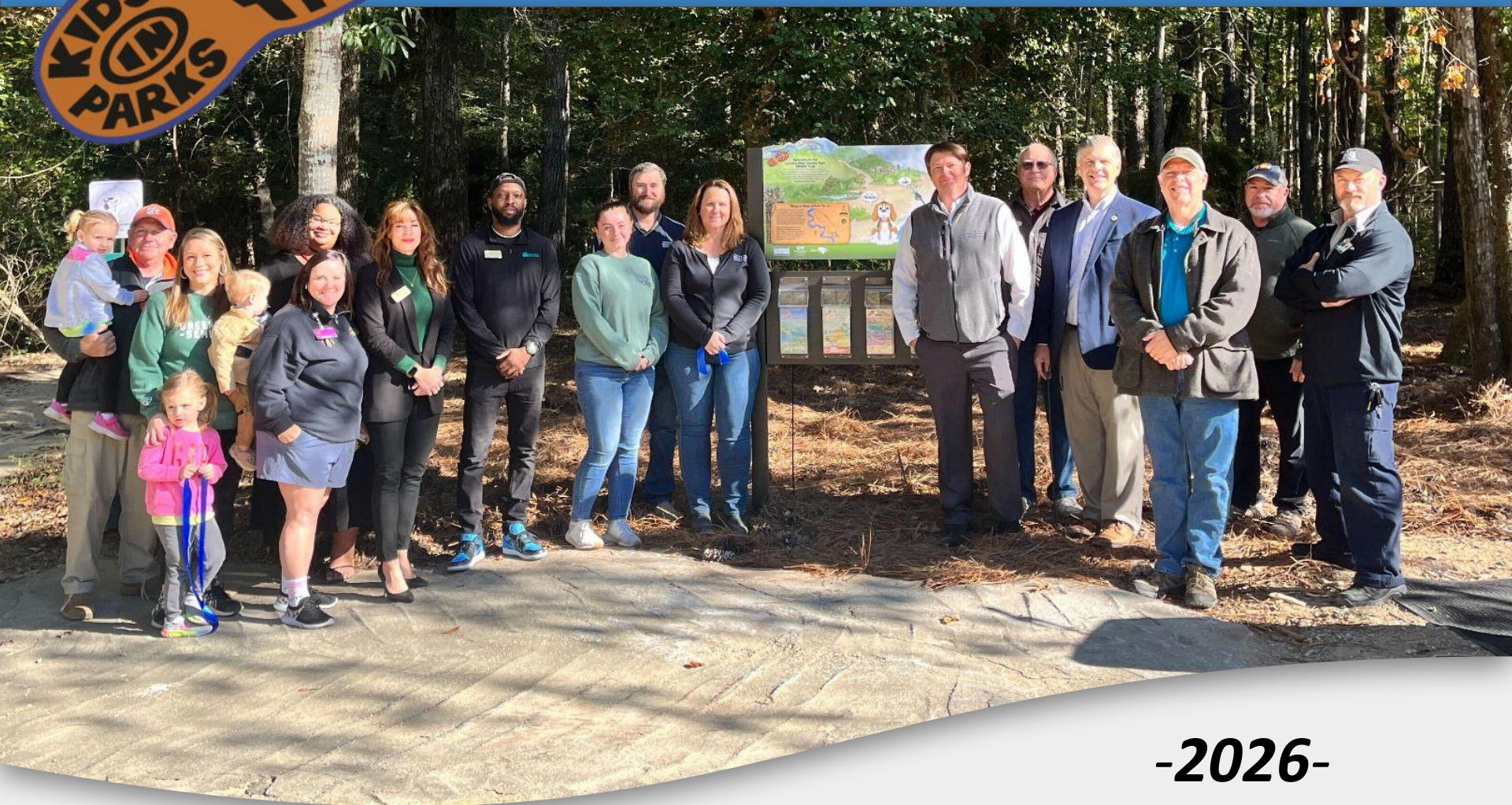




Kids in Parks



-2026-

Program Overview

TRACK Trails

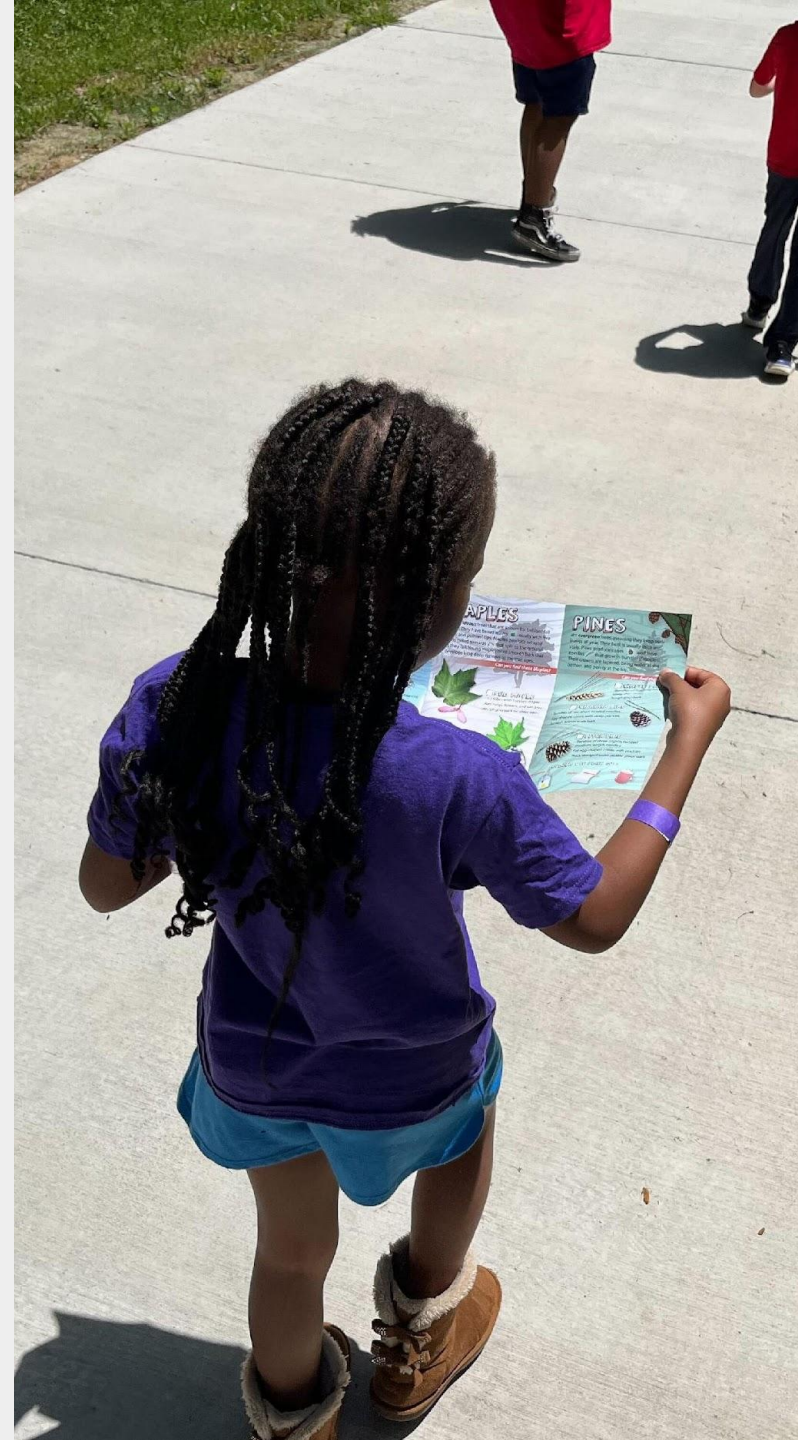
Kids in Parks has created a national network of self-guided trails that engage kids and families in outdoor recreation activities that foster lifelong wellness and meaningful connections to public lands.



Self-Led Discoveries



At each TRACK Trail, a series of self-guided, brochure-led activities help kids connect with nature, converting an “ordinary hike” into a fun-filled, discovery-packed adventure.

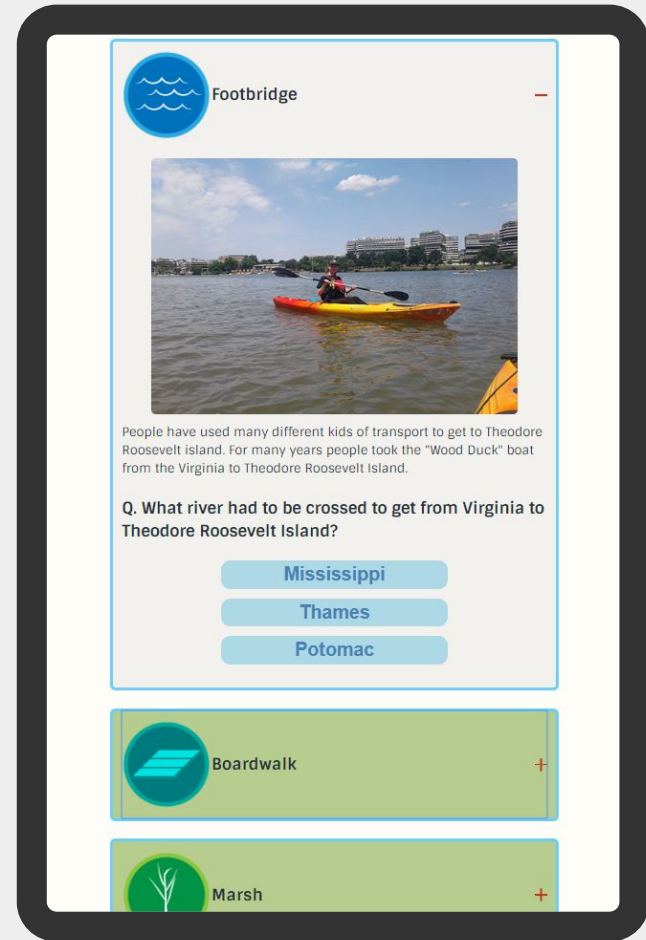
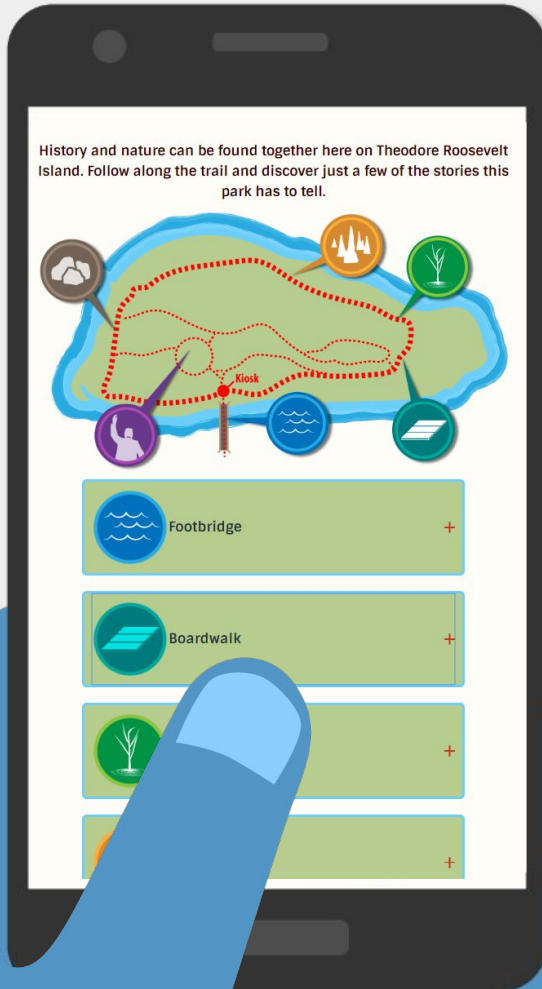


A Variety of Options



Our brochure catalog is constantly growing. We have a wide array of “Standard” topics, and have worked with park partners to create customized brochures for their site. Several brochures are now available in Spanish too.

e-Adventures



Our enhanced e-Adventures allow families to utilize a smartphone to complete fun activities along the trail. They also allow “every trail to become a TRACK Trail”.

Incentives for Participation



When kids “track” their adventures on the program’s website, they receive prizes designed to encourage repeat participation, including: a passport booklet, trail stickers, carabiner keychain, adventure cards, and virtual badges.

Kids in Parks en Español

Blue Ridge Parkway - Picos de Otter

85919 Blue Ridge Parkway
Bedford, VA 24523
United States

Peaks of Otter está formado por tres montañas con el en el valle central: Sharp Top Mountain, Flat Top Mountain y Harkening Hill. Hay varias opciones para practicar senderismo. Los senderos Sharp Top y Flat Top Trail ofrecen a los visitantes de alcanzar las cimas, mientras que el sendero del lago ofrece vistas del hermoso lago.

Leer más

TRACK Detalles del sendero

Descargar mapa de sendero

Kilometraje: 1,50 millas
Dificultad: Fácil
Terreno: Tierra/Natural

Características de la ubicación

Insectos
Una Aventura de Muchas Patas

Los insectos vienen en todo tipo de formas, tamaños y colores, por lo que puede ser fácil confundir una familia de insectos con otros. En tu caminata de hoy, usa este folleto para "Sorprenderse" y aprender las diferencias entre insectos, arañas y otros artrópodos comunes.

Vamos a identificar algunos de los diversos insectos, arañas y artrópodos que se pueden encontrar en naturaleza. Podemos usar los círculos en blanco para marcar los insectos que encontremos y registrar la cantidad que vemos!

¡Advertencia!
Algunos de nuestros amigos insectos y arañas tienen adaptaciones para ayudarnos a sobrevivir, que pueden ser dañinos para ti. No manipule ningún insecto potencialmente dañino como arañas, avispas, alhajas y hormigas. Además, por favor, NO los mates tampoco. Todos ellos tienen un lugar en la naturaleza.

CUIDAD
Guárdalo antes de salir libre, así se aleja de su hogar y evita lesiones que pueden causar emergencias o picaduras.

Hiedra Venenosa
- Tres hojas con tallo central más largo
- Hojas dentadas o lobas
- Las hojas jóvenes son rojas
- Arborescente o enredadora

Zumaque Venenoso
- Hojas ovaladas
- Crecen en grupos
- 7-15 pedicúlos de hoja
- Arborescente o enredadora

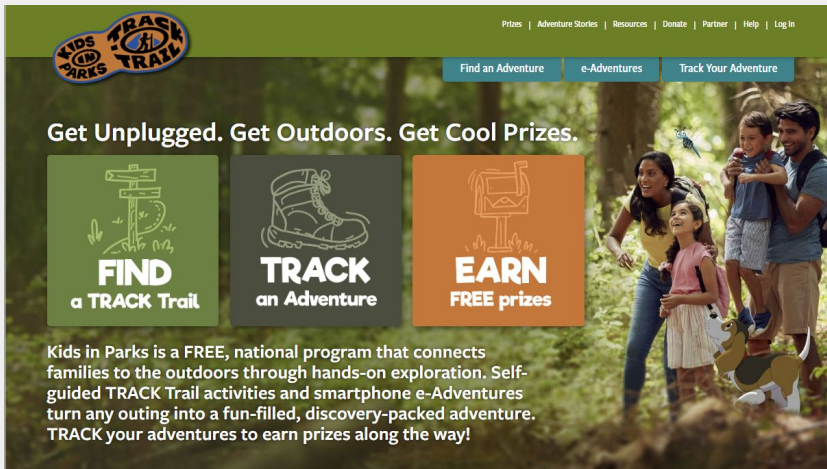
Cicuta Acuática
- Hojas a lo largo de los ríos y arroyos que crecen hasta 15 pulgadas
- 3-5 pedicúlos en forma de sombrilla de pequeños flores blancas

Trail TRAIL PASSPORT

¡VAMOS!

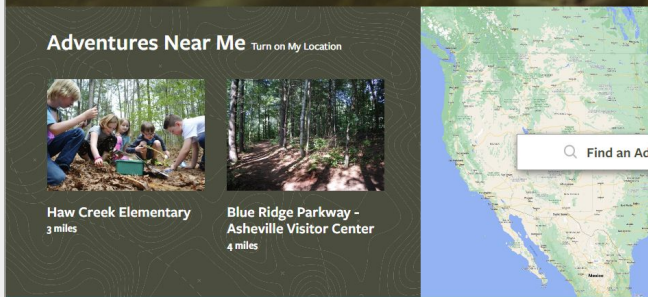
Kids can enjoy an end-to-end Kids in Parks experience in Spanish. KIP activity brochures, website, and prizes have been translated. Users can select 'Spanish' in their account language preferences.

Kidsinparks.com

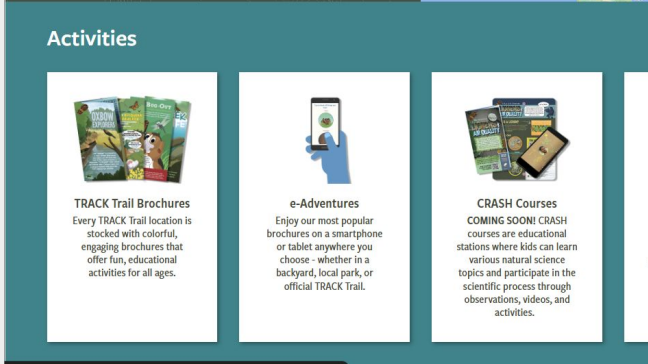


The homepage features a green header with the 'KIDS IN PARKS TRACK TRAIL' logo and navigation links: Prizes, Adventure Stories, Resources, Donate, Partner, Help, Log In. Below the header are three buttons: Find an Adventure, e-Adventures, and Track Your Adventure. The main content area has a large image of a family hiking. To the left of the image are three boxes: 'FIND a TRACK Trail' (green), 'TRACK an Adventure' (grey), and 'EARN FREE prizes' (orange). Below these boxes is a paragraph: 'Kids in Parks is a FREE, national program that connects families to the outdoors through hands-on exploration. Self-guided TRACK Trail activities and smartphone e-Adventures turn any outing into a fun-filled, discovery-packed adventure. TRACK your adventures to earn prizes along the way!'

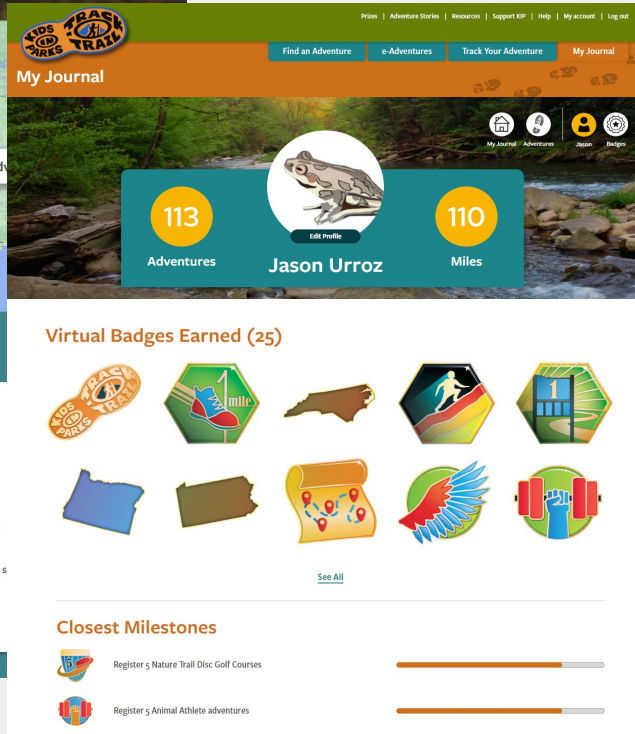
The KIP website provides smartphone savvy kids and families with a familiar app-like user experience. It includes gamification strategies (like badges and e-Adventures) to encourage repeat participation in the program.



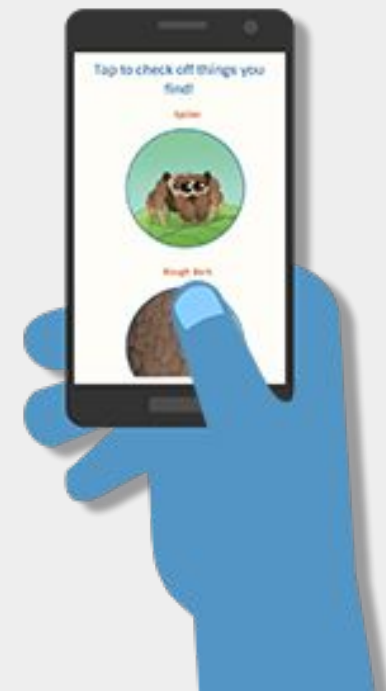
This section is titled 'Adventures Near Me' with a sub-link 'Turn on My Location'. It features a map of the United States with a search bar. Below the map are two featured adventures: 'Haw Creek Elementary' (3 miles) and 'Blue Ridge Parkway - Asheville Visitor Center' (4 miles), each with a small photo of children participating.



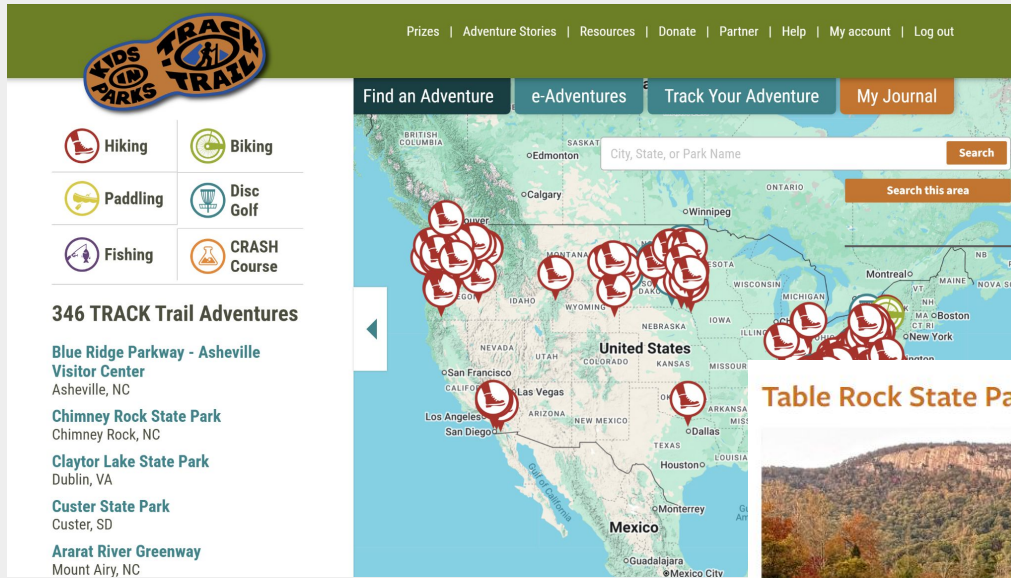
The 'Activities' section is divided into three columns. The first column is titled 'TRACK Trail Brochures' and describes that every TRACK Trail location is stocked with colorful, engaging brochures. The second column is titled 'e-Adventures' and describes that users can enjoy popular adventures on a smartphone or tablet. The third column is titled 'CRASH Courses' and describes that these are educational stations where kids can learn about natural science topics.



The 'My Journal' section shows a user's progress. It includes a 'Find an Adventure' button, a 'My Journal' link, and a central area with a frog icon and the name 'Jason Urroz'. Below this are two circular progress indicators: '113 Adventures' and '110 Miles'. A section titled 'Virtual Badges Earned (25)' displays various achievement icons. At the bottom, a 'Closest Milestones' section shows progress bars for 'Register 5 Nature Trail Disc Golf Courses' and 'Register 5 Animal Athlete adventures'.



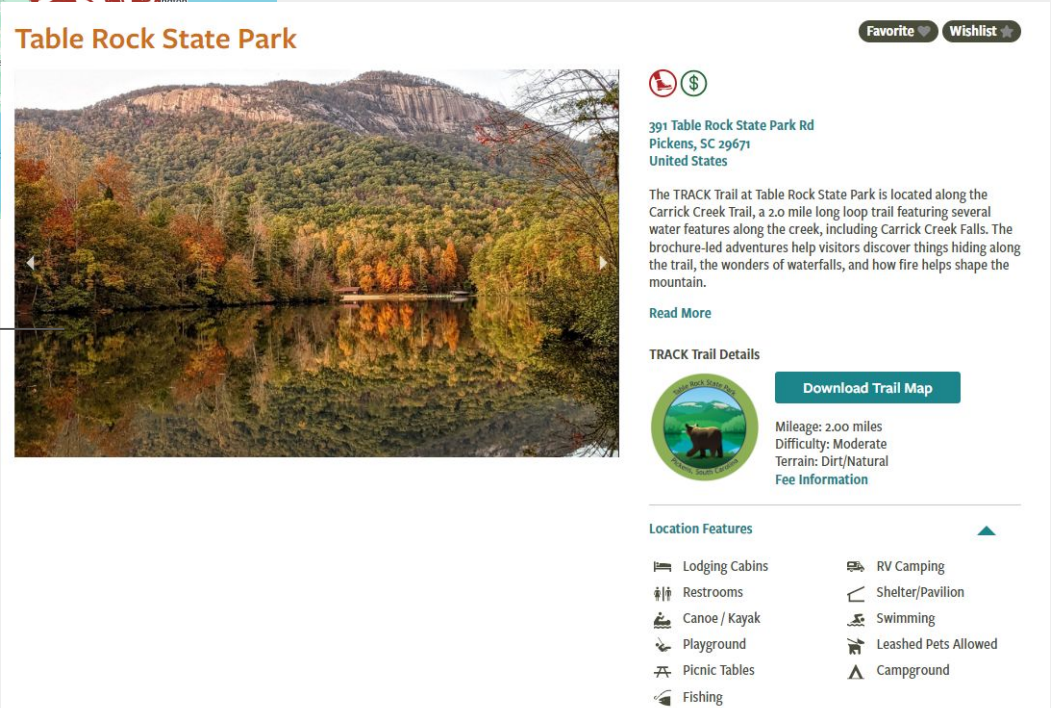
Find an Adventure Page



The screenshot shows the KIDS IN PARKS TRACK TRAIL website. At the top is a green navigation bar with links: Prizes | Adventure Stories | Resources | Donate | Partner | Help | My account | Log out. Below this is a header with the KIDS IN PARKS TRACK TRAIL logo and four tabs: Find an Adventure (selected), e-Adventures, Track Your Adventure, and My Journal. On the left, there's a sidebar with activity icons: Hiking, Biking, Paddling, Disc Golf, Fishing, and CRASH Course. Below the icons, it says "346 TRACK Trail Adventures" and lists several adventures with their locations: Blue Ridge Parkway - Asheville Visitor Center (Asheville, NC), Chimney Rock State Park (Chimney Rock, NC), Claytor Lake State Park (Dublin, VA), Custer State Park (Custer, SD), and Ararat River Greenway (Mount Airy, NC). The main area features a map of the United States with red location pins. A search bar is at the top right of the map area, and a "Search this area" button is below it.

Search or browse for new TRACK Trails to visit on the interactive map.

Updated trail pages provide enticing pictures, shortened descriptions, fee information, trail information, a list of location features, and more.



The screenshot shows the detailed page for the Table Rock State Park TRACK Trail. At the top, it says "Table Rock State Park" in orange. Below this is a large, scenic photograph of a lake surrounded by trees with vibrant autumn foliage, with a mountain in the background. To the right of the photo, there are "Favorite" and "Wishlist" buttons. Below the photo, the trail details are listed: "391 Table Rock State Park Rd", "Pickens, SC 29671", and "United States". A description follows: "The TRACK Trail at Table Rock State Park is located along the Carrick Creek Trail, a 2.0 mile long loop trail featuring several water features along the creek, including Carrick Creek Falls. The brochure-led adventures help visitors discover things hiding along the trail, the wonders of waterfalls, and how fire helps shape the mountain." There is a "Read More" link. Below the description, there's a "TRACK Trail Details" section with a circular icon of a bear and a "Download Trail Map" button. The details listed are: Mileage: 2.00 miles, Difficulty: Moderate, Terrain: Dirt/Natural, and a link for "Fee Information". At the bottom, there's a "Location Features" section with a list of amenities: Lodging Cabins, Restrooms, Canoe / Kayak, Playground, Picnic Tables, Fishing, RV Camping, Shelter/Pavilion, Swimming, Leashed Pets Allowed, and Campground.

FUN!

Kids in Parks has a dual mission to improve the health of kids and the health of parks. However, these missions are hidden from the participant's view. Kids just want to have fun!



A Growing Network



Today, there are over 350 TRACK Trails in 18 states and Washington, D.C., linking national parks, state parks, city and county parks, and other public lands together through a common mission.



Kids in Parks

Oregon TRACK Trails and TRACK Rx Prescribers

TRACK Trails

- 1

Albany - Oak Creek Greenbelt
- 2

Albany - Talking Water Gardens
- 3

Ashland - Lithia Park
- 4

Boardman - Boardman Park Heritage Trail
- 5

Bonneville Fish Hatchery
- 6

Bonneville Lock and Dam
- 7

Brookings - Azalea Park
- 8

Clackamas County - Eagle Fern
- 9

Clackamas County - Metzler Disc Golf
- 10

Clackamas County - Metzler Park
- 11

Cold Springs National Wildlife Refuge
- 12

Coos Bay - John Topits Park
- 13

Dallas - Dallas City Park
- 14

Dallas - Roger Jordan Park
- 15

Estacada - Timber Park
- 16

Grants Pass - Fruitdale Creek Trail
- 17

Happy Valley - Happy Valley Park
- 18

Hermiston - Riverfront Park
- 19

Jackson County - Bear Creek Greenway
- 20

Jackson County - Joseph Stewart County Park
- 21

Jacksonville - Forest Park
- 22

Jacksonville - Rich Gulch
- 23

John Day Fossil Beds National Monument
- 24

La Grande - Morgan Lake
- 25

Madras - M-Hill
- 26

Madras - Willow Creek Canyon
- 27

Malheur National Wildlife Refuge
- 28

Marion County - Aumsville Pond County Park
- 29

Marion County - Spong's Landing County Park
- 30

McNary Lock and Dam
- 31

Medford - Prescott Park
- 32

Newport - Agate Beach
- 33

Oregon City - Cove/River Access Trail
- 34

Pendleton - Pendleton Community Park
- 35

Prineville - Barnes Butte
- 36

Prineville - Crooked River Wetlands Complex
- 37

Prineville - Rimrock Park
- 38

Redmond - Dry Creek Canyon Trail
- 39

Redmond - TRACK Trail #2 (TBD)
- 40

Rogue River Basin - McGregor Park
- 41

Roseburg - Nature Trail
- 42

Roseburg - Riverfront Park
- 43

The Dalles Lock and Dam - Hess Park (WA)
- 44

The Dalles Lock and Dam - Spearfish Lake (WA)
- 45

The Dalles Lock and Dam - Visitor Center
- 46

Tillamook County - Kilchis River Trail

- 47

Umatilla National Wildlife Refuge
- 48

Union County - Mount Emily Recreation Area
- 49

Wallowa-Whitman Nat. Forest - Anthony Lakes
- 50

Wallowa-Whitman Nat. Forest - Bird Track Springs
- 51

Wallowa-Whitman Nat. Forest - Powder River Rec. Trail
- 52

Washington County - Scoggins Valley Park (Hagg Lake)
- 53

Woodburn - Hermanson Pond

Prescribers

- A

Central Oregon Pediatric Associates
- B

Corvallis Family Medicine
- C

Grants Pass Pediatrics
- D

Happy Doc Family Medicine
- E

Metropolitan Pediatrics - Beaverton
- F

Metropolitan Pediatrics - Bridgeport
- G

Metropolitan Pediatrics - Gresham
- H

Metropolitan Pediatrics - Johnson Creek
- I

Metropolitan Pediatrics - NW Portland
- J

Mosaic Community Health - Crook Kids Clinic
- K

Mosaic Community Health - Madras High School-Based Health Center
- L

Oasis Center of the Rogue Valley
- M

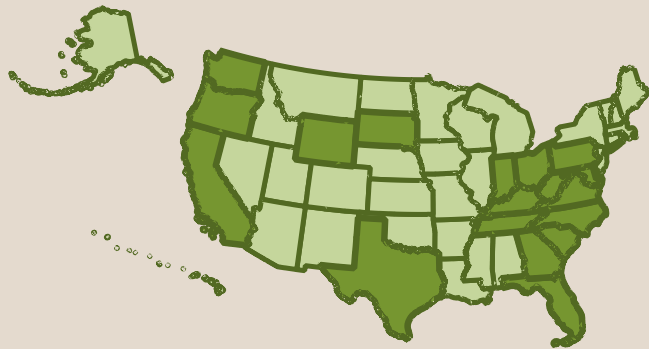
St. Charles Family Care Prineville

Legend

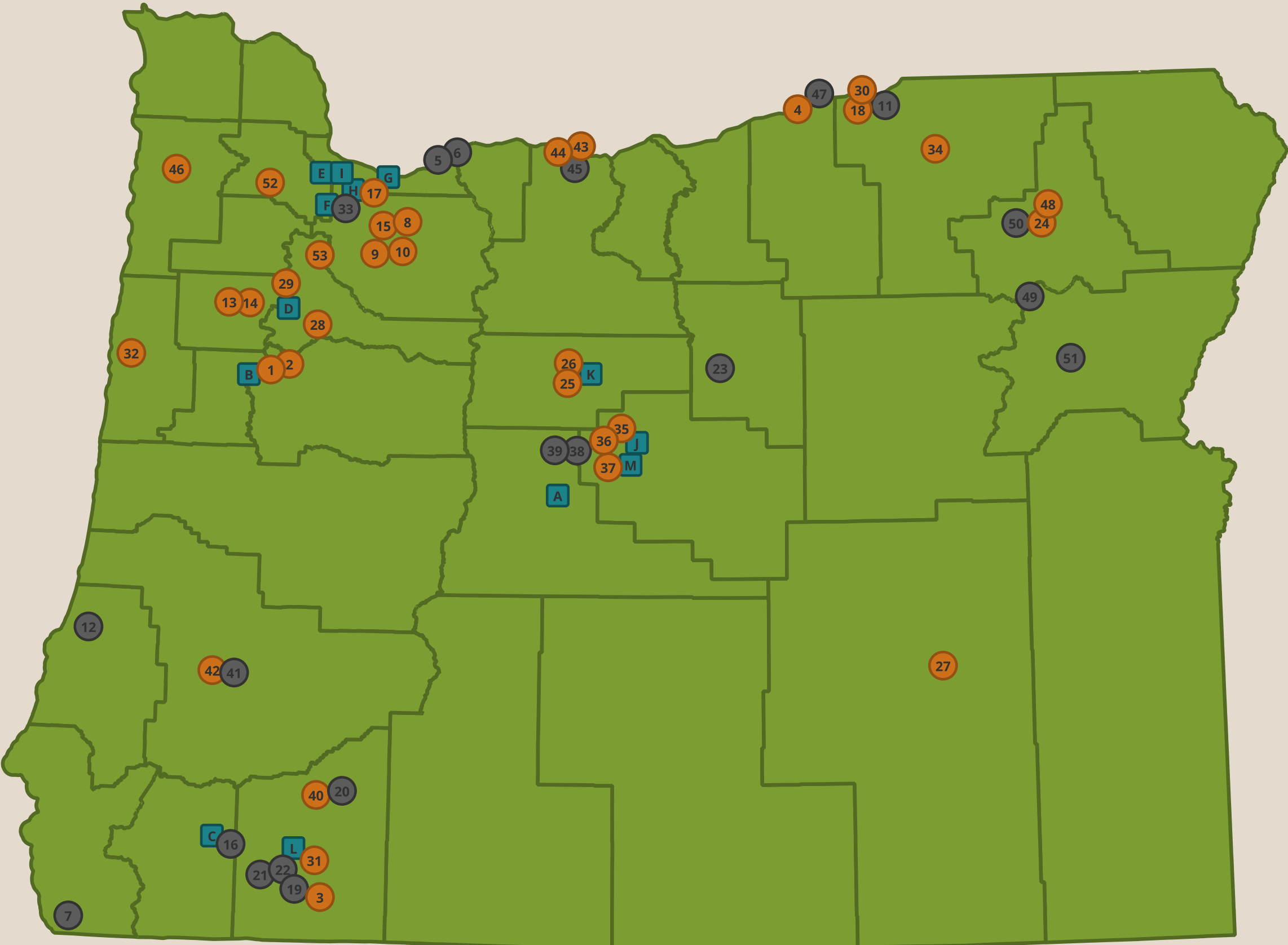
■ Oregon TRACK Rx Prescribers

Oregon TRACK Trails - Status

- Installed
- Future



- Endorsed by the **American Academy of Pediatrics**
- Received the **Let's Move! Champion of Change Award** from the White House
- Reviewed favorably as a practice-tested intervention by the **Center for Training and Research Translation** (a program funded by the Centers for Disease Control and Prevention)
- Featured in the **National Prevention, Health Promotion, and Public Health Council's** Annual Strategy Report released by the US Surgeon General
- Highlighted as one of six example programs in the **National Park Service's Healthy Parks Healthy People** Report
- Endorsed by both the **Oregon Pediatric Society** and the **Oregon Academy of Family Physicians**



Learn more about
partnering with
Kids in Parks



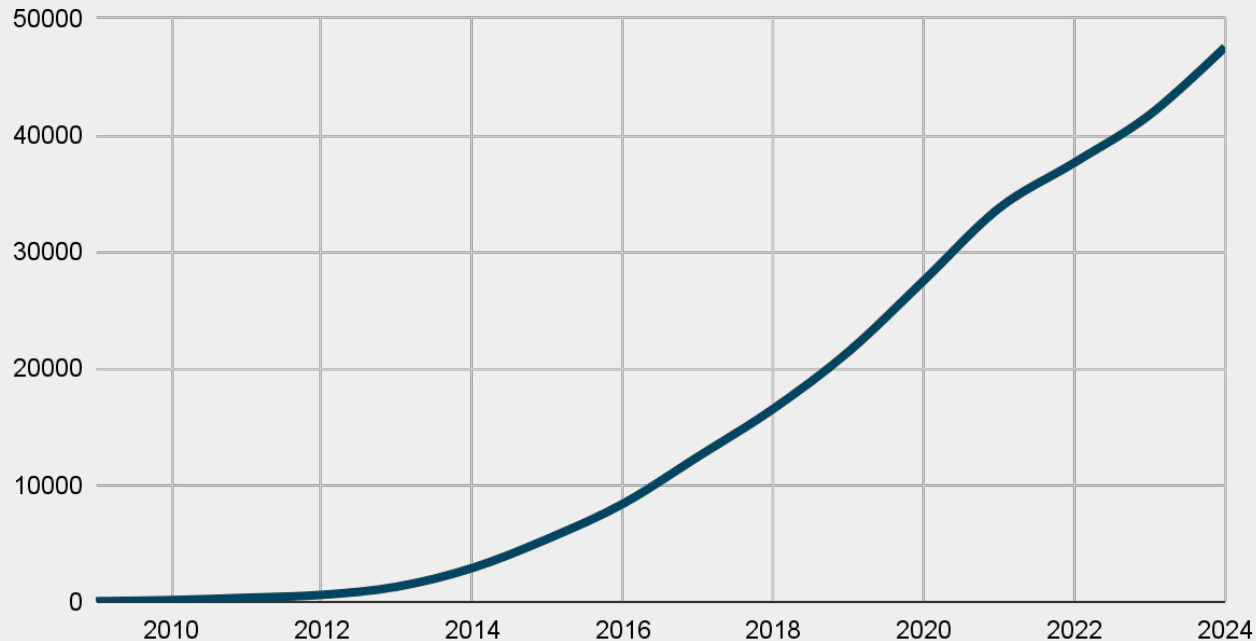
Discover published
research and
reports



Data Informed Approach

Annual Participation

Total Adventures



Approximately 50,000 TRACK Trail adventures have been submitted to the website. This equates to:

- An estimated **3.1 million adventures** completed by participants and families
- An estimated **3 million miles** hiked, biked, etc.
- An estimated **1.5 million hours spent outdoors**

Visitation

- **54%** of 2024 registrations were submitted by first-time visitors to the TRACK Trail location
- Visiting a TRACK Trail was included as a reason for visiting in **39%** of completed adventures registered
- Participants went the full length of the TRACK Trail in **67%** of completed adventures, farther in **24%** of completed adventures
- **49%** of participants have completed multiple Kids in Parks adventures since the program began



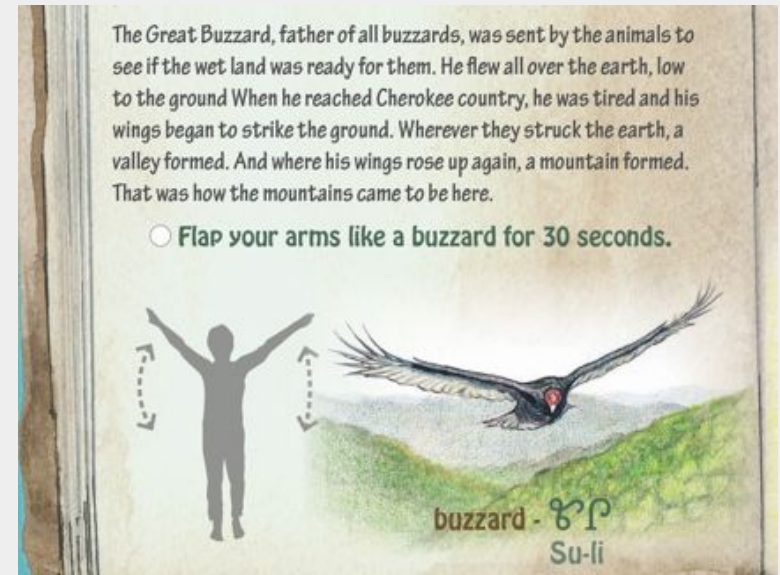
What Do Kids Find Most Interesting?

"I liked the story of the bird wings flapping to create mountains and valley." - Cherokee - Oconaluftee River Trail

"I learned about how things decompose, which was cool. I also learned how to follow specific trails." - E. Carroll Joyner Park

"We learned that fallen leaves are important to the health of the forest ecosystem creating new soil and habitats for various bugs and animals." - Sky Meadows State Park

"That Salamanders live under rocks. I didn't know they could do that without being flattened." - Catoctin Mountain Park

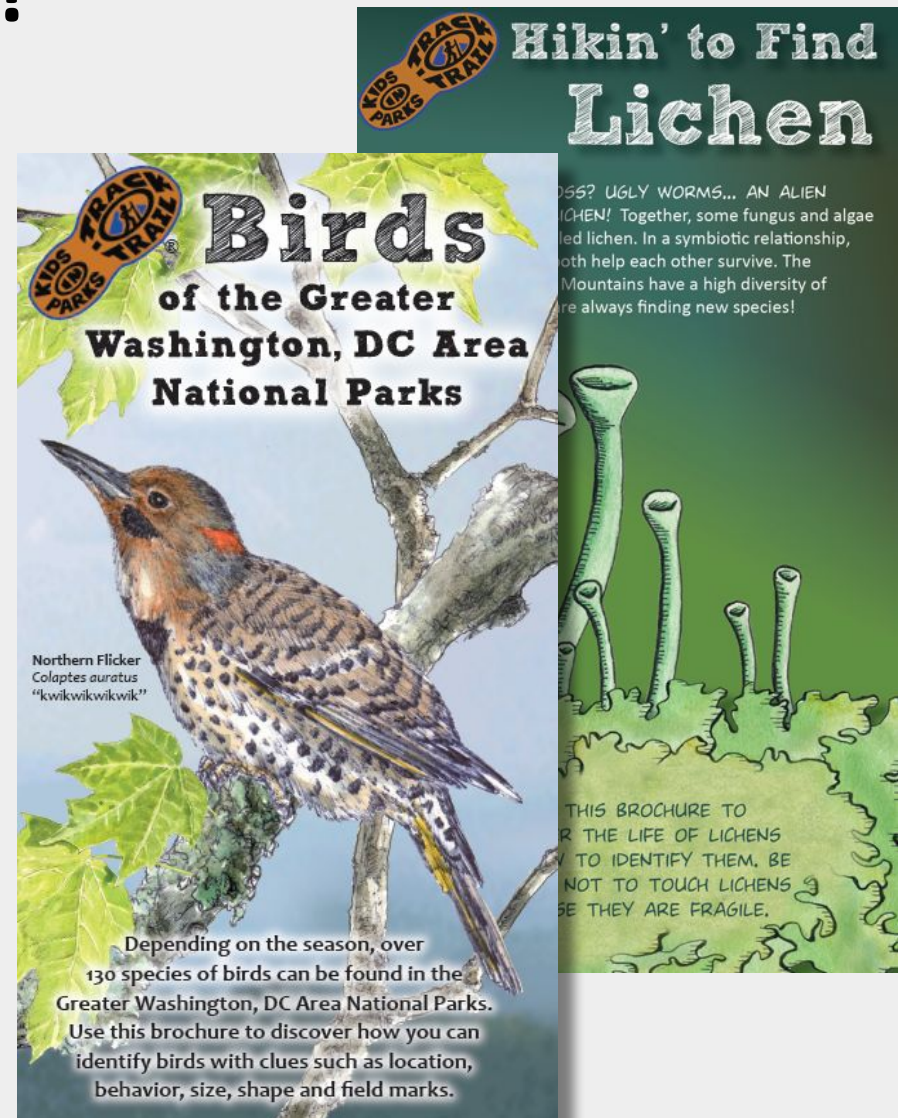


How Can Kids Use What They Learned in Their Everyday Lives?

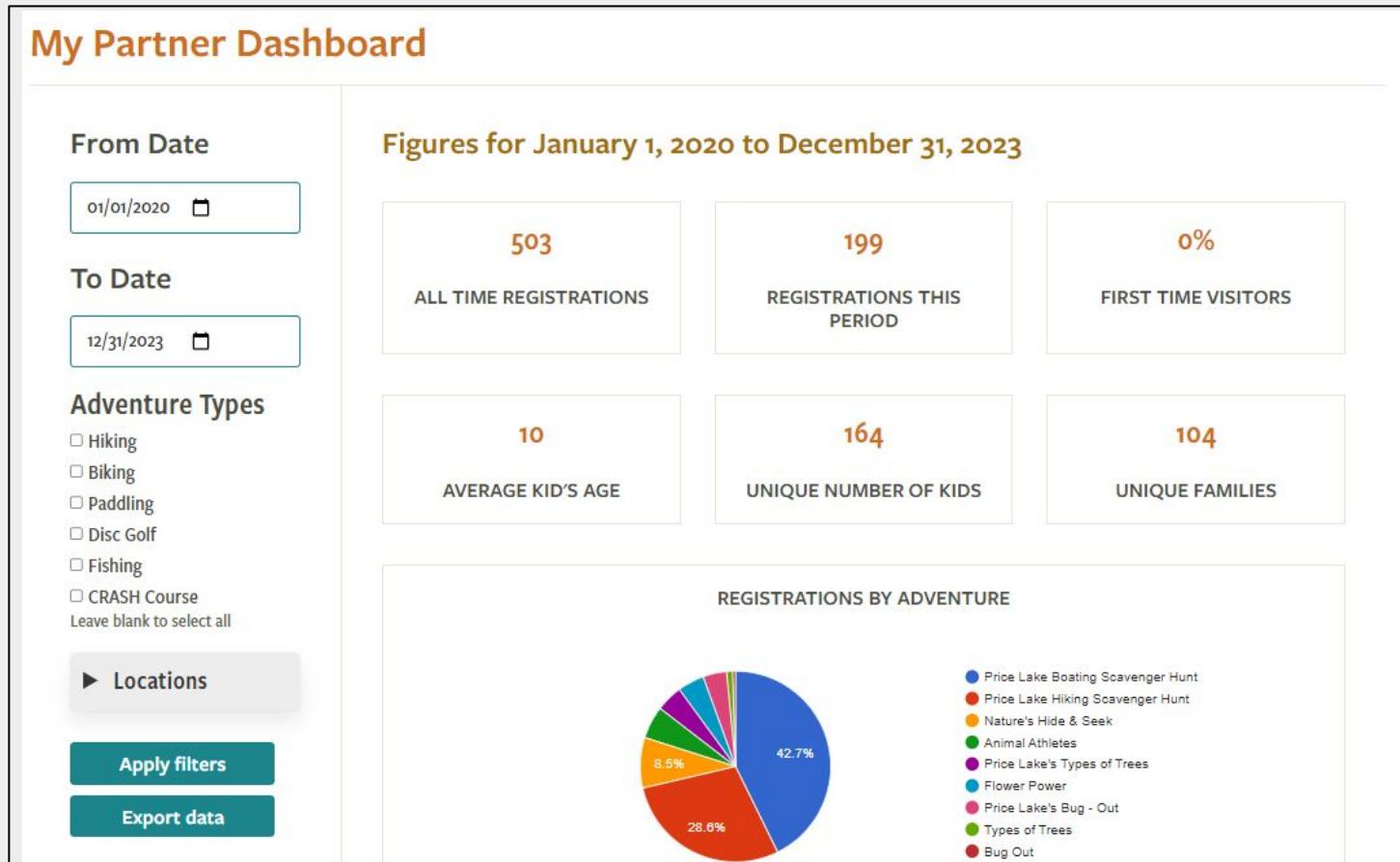
"I realized that a lot of the birds we read about also live in my garden and I think I will be able to identify them now using the brochure." - Harpers Ferry National Historical Park

"That if there is a lot of lichen in an area I'm in, it's good air quality. And if I don't see a lot of lichen, that the air quality might not be healthy for me." - Carolina Beach State Park

"I can keep it in mind that anyone can make it somewhere even if you're raised in a tiny farm." - Abraham Lincoln Birthplace NHP



Partner Dashboards



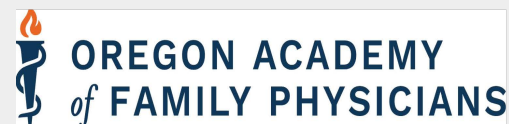
Partners can have access to a Partner Dashboard on the KIP website, providing them with real-time access to their site's data 365 days a year. If your site does not have access, please let us know.



The Health Benefits of TRACK Rx

Kids are prescribed by a doctor, have an adventure in any green space, and earn free prizes. But the adventure doesn't stop there. A growing network of over 290 TRACK Trails propels them on a lifetime of healthy outdoor activity!

Endorsed by:



Park Prescriptions

- Kids in Parks launched TRACK Rx in 2016 to formally link spending time in nature with improved health outcomes
- ~190 locations in six states prescribing outdoor time
- Endorsed by the American Academy of Pediatrics and recipient of the “Let’s Move! Champion of Change” Award from the White House



TRACK Rx Brochure: Hiking for Health

TRACK Rx
Hiking For Health X

Hi kids. I'm KIP...
This is my pal,
Dr. TRACK.

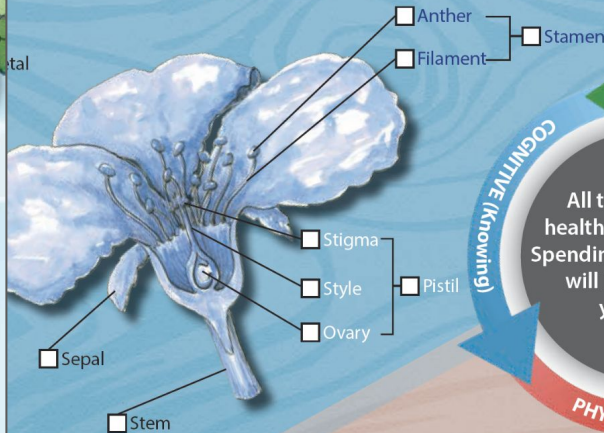
Spending time playing
outdoors is not only fun,
it's good for you. That's why
doctors all over the country
have begun prescribing
nature to kids...

KIP and I created a network of trails designed for kids and families called TRACK Trails. Each trail has self-guided adventures for you to make discoveries and have fun! Our TRACK Rx Adventure can be done in your backyard, schoolyard, park, or along an official TRACK Trail.

Cognitive Health: Train Your Brain

When you spend time outside, you see, hear and smell. Your brain makes discoveries: crystals in a rock, a geyser erupting, or wildflowers blooming... and you improve cognitive health!

Let's make some discoveries about flowers!
Find a flower. Smell it. Look at it closely.
Can you find the different parts of the flower?



This brochure has fun activities
you can do outside to strengthen
your overall health.

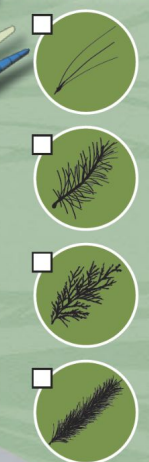
All three areas of
health work together.
Spending time outdoors
will help you feel
your best!

Emotional Health: Serene Green

Studies show that simply viewing pictures of nature can reduce stress levels and improve emotional health...
Imagine what having fun outside can do!

In this activity, take five minutes
to relax and observe the trees
around you. Can you find trees
with these types of leaves?

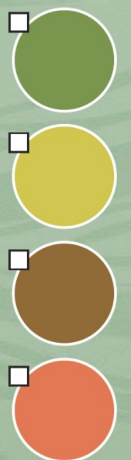
Needle/Scale



Broad



Leaf Color



Physical Health: Active Lifestyle

When you go for a walk, hike, bike ride, or run
around, your heart beats faster, your muscles work...
and you improve your physical health!

During your adventure, discover how athletic
animals are by doing these fun animal exercises.

Hummingbird Hand-swings

Look for hummingbirds feeding on
flowers. Hummingbirds flap their
wings over 50 times per second!

How many times can you flap your
arms in 30 seconds?



Cottontail Dash

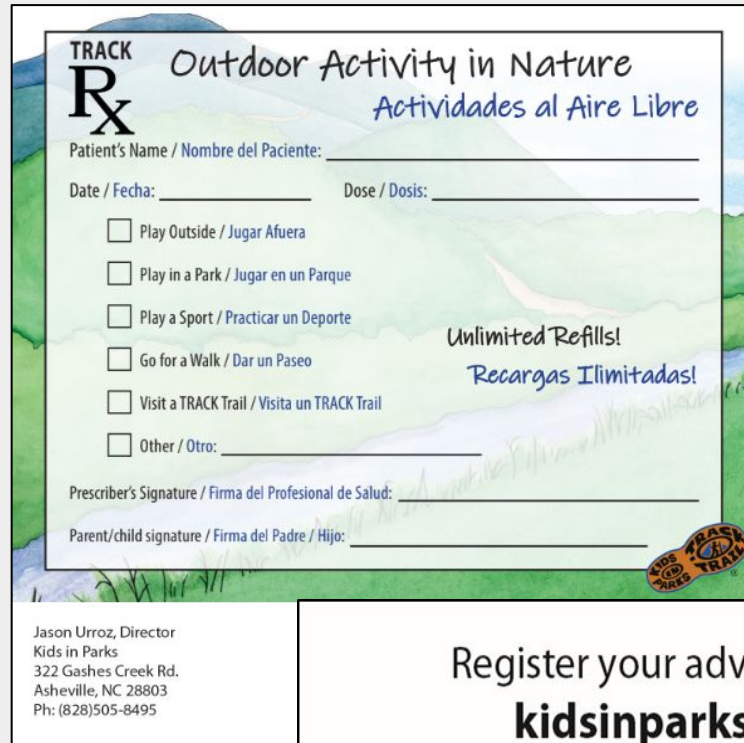
Watch for cottontail rabbits
feeding in grassy areas. When
being chased, rabbits sprint in a
zig-zag pattern to reach cover.

Sprint down the trail in a zig-zag until you
find a large tree to hide behind.



Prescription Pads

- Unique 9-digit serial number allows providers to track the fulfillment of the Rx by the patients
- Instructions for how to participate in the program are located on the back, reducing the burden on providers
- Bilingual!



The image shows a 'TRACK Rx' prescription pad for outdoor activities. It features a header with the 'TRACK Rx' logo and the title 'Outdoor Activity in Nature' in English and Spanish. Below the header, there are fields for 'Patient's Name / Nombre del Paciente', 'Date / Fecha', and 'Dose / Dosis'. A list of activities with checkboxes includes 'Play Outside / Jugar Afuera', 'Play in a Park / Jugar en un Parque', 'Play a Sport / Practicar un Deporte', 'Go for a Walk / Dar un Paseo', 'Visit a TRACK Trail / Visita un TRACK Trail', and 'Other / Otro'. To the right of these activities, it says 'Unlimited Refills! / Recargas Ilimitadas!'. At the bottom, there are lines for 'Prescriber's Signature / Firma del Profesional de Salud' and 'Parent/child signature / Firma del Padre / Hijo'. A small 'TRACK TRAIL' logo is in the bottom right corner. Below the main form, there is a contact box for Jason Urroz, Director of Kids in Parks, with an address in Asheville, NC, and a phone number.

TRACK Rx Outdoor Activity in Nature
Actividades al Aire Libre

Patient's Name / Nombre del Paciente: _____

Date / Fecha: _____ Dose / Dosis: _____

☐ Play Outside / Jugar Afuera

☐ Play in a Park / Jugar en un Parque

☐ Play a Sport / Practicar un Deporte

☐ Go for a Walk / Dar un Paseo

☐ Visit a TRACK Trail / Visita un TRACK Trail

☐ Other / Otro: _____

Unlimited Refills!
Recargas Ilimitadas!

Prescriber's Signature / Firma del Profesional de Salud: _____

Parent/child signature / Firma del Padre / Hijo: _____

Jason Urroz, Director
Kids in Parks
322 Gashes Creek Rd.
Asheville, NC 28803
Ph: (828)505-8495

Register your adventure at:
kidsinparks.com

Serial Number.

KIP-JUR-123

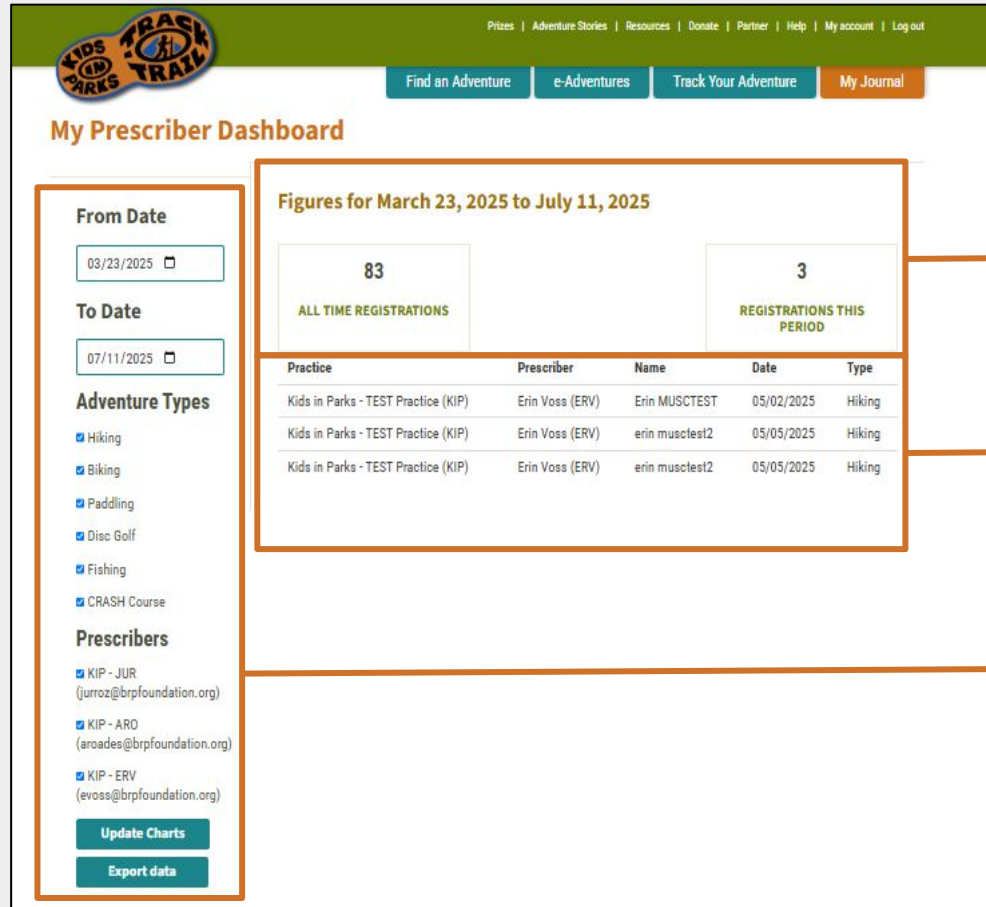
Practice

Office
Location

Unique #

Prescriber Dashboard

- Helps to track patient engagement
- HIPAA Compliant
- Protected by two-factor authentication
- Practice chooses who has access
- Email notifications without Personally Identifiable Information also available



Data at a Glance

Individual Registrations

Refine and Export Data

Evaluation

- **190 practices/healthcare locations** writing social prescriptions to get kids outdoors, including: Hospital systems, pediatricians, nutritionists, school nurses, health departments, and more!
- **6 states**, including: North Carolina, South Carolina, Florida, Maryland, Oregon, and Kentucky
- **25,600 estimated adventures** completed by prescribed participants
- **24,500 estimated miles** hiked by prescribed participants
- **12,300 estimated hours** spent outdoors by prescribed participants
- **3.7m estimated calories burned** by prescribed participants

