2007 Annual Report

For Fiscal Year 7-1-06 thru 6-30-07
Year 4 of operations

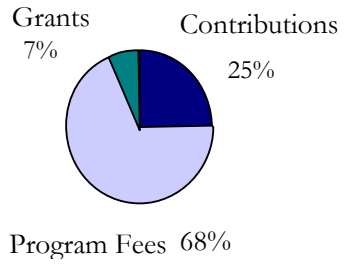
FORWARD STRIDE
CENTER FOR THERAPEUTIC RECREATION

The mission of Forward Stride is to provide, promote and support quality therapeutic recreation services to all children and adults in the Portland metropolitan area, including individuals with special health care needs and disabilities, in order to enhance their lives and assist them in healing and growing.

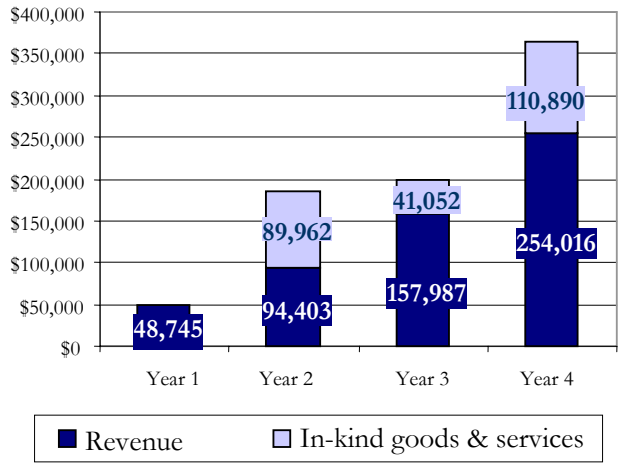
Client Service Hours:	
Sport Riding Classes	3,273
Hippotherapy Sessions	327
Vaulting Classes	1,374
Growth & Learning Workshops	32
Shriners Hospital Day Camp	127
Total	**5,133**
Clients under age 18	88%
Volunteer Hours	7,712

- **Program:** During this past year our largest program, Sport Riding, doubled in size and participation of adults significantly increased. This year also marked the addition of the 4th piece of Forward Stride programming: Equine Growth & Learning. This program will offer personal growth workshops, adolescent development opportunities and Equine Facilitated Psychotherapy (EFP). Our staff size grew to 12 positions.
- **Community Support:** Pro bono goods and services, volunteerism and community partnerships continue to increase. We received our first $17,500 in financial assistance funds through 3 major foundations. The funds were used to provide 75% fee reduction to needy clients. Our cost of fundraising is 5%.
- **Signature Event:** Forward Stride held its 2nd Annual Cowgirl Ball. 280 guests and 7 corporate sponsors, helped raise over $75,000. Cowgirl of the Year was Portland General Electric's dynamic CEO, Peggy Fowler.
- **Our Leadership:** Executive Director – Trisha Thompson; 2007 Board of Directors – Jeri Alcock, Robin Cook, Lucerne Currie, Cheryl Hansen, Lisa Kaliban, Tonya Moffitt and Ellen Wolff. Our Board is experiencing significant capacity growth with help from a development grant through Technical Assistance for Community Services (TACS).
- **Horse Love Quotient:** Up 3 points!

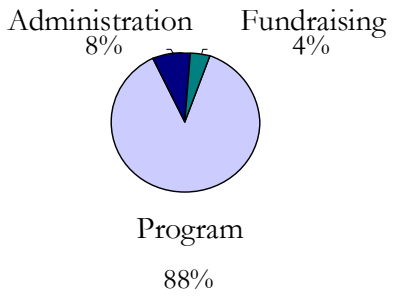
FYE6-07 Revenue



Revenue History



FYE6-07 Expenses



Forward Stride is a 501(c)3. .EIN #32-0082786. For IRS tax filings and complete donor listings, visit our website.

Facts 101…

FORWARD STRIDE
CENTER FOR THERAPEUTIC RECREATION

Did you ever dream you could fly? At Forward Stride fragile bodies gain power, gather speed and can soar. Forward Stride enables healing and growth by putting children and adults in relationship with magical horses. Clients from ages 2 to 95 ride, vault, and participate in innovative physical and occupational therapies.

Founded in 2003, Forward Stride is Oregon's only nationally accredited, comprehensive therapeutic center of its kind. We serve approximately 165 clients each week through 4 different programs using 26 horses and with help from over 200 committed volunteers. Health agencies, both physical and mental, across the country are incorporating therapeutic recreation and animal assisted therapy into their programs. Why? Because it's a powerhouse of a combination that heightens motivation and improves results.

Additionally, at Forward Stride, people find the support and connection needed to help deal with the challenges that life throws at them... kids bonding to horses creating the emotional safety nets necessary to take chances - parents helping other parents to move through health and educational systems - adults forming impromptu support groups to nurture their hearts and health.

Through our nationally-recognized, evidenced-based programming, Forward Stride enables each individual to blossom with confidence and independence. Our capstone equine therapy program offers many clients their first significant sense of physical empowerment and freedom as they partner with their horses, and provides, for many of our clients, rare physical fitness opportunities. All classes are inclusive to enhance the therapeutic benefit. Our children don't sit on the sidelines…they get to participate in normalizing, extra-curricular activities - just like other kids! Our comprehensive programming includes:

- **Hippotherapy**. Hippo is Greek for horse. These physical therapy sessions are conducted by licensed physical and occupational therapists with specialties that include sensory integration and neurological rehabilitation.
- **Sport Riding**. Most of our students are children and come to the center with a variety of acute and chronic medical issues including brain injuries, disabilities and cancer.
- **Vaulting.** Acrobatic and dance routines on the back of a moving horse! Our inclusive vaulting program starts with beginning lessons and goes on up to our competitive vaulting club – The Flying Star Vaulters.
- **Equine Growth & Learning** opportunities conducted by mental health professionals, educators and horse clinicians. The Applied H.O.R.S.E. program develops adolescent Health, Opportunity, Responsibility, Self-Worth and Exuberance, and is based on the work of the Carnegie Council on Adolescent Development.

Our clients come to us from all over the Portland-Vancouver metropolitan area. They come from Doernbecher and Shriners Hospitals, speech and hearing institutes, rehabilitation clinics, mental and physical health providers and school special education programs.

Forward Stride has capitalized on a broad array of talented individuals. All riding instructors are NARHA certified, our licensed physical and occupational therapists are members of the American Hippotherapy Association, and our vaulting instructor is a member of the American Vaulting Association. Forward Stride has obtained a national Premier Accreditation status through the industry's professional organization – the North American Riding for the Handicapped Association (NARHA). Premier Accreditation ensures that our instruction, safety, and programming are of the highest quality.

Our leadership brings solid professional skill sets which offer a unique depth and breadth of expertise. The Board of Directors is comprised of members who boast national, as well as local, board experience. The Directors help guide the organization to a high level of effectiveness while maintaining thorough oversight. Biographies can be found on our website.