We promote outdoor recreation and bring people together to enjoy, preserve and improve the places where we play.
Parkscriptions is a public health campaign and resource developed by Recreation Northwest to assist Whatcom County healthcare providers and empower the public to get outside and enjoy the benefits of health.

The goal of the program is to provide simple resources that have a big impact in connecting more patients with positive outdoor experiences for healthier lifestyles and improved mental and physical health. Parkscriptions is based on national ParkRx programs in place around the country.

In 2019, we had a few exciting updates, Elizabeth Nelson joined our crew as the Parkscriptions Program Director. The City of Bellingham Parks and Recreation Department has included Parkscriptions in the Parks, Recreation and Open Space Plan. We hosted 2 free public events, Walk with a Doc and Parkscriptions Day.

WA State Parks is also on board with Park RX America’s mission and using the ParkFinder platform. We launched our website Parkscriptions.org where providers, programs, and individuals can use the ParkFinder tool to search for parks that meet their needs.

Parkscriptions Day April 28th

Walk with a Doc Hosted by Dr. Meg Lelonek of Family Care Network

Parkscriptions
Certified Providers
Certified Programs
Featured Parks
Parks Prescribed
2019 Provider Parkscriptions
Parkscriptions
Participants
133
80
15
152
133
80
15
150
16
352
Fairhaven Park Stewardship

As the year comes to an end, we met our outcomes and exceeded our goals for our Fairhaven Park Stewardship project, we accomplished three measurables:

Trail and Boardwalk
Installed Recognition Rock bench, highlighting our 40 project partners, funders and contributors. Ribbon Cutting celebration on October 24th.

Environmental Protection
We have had a 100% survival rate from our mitigation monitoring report. Mitigation areas have been protected while also ensuring trail abandonment. Protection includes individual plant protection, mitigation zone protection, and long-term easement protection.

Community Engagement
6 Work Parties with volunteers to maintain the plants we have in our 4 native plant gardens.
The highlight of the day was the energy of the visitors and meeting new potential customers.

- EXPO Exhibitor

SOLD out with 75 Exhibitors
1,600 Visitors in attendance

“Come discover your next outdoor adventure
Bellingham Cruise Terminal  -  Saturday, February 23rd
On October 12th, 2019 we recognized and celebrated colleagues, organizations and businesses who inspire and enable people to enjoy, preserve and improve the places we play in Washington State.

2019 Great Outdoor Awards Winners

Community Collaboration = Galbraith Access Preserved FOREVER!
City of Bellingham Parks and Recreation, Leslie Bryson
Galbraith Tree Farm, LLC, Rob Janicki
Whatcom Land Trust, Rich Bowers
Whatcom Mountain Bike Coalition, Eric Brown

Engaging Youth
Y.E.T.I - Youth Experiential Training Institute
John Nelson and Talia Hirsch

Experience Catalyst
Radical Roots MTB - Angi Weston

GTFO
GeoCaching - Bryan Roth

Manufacturer
Eddyline Kayaks - Tom Remsing

Media
Freehub Magazine / Craft MTB
Brandon Watts

New Business
Prime Sports Institute
Kerry Gustafson and Erica Quam

Outdoor Events
Whatcom Events - Anna Rankin
Alliance Gatherings launched with 2 chapters in October at Gear Aid and KAVU. Formerly titled Basecamp, we hosted Alliance Gatherings 7 in Bellingham & 5 in Seattle.

We are part of a growing collaborative national outdoor business alliance network - including representation in Oregon, California, Idaho, Colorado, North Carolina, Montana, Maine and Vermont.

Alliance founding members (so far) are Gear Aid, Superfeet, Port of Bellingham, Trail Boss, KAVU, Moondance Sea Kayak Adventures, SMC Gear, eqpd, Pandion Consulting and North Cascade Institute.

We exclusively publish ‘From the desk of Jon Snyder’ the Governor’s Policy Advisor’s monthly Outdoor Recreation Hot List.

“...My husband and I got to go on a tour at Gear Aid in Bellingham and it was awesome. The event was organized by Recreation Northwest and was a wonderful event where we got to meet lots of people in our local outdoor community.”

- Heather, PNW Bushcraft
Our Crew

Todd Elsworth, Executive Director
Elizabeth Nelson, Parkscriptions Program Director
Shell Philhower, Office Manager
Zuzana Pankovcin, Business Intern
Jane Livingston, Parkscriptions Intern
Austin Wilson, MBA Candidate Intern

President - Andrew Olive, Coastal Insurance
Vice-President - Kristi Kucera, Moondance Sea Kayak Adventures
Treasurer - Linda Balfour, Superfeet
Secretary - Krissy Moehl, Runner Girl Races
Past President - Brian Roche, Gear Aid
Niki Moltumyr, Backcountry Essentials
Jack Pflueger, Stones Throw Brewery
ex-Officio - Nicole Oliver, City of Bellingham Parks and Recreation

Recreation Northwest
2019 Financials

Total Income
$161,735

Grants
$96,399

Earned
$11,775

Sponsorships
$14,485

In-Kind
$4,975

Donations
$34,102

Our Crew