



APEX DENVER PARKOUR & ATHLETICS

Dear Jenna Harris and the Denver Parks and Recreation team,

I am Autumn Goodridge, owner of APEX School of Movement, Denver. APEX Denver is one of the first formal Parkour training gyms that Ryan Ford established in September of 2006. APEX Denver is owned and run by passionate practitioners of the sport. We are very well-known within the community.

I am writing on behalf of the Colorado parkour community to support 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 site is internationally recognized and has been an important cultural landmark and community gathering place for the global parkour and natural movement community. We have held outdoor classes at Skyline park during this challenging time, which provided a safe place to train during the pandemic. We also have had families join us in learning parkour together at Skyline park and many traveling athletes. National jams have had Skyline park as a place to visit while passing through. It is a lovely place to enjoy the outdoors within the city of Denver.

COVID-19 has shown the world how vital public space and equity of access to recreation are to our communities' health. 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 public spaces, such as Skyline Park. Parkour-inspired parks and their supporting parkour groups worldwide provide free fitness and community, bridging the gap and ensuring everyone has a way to play. The parkour's reality is not kids jumping on buildings, but people methodically, carefully, and playfully working to improve their movement and physical health.

Furthermore, APEX School of Movement, Denver, 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 area. While parkour is the design inspiration, these parks are multi-functional and appeal to a larger community of active lifestyles, including rock climbing, calisthenics, boot camps, and general outdoor fitness.

Parkour has a vast reach, as we have seen our participants as young as five and some recent new clientele well into their 70s. We value the space that we have within our gym, but sharing the beauty of Downtown Denver and the outdoors in general with our community adds another way in which we can learn together. The parkour community loves to share their practice and welcome those who do not attend a gym, and we collectively learn together in this way. We love to offer variety outside of our gym. Parents love when we offer field trips to train in different locations, and Skyline has been one of our most popular selections.

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 make parkour widely accessible to the people of Denver.

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

Sincerely,

Autumn Goodridge
Owner | APEX School of Movement, Denver
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