



Team Rock 1 Kidney celebrates raising more than \$7,000 for National Kidney Foundation at the 2014 Philly Kidney Walk by climbing to the top of the "Rocky" steps at the Philadelphia Museum of Art.

ROCK 1 KIDNEY

 Nonprofit Member since 2013

LOCATION
Durango, CO

SERVING
Statewide, nationwide and internationally

YEAR FOUNDED
2013

MISSION
To inspire courage in potential living kidney donors by sharing stories of ways actual kidney donors are "rocking one kidney."

WEBSITE
rock1kidney.org



Kidney Donors Share Stories, Inspiring Courage

In 2012, Durango resident Jen Reeder was thrilled when she was approved as her husband Bryan's kidney donor. But she was surprised by how many people would hear the news and say something like, "Wow!" Then, with concern, "What's it going to do to you?"

It was a wakeup call about how much misinformation and unfounded fear surrounds kidney donation.

Kidney donors statistically live longer than the general population and can live healthy lives with one kidney. So just after the couple's first "transplantiversary" in 2013, Jen launched the nonprofit Rock 1 Kidney.

The concept was simple; create a website that shares stories of ways people are "rocking one kidney" since donating. The sad fact is more than 100,000

Americans currently need kidney transplants – and 13 die every day while waiting. The vision of Rock 1 Kidney (RIK) is to help make living kidney donation so common that no one dies while waiting for a kidney transplant.

The kidney donors who share their stories with Rock 1 Kidney come from all walks of life. People of different races, genders, religions and socioeconomic backgrounds share the special trait of having saved someone's life.

The stories are inspiring. There is Susan, who spent about a year losing more than 110 pounds in order to donate to her older brother. Jose donated a kidney to a stranger who became a "great friend," and competes in races and obstacle courses as part of an active life. Kim donated to a stranger and was soon back on her motorcycle as a Patriot Guard Rider. Rita donated a kidney to a friend and was so moved by the experience that she became a dialysis nurse to help kidney patients.

Now Rock 1 Kidney receives stories from around the world. Ayushi, a 25-year-old, wrote from India to



Members of **Team Rock 1 Kidney** share a laugh while walking in the **2015 Los Angeles Kidney Walk**, where the group won "Best Friends and Family Team" for raising the most money for **National Kidney Foundation**.

Photo Credit: Tom Reeder

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Team Rock 1 Kidney meets at the base of Aspen Mountain before racing with other organ donors and recipients up 3,267 vertical feet (In winter! At night!) to raise money and awareness for Aspen-based nonprofit **Chris Klug Foundation** during the annual **Summit for Life** fundraiser.



share the story of donating to her mother. Fred, a 70-year-old from Canada, donated a kidney to his brother 39 years ago – they celebrated with their wives to mark the occasion. Ray from New Zealand anonymously donated a kidney to a stranger when he was in his 60s “to anyone who needed it more than I did.” Since then, he has stayed active and even spent 30 days hiking El Camino de Santiago across Spain. “Life with one kidney certainly does rock!” he shared.

In addition to outreach through social media, Rock 1 Kidney sponsors information booths at Kidney Walks hosted by National Kidney Foundation. RIK teams have raised more than \$12,000 at walks around the country. Rock 1 Kidney has also supported Chris Klug Foundation, a Colorado nonprofit that promotes organ donation, with a team that raced 3,267 vertical feet up snowy Aspen Mountain – at night! – during Summit for Life.

Rock 1 Kidney is a labor of love. When donors write to say the nonprofit helped them, it is incredibly rewarding. After donating a kidney to a former student, a Steamboat Springs teacher named Tracy shared, “Reading the stories on this site before I donated gave me the positivity of it all and now I

can honestly say that nine months after surgery, the positivity has only grown,” she said. “Giving the gift of life is unbelievable and living it still makes me cry with gratitude.”

Rock on!

Why Membership is Essential

“Rock 1 Kidney’s founder had little experience in the nonprofit world when she created RIK in 2013, so membership in Colorado Nonprofit Association has been an invaluable resource. The discounts at Office Depot to print flyers for Kidney Walks have also saved us a lot of money – every penny counts!