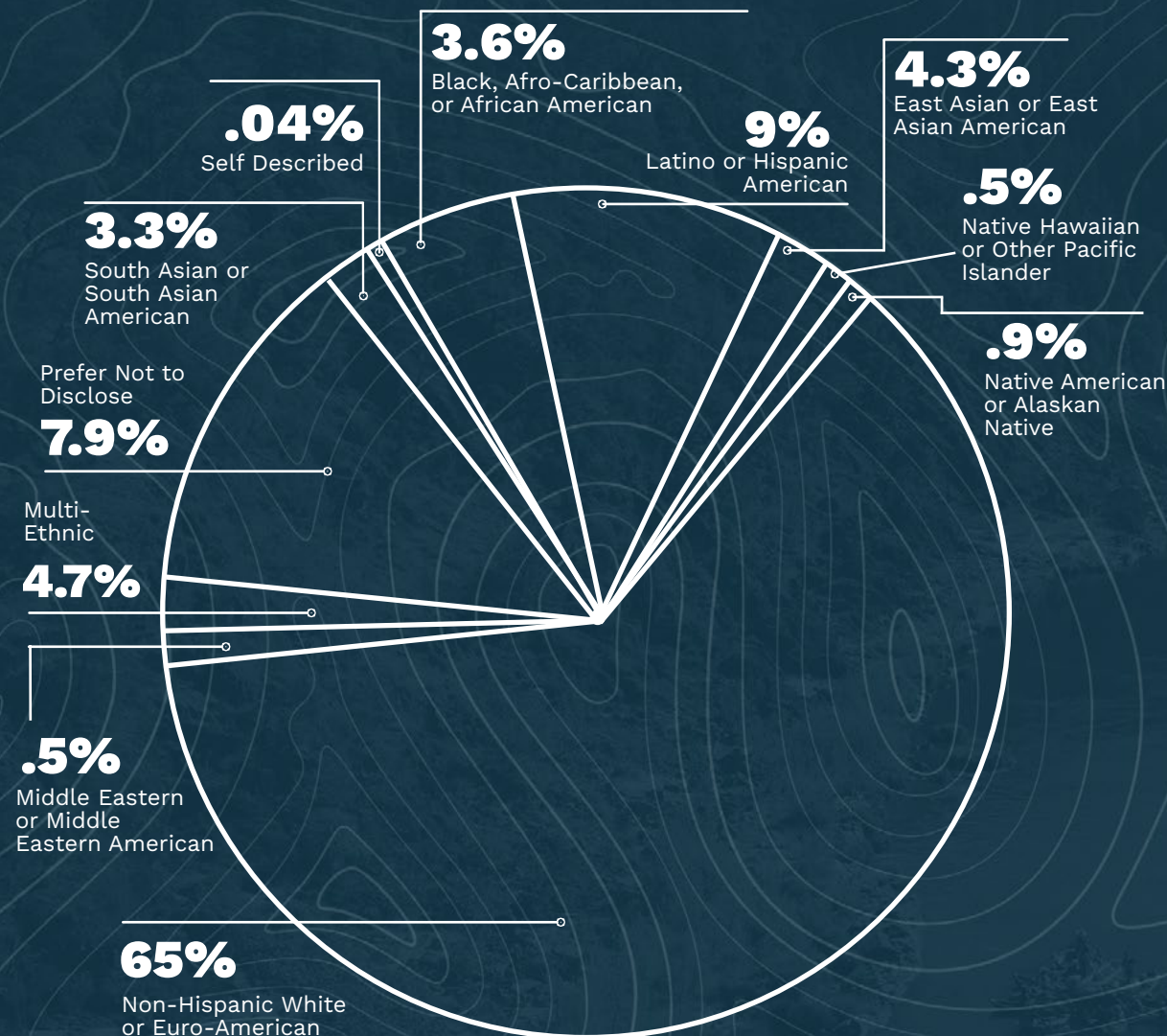
Young adults coping with health conditions often experience feelings of isolation and alienation. FD's local adventure communities provide year-round outdoor experiences and ongoing supportive peer relationships.



## Prescribe Adventure

Hospitals often lack age-appropriate psychosocial survivorship programs for young adults. FD will build upon its network of healthcare professionals to reach more young adults earlier in the treatment process.

In 2022, First Descents continued working to reach those traditionally underserved within the young adult oncology and MS communities as well as healthcare workers and caregivers. The numbers below highlight the ethnic background of 2,577 participant inquiries from 2022:



In 2022, First Descents committed to expanding and improving our work in the JEDI space. In February 2022, we received a workplace evaluation led by Camber Outdoors to better understand how to improve justice, equity, diversity and inclusion in our specific workplace in the year ahead. From there, the JEDI Committee, LT and JEDI Advisory Council crafted a training and continuing education plan for the team in the year ahead including the following milestones:

FD expanded our travel scholarship grant with a goal of further reducing barriers to attending destination-based programs. In 2022, 100% of applicants who requested a Travel Scholarship were granted one. We worked to plan 2-4 JEDI Custom Programs as a strategy to provide a more safe and inclusive space for participants from marginalized communities. When compared to traditional week-long programs, custom programs are logistically harder to plan, have limited recruitment pools, and have added complications due to partnership contract agreements. Custom programs accounted for six of our 21 unfilled spots.

As a continuation from 2021, FD requires all staff and board members to take part in Camber Outdoors' "Building Blocks of DEI" series. Additional JEDI trainings and resources are available to all staff, board, lead staff and contract staff. We established a formal JEDI onboarding process for all new employees, and a more in depth JEDI training for all Lead Staff. We incorporated Native Land Acknowledgement to website pages, programs, and Lead Staff training. Lastly, we focused on individual care and program accessibility to ensure participants felt a sense of belonging while on their program. Participants with disabilities received ADA bedrooms or the most accessible accommodations. Outfitters were briefed on how to better accommodate participants with mobility challenges. Participants who identified as trans or non-binary received private accommodations when requested.





First Descents partners with medical centers and healthcare organizations nationwide to provide opportunities for young adult patients, caregivers and providers to attend our outdoor programs. Through the Prescribe Adventure campaign, FD engages healthcare partners and equips them with the resources they need to empower young adults to connect with their peers through community and adventure. Research shows that our programming improves psychosocial outcomes including body image, self compassion and self esteem, as well as reduced alienation, depression, and fatigue among FD participants.

# 1,045+

HEALTHCARE PROFESSIONALS ENGAGED  
THROUGH PRESCRIBE ADVENTURE

# 520+

MEDICAL CENTERS AND HEALTHCARE  
ORGANIZATIONS REFERRING PATIENTS

# PRESCRIBE ADVENTURE



In 2022, First Descents continued building integrated partnerships with leading hospitals and medical centers, specifically focusing on building partnerships with leading multiple sclerosis institutions in order to expand our offerings for the MS community. A few highlights include:

- Expanded accessible program locations by teaming up with world-class lodging partners and outfitters in Outer Banks, Estes Park, Crested Butte and Buena Vista which are suited to serve the MS population for years to come.
- Partnered with the Adapt Functional Movement Center and NeuroLab 360 to develop an 8-week trip/travel readiness program for participants that consist of: 4 weeks of Neuro PT and 4 weeks of Functional Movement Therapy.
- FD became an official service provider of the National MS Society. FD is now socialized with all young adult constituents who contact the NMSS support line and patient navigators are trained to share information about FD programs.
- FD attended and exhibited at both the 2021 Consortium of Multiple Sclerosis Centers (CMSC) Annual Meeting and the 2021 CMSC Patient Program, "More About MS"

"First Descents isn't taking people kayaking. FD is allowing them to connect with other people who have Multiple Sclerosis and it all happens organically. And they aren't talking about MS and illness, they are talking about the adventure they want to do together when they return home. It is a powerful community. These types of programs are life changing."

- **Kathy Costello**, Vice President of Programs, CanDo MS





“I love adventure big or small, and I also love making a difference in the lives of others. It’s with these two things in mind I began planning my purpose-driven bike ride across the country. Through the Out Living It Project, I was able to take on this grand adventure and raise as much money as I could to fund the adventures of others who are going through challenges I can’t even imagine. The more I learn about First Descents, the more I know they are providing a service I can truly get behind.”



- **John Wittry**, Out Living It Project Fundraiser

# IT PROJECT

The **Out Living It Project (OLIP)** is where adventure, creativity, and philanthropy collide. Out Living It Project participants can launch their own unique fundraiser or join an existing project or race to raise funds and awareness for First Descents.

In 2022, Team FD athletes competed in renowned races including the Ragnar Trail Relay, Leadville 100 MTB Race, Leadville 100 Trail Run, TransRockies Run, and the NYC Marathon. **To date, the Out Living It Project has raised \$6.9M across 2,070 projects with 38,274 supporters.**

**\$560,310**  
RAISED

**3,018**  
DONATIONS

SINCE 2001  
**100**  
CAMPAIGNS

[LEARN MORE](#)







## Board of Directors

**Founder** Brad “Man Salmon” Ludden

**Chairperson** Debbie “Zipper” King Ford

**Vice Chair** Dr. Brandon Hayes-Lattin

**Secretary** Alix “Snooki” Berglund

**Treasurer** Michael “Volcano” Kantor

**Medical Director** Larry “Larry Boy” Smith

Ben Davis

Brent “Sunday” Goldstein

Jean Smart

Joel “Fuji” Appel

Julie Wright

Kammi Reiss

Kip “Wombat” Cross

Michael Gross

Susan “Hawk” Rafferty

Tanum “UniKitty” Davis Bohen

**Advisory** Josh “Bear” Behr

**Honorary Director** Brad “Uncle B” Reiss

**Director, In Memoriam** Rochelle “Hefty” Shoretz

## Staff

**CEO** Ryan “Wolf” O’Donoghue

**COO** Adam “Toby” Schuster

**VP of Programs** Mackenzie “Spudz” McGrath

**Program Director** Nancy Crane

**Program Manager** Angelina “Katniss” Mangiardi

**Program Manager** Andrew “Tops” Coulter

**Program Manager** Kate “Lil Mo” Medici

**Program Coordinator** Sophie “Bubbles” Ohaus

**Partnerships & Recruitment Director** Michael “Blades” Neustedter

**VP of Advancement** Ray “Cheddar Bunny” Shedd

**Marketing & Communications Director** Chris “Apres” Dolan

**Senior Marketing Manager** Becca “Turtle” Rohrer

**Marketing & Events Coordinator** Anna “Whiplash” Wallace

**Development Director** Amy “Agave” Hart

**Development Officer** Emma “Piano Pat” Burick

**Finance & Operations Manager** Keith “Focus” Feikema

**Finance & Operation Coordinator** Annie “Jelly” Stettinius



**In 2022, our generous community generated more than \$4.75 million representing a banner fundraising year.**

**In recognition of our financial transparency, Guidestar awarded FD with its coveted platinum ranking.**

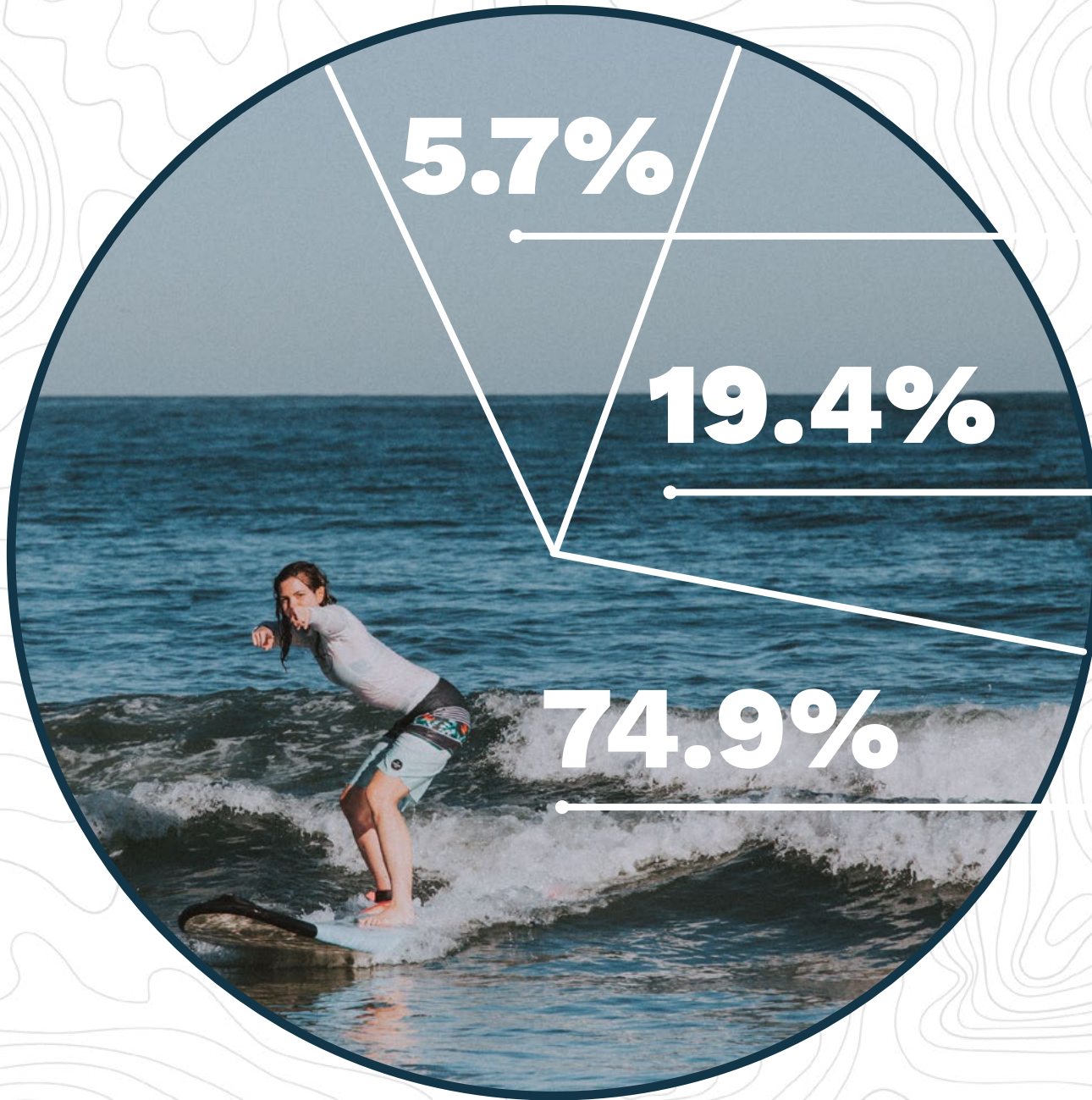
For full financials, please visit [www.firstdescents.org/financials](http://www.firstdescents.org/financials)











GENERAL ADMINISTRATION  
**\$226,245**

DEVELOPMENT  
**\$766,975**

PROGRAMS  
**\$2,965,989**

**74.9% of 2022 expenses were allocated to programs, providing 459 unique adventure experiences**





Always Keep Pedaling Foundation

Amy Lin

Anonymous

Brent & Lisa Goldstein

Cathleen Robinson

Chad McWhinney

David & Iris Gordon

Debbie King Ford & Rob Ford

Eva Ho

Grady Durham

James & Crystal Dean

Jennifer Feikin

Jeremy & Sandra Shevlin

Joel & Tiffany Appel

Josh & Jennifer Behr

Katherin & Doug Milham

Katie & Tom Morgan

Kip Cross & Jessica Martin

Kirk MacKenzie

Michael & Mia Kantor

Michael & Violet Gross

Mindy Boyum

Nancy Oaks

Prather's Market

Rich & Diane Easton

Rise Above It

Wacky Warriors



Anna "Snoop" Noland

Ben & Julie Wright

Brad Ludden

Brent & Lisa Goldstein

Corbin Clement

Danielle's Dreams

Greg McFadden

Gutkin Family

James & Crystal Dean

Jamie "Alpha" Stec

Jason & Laura Minard

Jennifer "Galaxy Girl" Jackson

John Ourisman

Kelly Hoffman

Lois & James Benfield

Paul Fraynd & Katie "Emoji" Doble

Paul Johnson

Susan Doran

Theresa Wilson

Timothy Sheets

Travis Stover

Will "Stand Up" Flanary

Zach Calkins



Chad McWhinney

Joel & Tiffany Appel

Kirk Mackenize

Sandy & Joe Samberg

Rise Above It



Alix & Hans Berglund

Brent & Lisa Goldstein

Jennifer Mills

Kevin & Whitney Zimmerman

Mark & Marshall Stockseth

Nancy & Rob Samit

Rita Lamoureux

Sandy & Joe Samberg

Shine Foundation

Wacky Warriors



**\$100,000 +**

Genentech  
 Gilead Sciences, Inc.  
 Michael Gross Family Foundation  
 Sandy & Joe Samberg  
 Steve Hovde  
 Tap Cancer Out  
 Velocity Global  
 Wend II, Inc.

**\$50,000 — \$99,999**

Amy Brown & Bryce McMaken  
 Anahata Foundation  
 Chad McWhinney  
 Christina & Stuart Smith  
 Chuck Ludden  
 I'm Not Done Yet Foundation  
 Kimbal & Christiana Musk  
 Oak Foundation  
 Pete Rive & Natasha Dvorak  
 Scott Klein  
 The Mayer Foundation  
 The Offield Family Foundation  
 VF Foundation

**\$25,000 — \$49,999**

BDT & MSD Partners  
 Ben & Julie Wright  
 Brent & Lisa Goldstein  
 Cas & Missy Schneller  
 Dan & Anna Shak  
 Gray Foundation

Haymakers for Hope  
 Joel & Tiffany Appel  
 Kirk MacKenzie  
 Matt & Ashley O'Reilly  
 Nathan & Carrie Trookman  
 River Roots  
 Scott Lynes & Brian Coulthard  
 The Anschutz Foundation  
 The Gateway Fund II of the Denver Foundation  
 The Tappan Easton Foundation  
 Vicki Gross & Jonathan Levine

**\$10,000 — \$24,999**

Adam Stanchina  
 AlleyCorp Healthcare Fund  
 American Junior Golf Foundation  
 Anonymous  
 Brian Hoyt  
 Bullet Proof Strategies  
 Christopher & Dana Reeve Foundation  
 deLaski Family Foundation  
 Epperson Family Foundation  
 Foundation Medicine, Inc.  
 Gary & Lois Claar  
 JAC Family Foundation  
 John & Liz Ridyard  
 Jonah Casin  
 Kathleen MacKenzie  
 Kathryn & Nick Raffensperger  
 Kelly & Brad Rainko  
 Mary Beth Jester

Mellam Family Foundation  
 Mildred's Dream Foundation  
 Richard Adler  
 Rod & Linda Gray  
 Rodney & Caryn Cohen  
 Ron & Caryn Suber  
 Russell & Sara Hirsch  
 Seagen  
 Servier  
 Shawn & Richard Tomasello  
 Silas Eldredge & Lara Nickel  
 SOUL RYEDERS  
 The Change the World Foundation  
 Triford Foundation  
 Usher Family Charitable Foundation Trust

**\$5,000 — \$9,999**

Adam Wertz  
 Amy Lin  
 Andrea Blank  
 Arnold & Marilyn Greenberg Memorial Gift Fund  
 Bank of America  
 Bill Johnson  
 Brandon Hayes-Lattin  
 Bristol Myers Squibb  
 Cathleen Robinson  
 Christa Multhauf  
 David & Christine Myers  
 David & Iris Gordon  
 David Weaver  
 Debbie King Ford & Rob Ford  
 Doug & Katherine Milham  
 Emmett Foundation  
 Earl Reiss  
 Foley Incorporated  
 Goldman Sachs Gives  
 Hans & Alix Berglund  
 Jeff Simmons  
 John & Gay Coe  
 John Geller  
 Kevin & Elizabeth Keating  
 Kevin Clement  
 Kip Cross & Jessica Martin  
 Lyndon & Madeleine Rive  
 Nancy E. Barton Foundation  
 Patricia Spencer  
 Patrick Johnson  
 Rutledge Cancer Foundation  
 Ryan & Tara O'Donoghue  
 Scott Kaplan  
 Shannon Peterson  
 Shine Foundation  
 Sophie Sparrow & Chris Eldredge  
 Steven Bogacz & Kai Eldredge  
 Takeda Oncology  
 The J.E. Fehsenfeld Family Foundation  
 Tom & Angela Civic  
 Wacky Warriors  
 William Newton Jr. & Anne French Charitable Lead Annuity Trust



**\$2,500 — \$4,999**

Alan & Sarah Hathcock  
 Anya Kane  
 Artur Tomala  
 Betsy Schweitzer  
 Brett Greenfield  
 Carolyn & Laurence Belfer  
 Christina Jue  
 David & Nanette Bender  
 Derek Wintle  
 Duncan Gills  
 Dwayne Kramer  
 E.H. & M.E. Bowerman Advised Fund  
 Eric Fretz  
 Faith Goldstein  
 Harmon Foundation  
 Howard Postal  
 Intrinsic LLC  
 Jack & Greer Gardner  
 James & Lois Benfield  
 Jean Smart  
 Jeffrey Hoffman  
 Jennifer Mills  
 Jesse Sanders  
 John Welz  
 John Wittry  
 JW Bennett  
 Katherine Estes Rogers Foundation  
 Kevin & Whitney Zimmerman  
 Kevin Conners  
 Kevin Riegler  
 Kimie & Brad Kreidle

L. Dee Family Foundation  
 Lisa MacDougall  
 Mark & Nancy Duarte  
 Mary Maguire  
 Mary Thomas  
 Michael Coslov  
 Patricia Kritek  
 Patrick Currie  
 Rachel Jones  
 Rick & Cathy West  
 Rocky Mountain Bliss  
 Schwartz Family  
 Scott & Ford Woods  
 Sean Glynn  
 Stephanie Rosenthal  
 Stewart Gross  
 Suzy, Nancy & Carol Minkoff Charitable Fund  
 TREW Gear  
 Victoria Johnson  
 William & Molly Gilmore  
 William Hoeft

**\$1,000 — \$2,499**

Aaron Batte & Jill Sturman  
 Abigail Pogrebin  
 Adam Peshek  
 Amy & Jon Meltzer  
 Andrew Hottell  
 Andrew Schuman  
 Ashton Barker  
 Baird Foundation Inc

Barry & Marilyn Goodman  
 Beverly Martin  
 Blake Nyman  
 Bill Gregorak  
 Blake Nyman  
 Brad & Marla Jeffress  
 Brad Hollister  
 Bruce & Ellen Winston  
 Brynn Crowe  
 Buffy Burge  
 Byron Walker  
 Carrie Accardi  
 Carrie Goldberg  
 Casey Easton  
 Charles Lozner  
 Charles, June & Sean Contant  
 Chris Warner  
 Christopher Henandez  
 Christopher Irish  
 Craig & Lynn Lubbock  
 Craig Urciuoli  
 DAC Inc Lubbock  
 Darren Hinton  
 David Cole  
 David Ruf  
 Dawn Cartier  
 Dawn Lyon  
 Debbie Tick  
 Deborah Leder  
 Diageo  
 Diane Meyer Simon  
 Don & Terri Oliver

Douglas Jackson  
 Drew Fink & Daniela Uribe  
 Ed Mellers  
 Edward & Kathleen Quinn  
 Eileen & Lowell Aptman  
 Elaine Stucy  
 Elizabeth Surma  
 Emma Rouse  
 Enterprise Holdings Foundation  
 Eric Menell  
 Eric Mindich  
 Francesca DiMaio  
 Gable Silvian  
 George banker & Candice Carson  
 Gray Holdings LLC  
 Greg Greenwood  
 Harriet Burnett  
 Harriet Libstag  
 Icelantic Skis  
 James & Carolyn Brett  
 James Hadden  
 Jamie Becker  
 Jason Minard  
 Jean DiNatale  
 Jeff Moody & Cheryl Marcus  
 Jen Brill  
 Jill Seigerman  
 Joan & Gene Walsh  
 Joel & Valerie Virta Pearlman  
 John Ourisman  
 John Wortman  
 Jon & Julie Cohen



Jon Zalisk  
Jonathan Georger  
Jonathan Graham  
Jonathan Skipper  
Jordan & Erin Robbins  
Joshua Jeffries  
Julian Scott  
Justin Davis  
Katherine Borsecnik  
Keep Climbing Foundation  
Keith & Shannon Love  
Kerry Siggins  
Kevan Haas  
Kevin Prefontaine  
Kimberly & Jeff Veber  
King Family  
Lawrence & Kimberly Weinberg  
Liz & Peter Menges  
Lori Moore  
Loriel Townsend  
Lotz Family Foundation  
Luke Cobb  
Marc & Carel Slatkoff  
Marc & Lindsey Gutman  
Margaret Howard  
Margot Badenhausen  
Mark & Jo Brinkerhoff  
Mark Goldstein  
Mark Helper  
Mark Kogod  
Mark Rees  
Martha Vanderhoof

Max Eckstein  
Meghan Newcomer  
Melissa Barker  
Melissa Marinko  
Merle Postal  
Mesdag Family Foundation  
Michael Kantor  
Mick Ribault  
Mike & Erin Anello  
Mizuho Bank  
Neil & Marcy Cohen  
Nick & Caitlin Smarrelli  
Patrick McGinley  
Paul Brown  
Peter Burack  
Peter McBride  
Ralph & Debra Merritt  
Randall Loker  
RichardJ. Buoncore  
Rick Schoen  
Rob & Nancy Samit  
Robert & Carol Burman Family  
Foundation  
Sam & Chris Powell  
Sam & Gwyneth Stites  
Sarah Rogers  
Sarah Uram  
Scott & Amy Brody  
Scott Drablos  
Sean Nimmer  
Stefan Lalos  
Stefani & Scott Kimche

Stephanie Donner  
Stephen Nilsen  
Steven & Gail Shak  
Susan Rabinowitz  
Susana Ribault  
The Spanx by Sarah Blakely Foundation  
Fund  
Thoryn Stephens  
Timothy McCabe  
Tracey Kruse  
Verisk Analytics  
Victor & Janice Rosenberg  
Victoria Morrissey  
Wendy & Douglas Eisenberg



# HERE'S TO ANOTHER YEAR OF OUT LIVING IT ADVENTURES



@FirstDescents



@First\_Descents  
#OutLivingIt



@FirstDescents

[www.firstdescents.org](http://www.firstdescents.org)