



Dear Jenna Harris and the Denver Parks and Recreation team,

I am Cordelia Hollingsworth, the Executive Director of Parkour Visions.

Parkour Visions is a 501(c)3 non-profit organization based out of Seattle. We share the benefits of parkour, play, and urban fitness with people of all ages through educational programming, design service, and community development support. We believe that parkour and play-based fitness are the most powerful pathways to long-lasting physical, emotional, and social health, and provides a path over many obstacles blocking people engaging in life-long fitness, including ease of access, knowledge, affordability, and need for encouragement.

Every year Parkour Visions delivers thousands of parkour experiences to students of all ages and dimensions of diversity. Our services and initiatives connect with communities all over the world through design projects and open education resources, and our members ensure that no one who wants to learn is turned away.

Parkour Visions is the leading designer of Parkour Parks across North America. To date we have designed 8 parkour parks, predominantly across Canada and the US. (You can see our highlighted work at [www.parkourvisions.org/design](http://www.parkourvisions.org/design) )

I am writing in support of the preservation and repurposing of the fountain in Block 2 of Skyline Park. Colorado is known for having one of the largest and most vibrant parkour communities in the world. This particular site is internationally recognized and has been an important cultural landmark and community gathering place for the global parkour and natural movement community.

Skyline park has positively impacted not only myself personally but the entire national parkour community, including our Seattle-based parkour community. Every summer practitioners from Seattle (and across the nation) come to visit Skyline for its unique architecture and to meet up with local practitioners. This practice has been happening for over a decade and hundreds of people from Seattle in particular have visited Skyline for parkour. This park is a flagship cultural site for parkour practitioners across the country.

COVID-19 has shown the world how important public space and equity of access to recreation

is to the health of our communities. Unlike other athletic sports and physical practices, parkour does not require specialized gear, teams, or practice fees. The community teaches each other online and practices in our found public spaces, such as Skyline Park. Parkour-inspired parks and their supporting parkour groups across the world provide free fitness and community, bridging the gap and ensuring everyone has a way to play. The reality of parkour is not kids jumping on buildings, but people methodically, carefully, and playfully working to improve their movement and physical health. Parkour is a safe practice - we've found that on average for every 100 hours of practice, parkour practitioners have a lower injury rate than most ball sports and most sports in general. This has to do with the large emphasis on falling safety - a key foundational skill that has parkour be an up-and-coming sport for seniors and other populations who focus on learning balance and fall safety.

Participation in team sports, the most common physical activity in youth, declines with age as students leave the systems that readily and easily provided those opportunities. This also results in a loss of a social community and a system of support and encouragement for an active lifestyle.

There are also far more free and affordable resources in parkour serving youth than adults and seniors. Parkour is a life-long practice, built inside a supportive and enthusiastic community that spans across all the generations. It can be practiced collaboratively, competitively, or independently.

Furthermore, Parkour Visions supports the broader initiative of establishing parkour-inspired parks and adult-friendly play spaces in the City of Denver. These types of play spaces have been utilized in other cities to provide cost-free fitness opportunities that serve kids, teens, and adults in one cost effective design and public space. While parkour is the design inspiration, these parks are multi-functional and appeal to a larger community of active lifestyles including rock climbing, calisthenics, bootcamps, and general outdoor fitness.

The last 20 years has been marked by a steady and dramatic rise in sedentary lifestyles and obesity. It is well-documented that, child or adult, regular physical activity not only positively impacts the body but mental and social health as well. It is essential to lasting happiness and longevity.

However, many of the options available today for traditional exercise and sports present serious barriers to making physical activity a regular and enjoyable aspect of everyday life.

Parkour provides a unique path over, under, and through these barriers and can lead to a sustainable, fun, and engaging active lifestyle.

One of the biggest barriers to lifelong physical health is due to lack of affordability. From what can be steep costs of sporting equipment to personalized instruction, gym memberships and league fees, the costs to stay moving can stack up quickly.

Parkour requires no special equipment. Practice teaches you how to challenge yourself and play in the environment you're given with the skills you have, and the community supports life-long learning and personal growth.

Parkour parks specifically provide a unique opportunity to provide a free of cost community gathering space, for practitioners to practice safely together. Skyline Park is a cultural hub for parkour, and to lose the park would be a great loss for not just Denver, but the national parkour community who have visited every summer for the past decade to experience the unique architecture of this park.

We ask for Denver Parks and Recreation to coordinate with the parkour community regarding the renovation of Skyline Park to preserve and adapt the fountain in Block 2 to meet the community's needs and to make parkour widely accessible to the people of Denver.

Please reach out if there is any further support I can provide,

Cordelia Hollingsworth

Executive Director  
Parkour Visions

206-920-2887

[cordelia@parkourvisions.org](mailto:cordelia@parkourvisions.org)

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