

Outdoor Participation Report

2016



2016 Outdoor Recreation Participation

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Key Findings

OUTDOOR PARTICIPATION

- More than 142 million Americans, or 48.4 percent of the US population, participated in an outdoor activity at least once in 2015.
- Due to population gain, the participation rate remained at 48.4 percent from 2014 to 2015.
- While 10.8 million Americans started participating in one or more of the outdoor activities measured, 9.8 million stopped. There was net gain of one million total participants and a churn rate of 9.8 percent.
- Participants went on a total of 11.7 billion outdoor outings, a decrease from 11.8 billion in 2014.
- Twenty percent of outdoor enthusiasts participated in outdoor activities at least twice per week.
- Running, including jogging and trail running, was the most popular activity among Americans when measured by both number of participants and by number of total annual outings.
- Fifty-four percent of people living in the West North Central region of the US participated in outdoor activities last year, making its population the most active in outdoor participation.
- Walking for fitness was, by far, the most popular crossover activity. In 2015, half of all outdoor participants also walked.
- The biggest motivator for outdoor participation was getting exercise.

YOUTH

- Participation rates among different age groups increased or leveled out.
- Young adults, ages 18 to 24, experienced a five-percentage point increase, the biggest boost in participation among the age groups.
- Data shows that adults who were introduced to the outdoors as children were more likely to participate in the outdoors during adulthood than those who were not exposed to the outdoors as children. In fact, 37 percent of adults who were introduced to the outdoors during childhood grew up to enjoy outdoor activities as adults. Only 16 percent of adults who do not currently participate in any outdoor activities had outdoor experiences as children.

DIVERSITY

- Consistent with previous years, minorities lagged behind in outdoor participation. In general, Caucasians had the highest participation rates and African Americans had the lowest.
- Although Hispanic Americans made up a small percentage of total outdoor participants, those who did participate averaged the most annual outdoor outings per person.
- Running was the most popular outdoor activity for all ethnic groups.

OUTDOOR PARTICIPATION

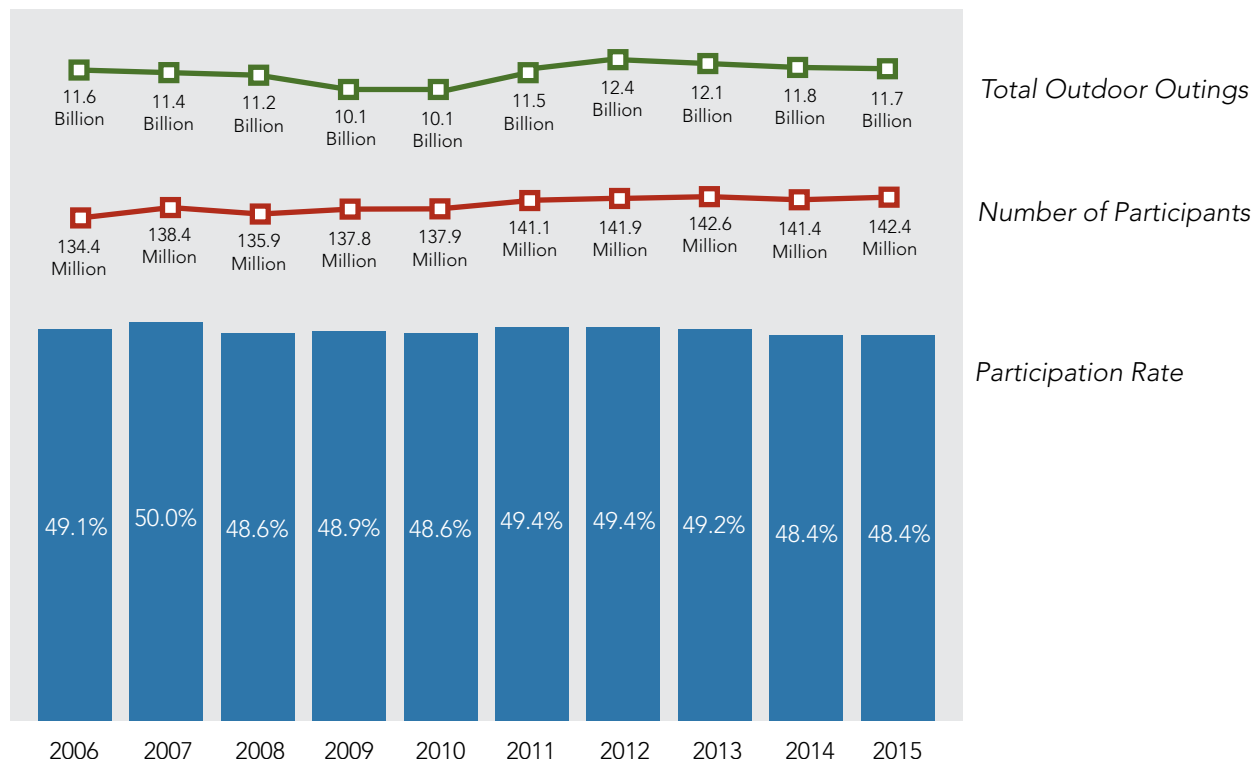


Outdoor Participation Over Time

All Americans, Ages 6+

More than 142 million Americans, or 48.4 percent of the US population, participated in an outdoor activity at least once in 2015. These outdoor participants went on a total of 11.7 billion outdoor outings.

Outdoor participation increased from 2014 to 2015, adding one million participants, but these participants went on fewer total outdoor outings.

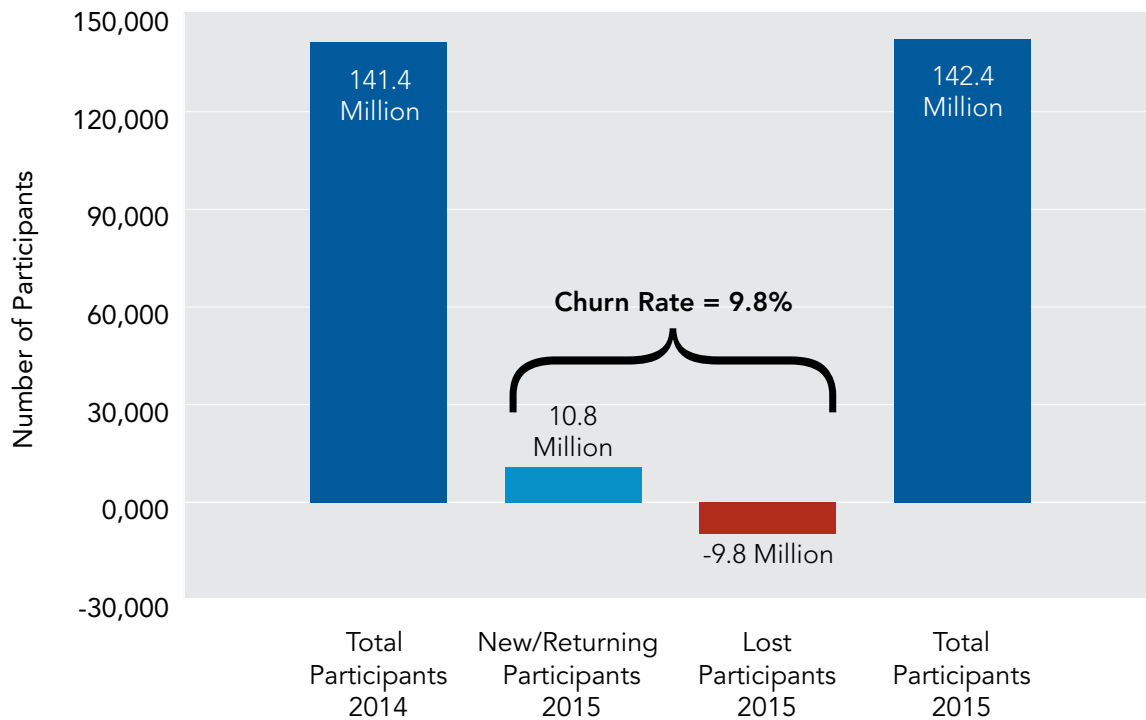


Note: A participant in outdoor recreation is defined as an individual who took part in one or more of 42 outdoor activities at least once during 2015. Measured outdoor activities include adventure racing, backpacking, bicycling (BMX), bicycling (mountain/non-paved surface), bicycling (road/paved surface), birdwatching, boardsailing/windsurfing, car or backyard camping, RV camping, canoeing, climbing (sport/indoor/boulder), climbing (traditional/ice/mountaineering), fly fishing, freshwater fishing, saltwater fishing, hiking, hunting (rifle), hunting (shotgun), hunting (handgun), hunting (bow), kayak fishing, kayaking (recreational), kayaking (sea/touring), kayaking (white water), rafting, running/jogging, sailing, scuba diving, skateboarding, skiing (alpine/downhill), skiing (cross-country), skiing (freestyle), snorkeling, snowboarding, snowshoeing, stand up paddling, surfing, telemarking (downhill), trail running, triathlon (non-traditional/off road), triathlon (traditional/road), wakeboarding and wildlife viewing.

The Leaky Bucket

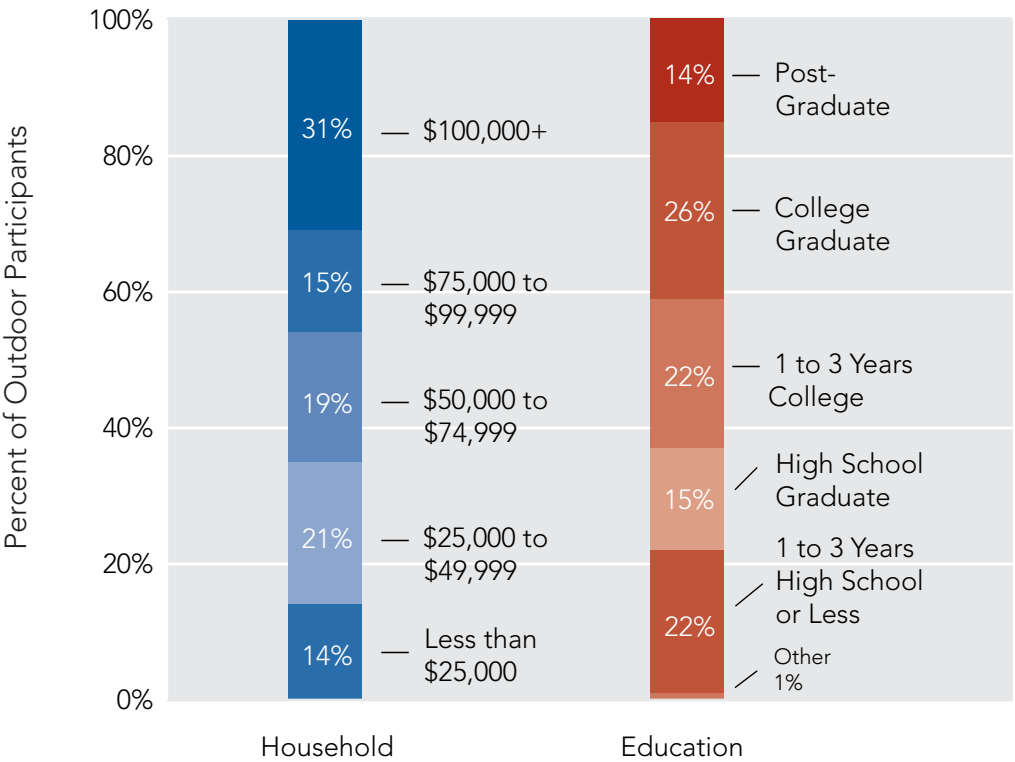
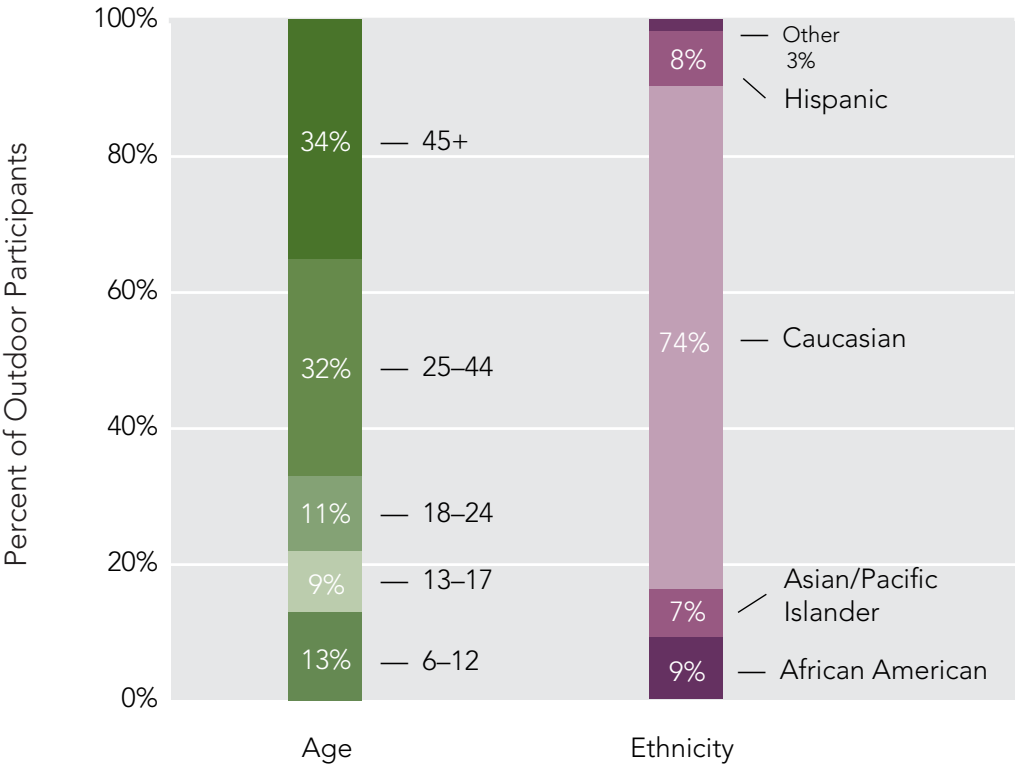
All Americans, Ages 6+

The “leaky bucket” analysis shows why outdoor participation increased from 2014 to 2015. While 9.8 million Americans stopped participating in one or more of the outdoor activities measured, 10.8 million started participating. This resulted in a net gain of one million outdoor participants.



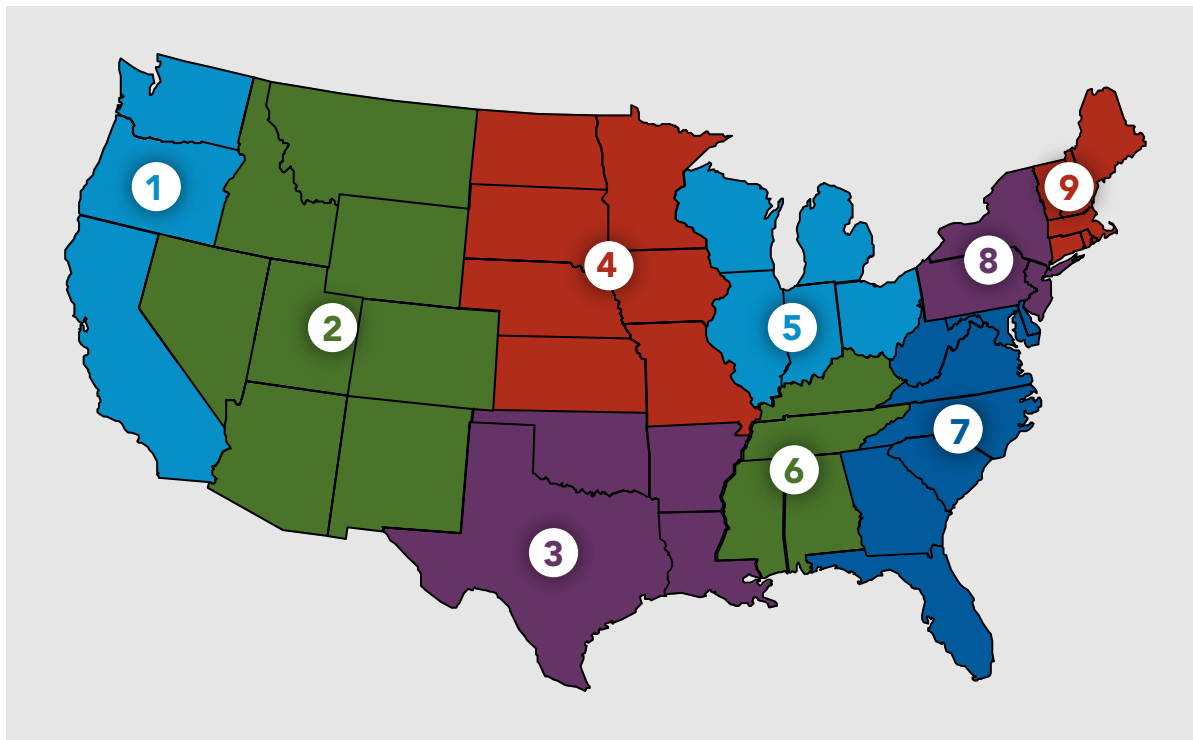
Participation by Demographic

Outdoor Participants, Ages 6+



Participation by Region

Outdoor Participants, Ages 6+



① Pacific

Participation Rate: 50%
Percent of US Participants: 16%

② Mountain

Participation Rate: 52%
Percent of US Participants: 8%

③ West South Central

Participation Rate: 43%
Percent of US Participants: 10%

④ West North Central

Participation Rate: 54%
Percent of US Participants: 8%

⑤ East North Central

Participation Rate: 50%
Percent of US Participants: 16%

⑥ East South Central

Participation Rate: 45%
Percent of US Participants: 6%

⑦ South Atlantic

Participation Rate: 46%
Percent of US Participants: 19%

⑧ Middle Atlantic

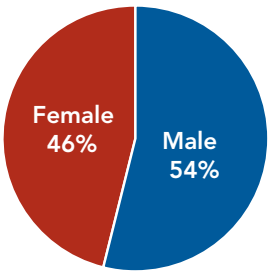
Participation Rate: 47%
Percent of US Participants: 13%

⑨ New England

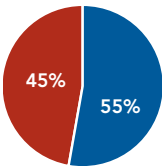
Participation Rate: 49%
Percent of US Participants: 5%

Participation by Gender

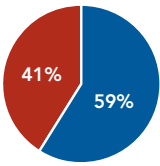
Outdoor Participants, Ages 6+



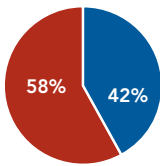
Outdoor Participants, Ages 6+
142.4 Million Participants



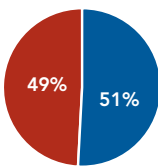
Ages 6–12
18.2 Million
Participants



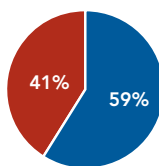
Ages 13–17
13.1 Million
Participants



Ages 18–24
15.9 Million
Participants



Ages 25–44
46.3 Million
Participants

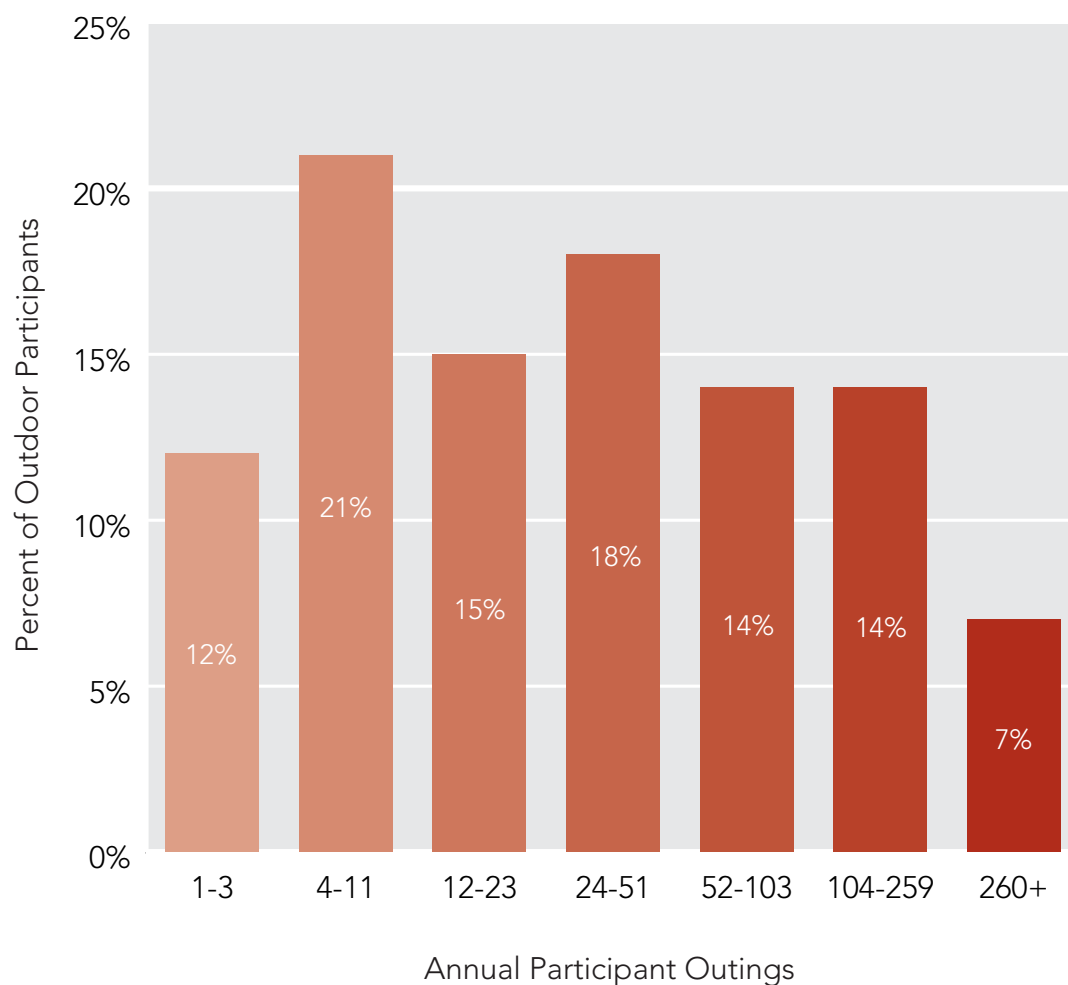


Ages 45+
48.9 Million
Participants

Annual Outings

Outdoor Participants, Ages 6+

The frequency of outdoor activity among Americans varied. On the more active side of participation, 20 percent of participants enjoyed outdoor activities at least twice a week. On the less active side, 33 percent participated less than once a month. Almost half of Americans were moderately active in outdoor recreation, getting outside between 12 and 103 times per year.



Most Popular Outdoor Activities by Participation Rate

Outdoor Participants, Ages 6+

- 1. Running, Jogging and Trail Running**
18% of Americans Ages 6+ / 51.5 million participants
- 2. Freshwater, Saltwater and Fly Fishing**
16% of Americans Ages 6+ / 45.7 million participants
- 3. Road Biking, Mountain Biking and BMX**
15% of Americans Ages 6+ / 43.1 million participants
- 4. Car, Backyard, Backpacking and RV Camping**
14% of Americans Ages 6+ / 40.0 million participants
- 5. Hiking**
13% of Americans Ages 6+ / 37.2 million participants

Favorite Outdoor Activities by Frequency of Participation

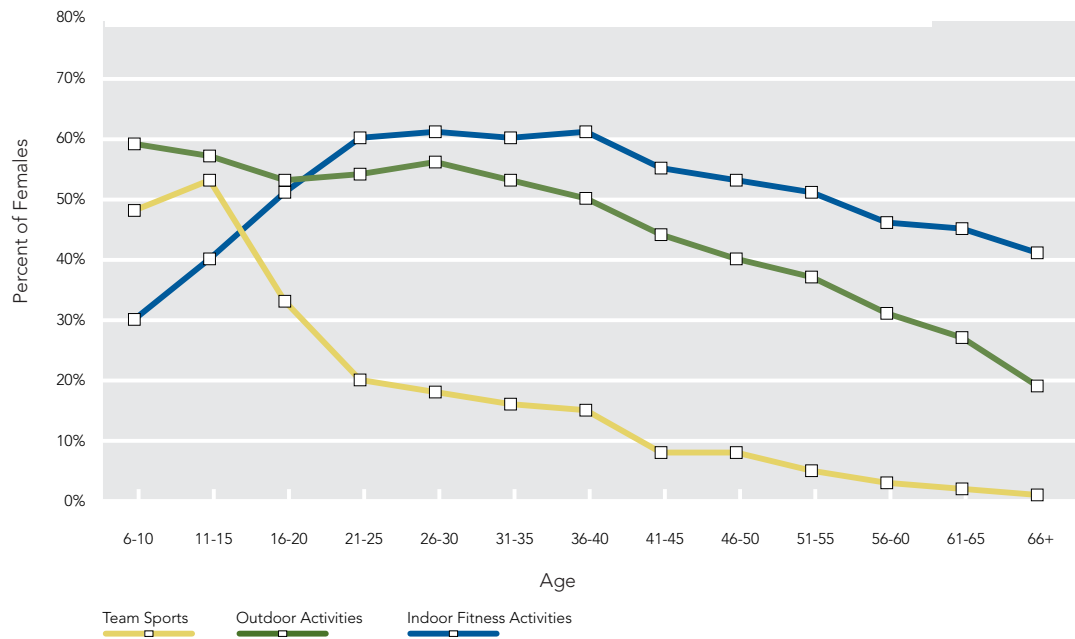
Outdoor Participants, Ages 6+

- 1. Running, Jogging and Trail Running**
91 average outings per runner / 4.7 billion total outings
- 2. Road, Mountain and BMX Biking**
63 average outings per cyclist / 2.7 billion total outings
- 3. Freshwater, Saltwater and Fly Fishing**
19 average outings per angler / 886.5 million total outings
- 4. Car, Backyard, Backpacking and RV Camping**
15 average outings per camper / 587.2 million total outings
- 5. Hiking**
15 average outings per hiking participant / 542.5 million total outings

Note: Similar activities have been grouped.

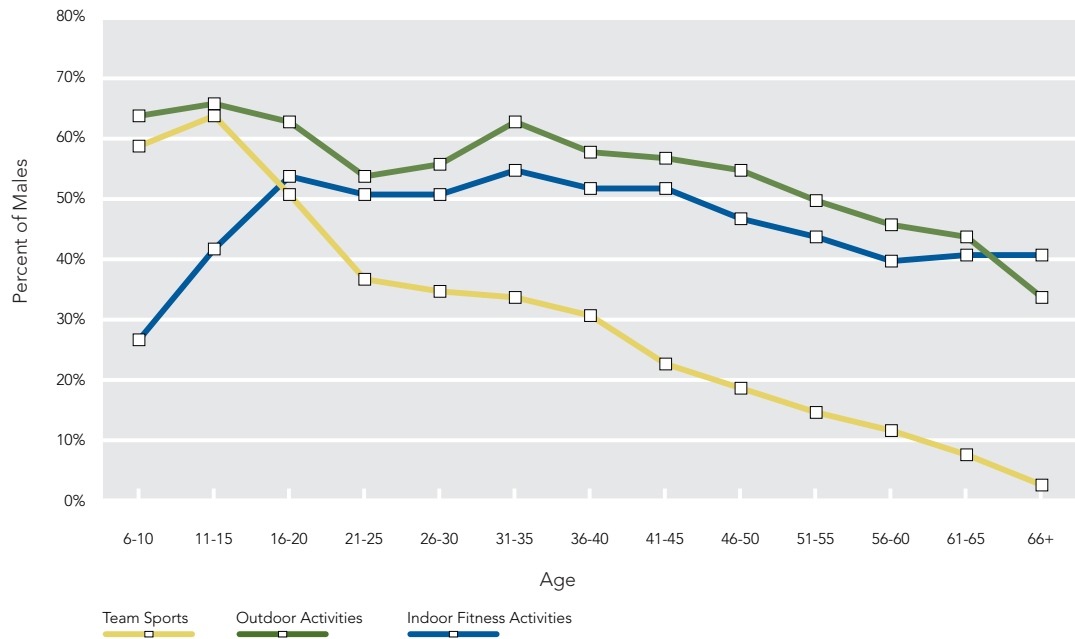
Participation by Age, Females

Outdoor Participants, Ages 6+



Participation by Age, Males

Outdoor Participants, Ages 6+



Crossover Participation

Outdoor Participants, Ages 6+

What were the top indoor fitness, team and other activities enjoyed by outdoor participants?

● Indoor Fitness

● Team

● Other

High Impact Aerobics 11%

Basketball 13%

Abdominal Machine 11%

Elliptical Trainer 15%

Stretching 19%

Stationary Cycling 18%

Treadmill 26%

Walking for Fitness 50%

Hand Weights 23%

Bowling 25%

Weight/Resistance Machines 18%

Dumbbells 19%

Barbells 15%

Yoga 13%

Tennis 11%

Table Tennis 10%

Note: Activities with more than ten percent participation included.

Sports and Recreation Spending in 2015

Outdoor Participants, Ages 6+

	More Than Last Year	Same As Last Year	Less Than Last Year	No Spending
<i>Sports and recreational clothing</i>	9%	39%	11%	42%
<i>Sports and recreational footwear</i>	9%	42%	9%	40%
<i>Sports and recreational equipment</i>	7%	32%	10%	52%
<i>Outdoor recreational activities</i>	7%	42%	10%	41%
<i>Travel to take part in sports and recreation</i>	6%	26%	7%	60%
<i>Gym memberships and fees</i>	6%	24%	6%	64%
<i>Team sports</i>	5%	19%	4%	71%
<i>Lessons and sports camps</i>	4%	16%	5%	75%
<i>Individual sporting events</i>	4%	18%	5%	72%
<i>Team sports at school</i>	4%	16%	3%	77%



What Motivates Americans to Get Outside

Outdoor Participants, Ages 6+

The majority of Americans participated in outdoor activities to get exercise. The second biggest motivator was the opportunity to spend time with friends and family, which highlights the family-friendly nature of many outdoor activities.

<i>Get exercise</i>	68%
<i>Be with family and friends</i>	55%
<i>Keep physically fit</i>	53%
<i>Observe scenic beauty</i>	49%
<i>Be close to nature</i>	48%
<i>Enjoy the sounds and smells of nature</i>	47%
<i>Get away from the usual demands</i>	43%
<i>Experience excitement and adventure</i>	35%
<i>Be with people who enjoy the same things I do</i>	32%
<i>Experience solitude</i>	27%
<i>Develop my skills and abilities</i>	25%
<i>Gain a sense of accomplishment</i>	22%
<i>Be with people who share my values</i>	19%
<i>Gain self-confidence</i>	17%
<i>It is cool</i>	16%
<i>Talk to new and varied people</i>	10%
<i>Other</i>	5%

Why Americans Didn't Participate in Outdoor Activities More Often

Non-Outdoor Participants, Ages 6+

As seen in previous years, lack of interest in outdoor activities was the top reason for why Americans didn't get outside more often in 2015. Thirty-seven percent of non-participants said that they were simply uninterested in outdoor activities. Lack of time was also a barrier to participation. Nearly one-quarter of non-participants said they didn't have time to enjoy outdoor recreation.

<i>I am not interested</i>	37%
<i>I do not have the of time</i>	23%
<i>I do not have the skills or abilities</i>	20%
<i>It is too expensive</i>	19%
<i>Too busy with family responsibilities</i>	16%
<i>I have a physical-limiting disability</i>	16%
<i>I do not have anyone to participate with</i>	16%
<i>My health is poor</i>	13%
<i>Places for outdoor recreation cost too much</i>	10%
<i>Places for outdoor recreation are too far away</i>	8%
<i>Too busy with other recreation activities</i>	7%
<i>I do not have enough information</i>	5%
<i>I have no way to get to outdoor recreation venues</i>	4%
<i>Places for outdoor recreation are too crowded</i>	3%
<i>I have household members with a physical disability</i>	3%
<i>I am afraid of getting hurt by other people</i>	3%
<i>Places for outdoor recreation are poorly maintained</i>	2%
<i>I am afraid of getting hurt by animals</i>	1%
<i>Places for outdoor recreation are over-developed</i>	1%
<i>Venues for outdoor recreation are too polluted</i>	1%
<i>Other</i>	12%

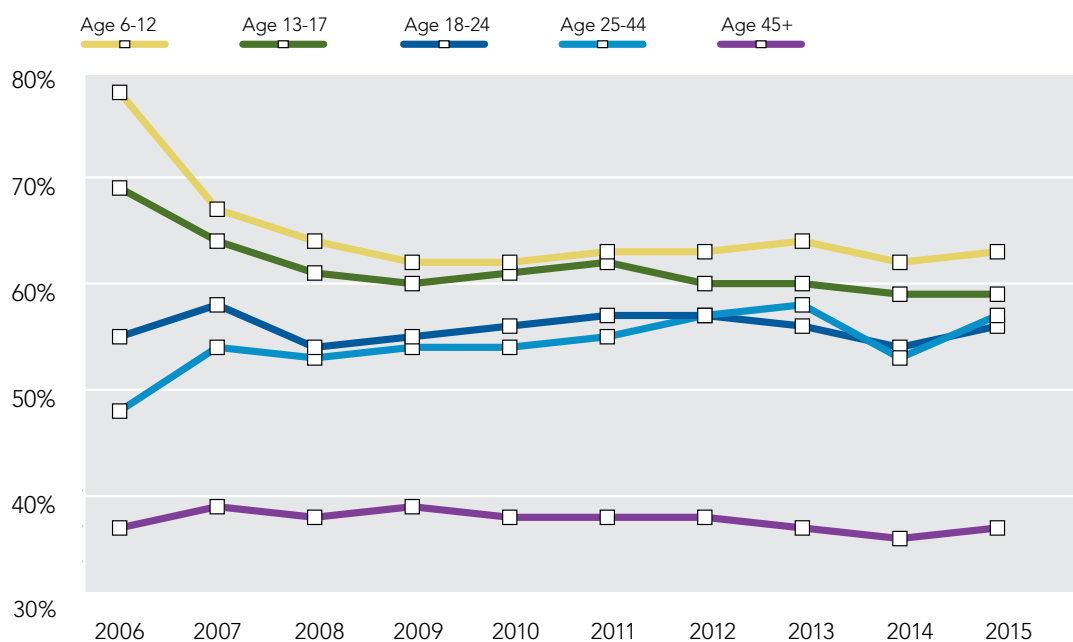
YOUTH



Outdoor Participation by Age

All Americans, Ages 6+

Outdoor participation rates among different age groups increased or leveled out as the overall participation rate increased. Young adults, ages 18 to 24, experienced a five-percentage point increase, the biggest boost in participation among the age groups.



Participation by Age, 2014-2015

	2014	2015
Ages 6-12	62%	63%
Ages 13-17	59%	59%
Ages 18-24	53%	57%
Ages 25-44	54%	56%
Ages 45+	36%	37%

5-Year Average Annual Growth by Age, 2011-2015

Ages 6-12	0.3%
Ages 13-17	-0.5%
Ages 18-24	0.8%
Ages 25-44	0.5%
Ages 45+	-0.3%

Youth Participation in Sports and Recreation Among Current Outdoor Enthusiasts

Data shows that adults who were introduced to the outdoors as children were more likely to participate in the outdoors during adulthood than those who were not exposed to the outdoors during childhood. In fact, 37 percent of adults who were introduced to the outdoors during childhood grew up to enjoy outdoor activities as adults. Only 16 percent of adults who do not currently participate in any outdoor activities had outdoor experiences as children.

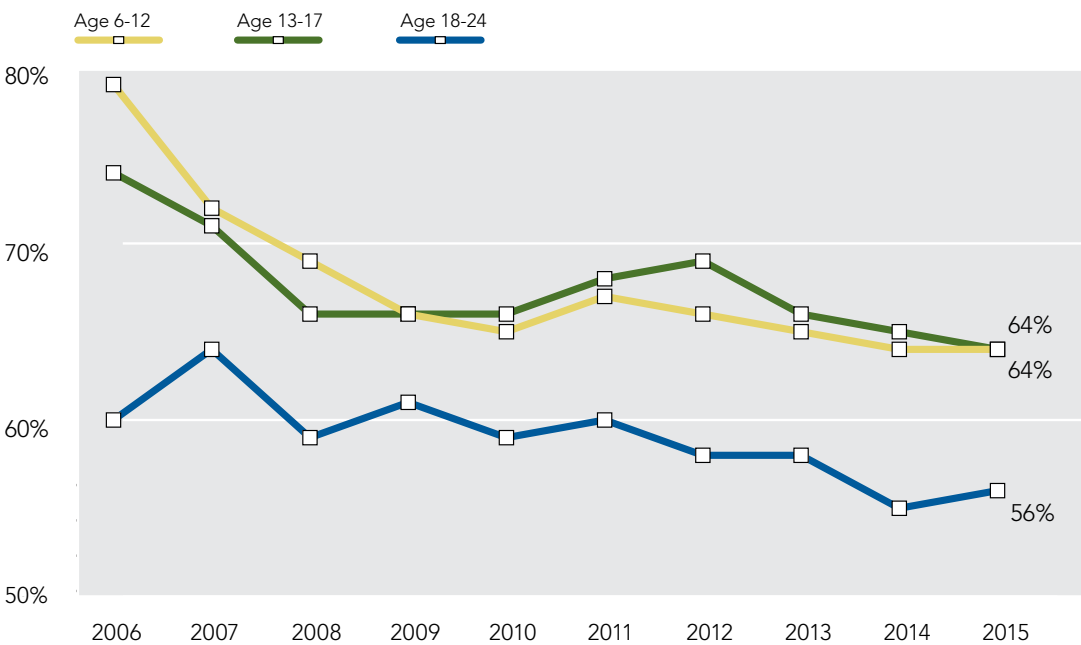
	Adults at Age 6–12		Adults at Age 13–17	
	Outdoor Participants	Non-Outdoor Participants	Outdoor Participants	Non-Outdoor Participants
<i>PE at school</i>	71%	57%	69%	58%
<i>Outdoor activities</i>	37%	16%	42%	19%
<i>Team sports</i>	37%	21%	42%	23%
<i>Cycling</i>	34%	22%	34%	20%
<i>Running or jogging</i>	21%	11%	32%	15%
<i>Swimming for Fftness</i>	19%	11%	21%	11%
<i>Water sports</i>	17%	8%	19%	9%
<i>Winter sports</i>	13%	6%	17%	8%
<i>Raquet sports</i>	7%	3%	13%	7%
<i>Golf</i>	5%	2%	11%	5%
<i>Health club-based activities</i>	4%	2%	9%	5%
<i>None</i>	14%	33%	13%	31%

Getting Youth and Young Adults Outdoors

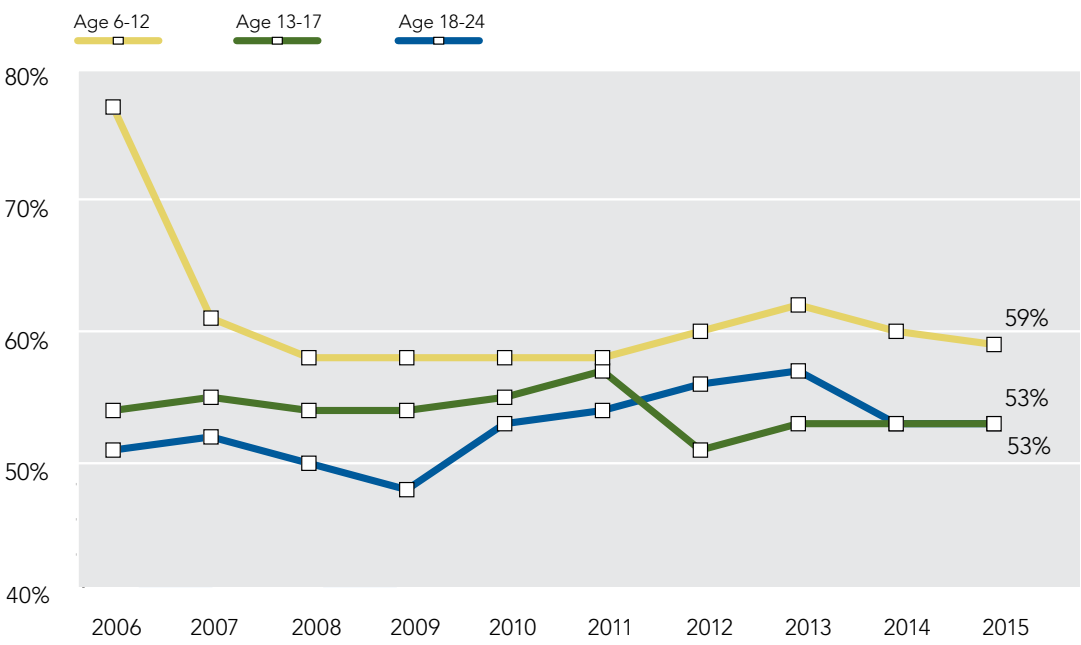
Youth and young adult participants were motivated to recreate outdoors by being with loved ones and getting exercise, but motivation varied by age. Sixty-seven percent of children, ages six to 12, cited friends and family as the biggest motivator, while 67 percent of young adults, ages 18 to 24, were motivated by exercise. Adolescents, ages 13 to 17, were nearly split between the two.

	Ages 6–12	Ages 13–17	Ages 18–24
<i>Be with family and friends</i>	67%	59%	53%
<i>Get exercise</i>	56%	58%	67%
<i>Experience excitement and adventure</i>	41%	36%	40%
<i>Be with people who enjoy the same things I do</i>	36%	46%	22%
<i>It is cool</i>	35%	22%	18%
<i>Develop my skills and abilities</i>	29%	35%	29%
<i>Keep physically fit</i>	28%	51%	58%
<i>Enjoy the sounds and smells of nature</i>	28%	29%	42%
<i>Be close to nature</i>	28%	34%	48%
<i>Observe scenic beauty</i>	24%	33%	47%
<i>Get away from the usual demands</i>	15%	29%	46%
<i>Gain self-confidence</i>	15%	20%	24%
<i>Feel accomplished</i>	15%	21%	30%
<i>Be with people who share my values</i>	14%	25%	17%
<i>Talk to new and varied people</i>	7%	11%	11%
<i>Experience solitude</i>	5%	13%	32%
<i>Other</i>	5%	3%	6%

Male Participation in Outdoor Recreation, 2006-2015

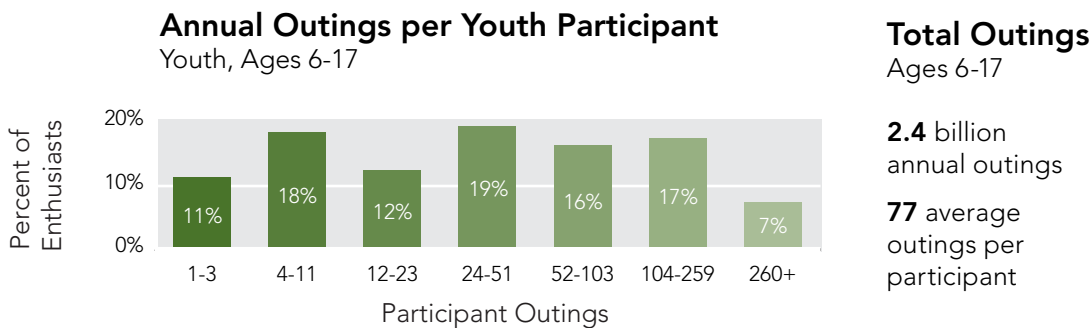


Female Participation in Outdoor Recreation, 2006-2015



Profile of Youth Participants

Outdoor participants ages, six to 17, made 2.4 billion outings, an average of 77 outings per youth participant. Nearly one-quarter of this age group enjoyed biking, making it the most popular outdoor activity by participation rate. In terms of frequency, running edged out biking. The average youth runner made 80 outings per year to participate in the activity.



Most Popular Outdoor Activities

By Participation Rate, Ages 6-17

- 1. Road, Mountain and BMX Biking**
24% of American youth / 12.5 million participants
- 2. Car, Backyard, Backpacking and RV Camping**
21% of American youth / 10.9 million participants
- 3. Freshwater, Saltwater and Fly Fishing**
21% of American youth / 10.7 million participants
- 4. Running, Jogging and Trail Running**
20% of American youth / 10.5 million participants
- 5. Hiking**
15% of American youth / 7.7 million

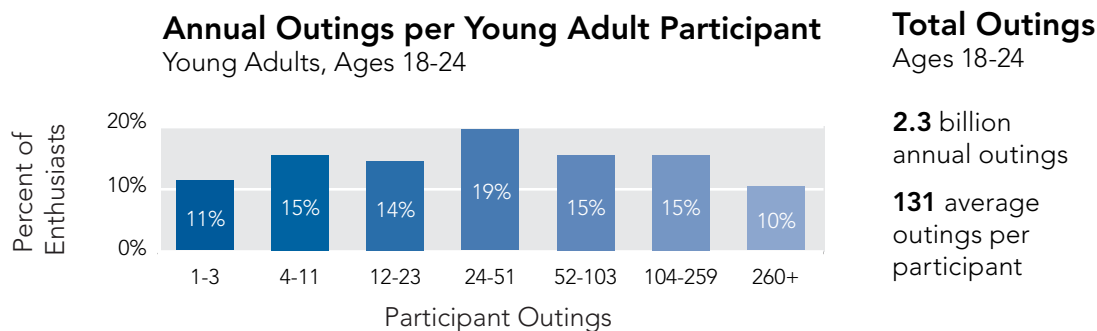
Favorite Outdoor Activities

By Frequency of Participation, Ages 6-17

- 1. Running, Jogging and Trail Running**
80 average outings per runner / 839.8 million outings
- 2. Road Biking, Mountain Biking and BMX**
66 average outings per cyclist / 822.7 million outings
- 3. Freshwater, Saltwater and Fly Fishing**
14 average outings per fishing participant / 154.8 million total outings
- 4. Car, Backyard, Backpacking and RV Camping**
11 average outings per camper / 121.3 million outings
- 5. Skateboarding**
21 average outings per skateboarder / 73.7 million outings

Profile of Young Adult Participants

Young adults, ages 18 to 24, made 2.3 billion outdoor outings in 2015 for an average of 131 annual outings per participant. Although youth made more total outings in 2015, young adults averaged significantly more outings per participant — 131 outings for young adults, compared to 77 outings for youth.



Most Popular Outdoor Activities

By Participation Rate, Ages 18-24

1. Running, Jogging and Trail Running

29% of young adults / 8.8 million participants

2. Hiking

16% of young adults / 5.0 million participants

3. Car, Backyard, Backpacking and RV Camping

13% of young adults / 4.1 million participants

4. Freshwater, Saltwater and Fly Fishing

13% of young adults / 4.1 million participants

5. Road, Mountain and BMX Biking

13% of young adults / 4.1 million participants

Favorite Outdoor Activities

By Frequency of Participation, Ages 18-24

1. Running, Jogging and Trail Running

107 average outings per runner / 946.3 million outings

2. Road Biking, Mountain Biking and BMX

56 average outings per cyclist / 228.4 million outings

3. Freshwater, Saltwater and Fly Fishing

50 average outings per fishing participant / 203.9 million outings

4. Hiking

19 average outings per hiker / 94.8 million outings

5. Car, Backyard, Backpacking and RV Camping

19 average outings per camper / 77.0 million outings

Why Youth and Young Adults Didn't Participate in Outdoor Activities More Often

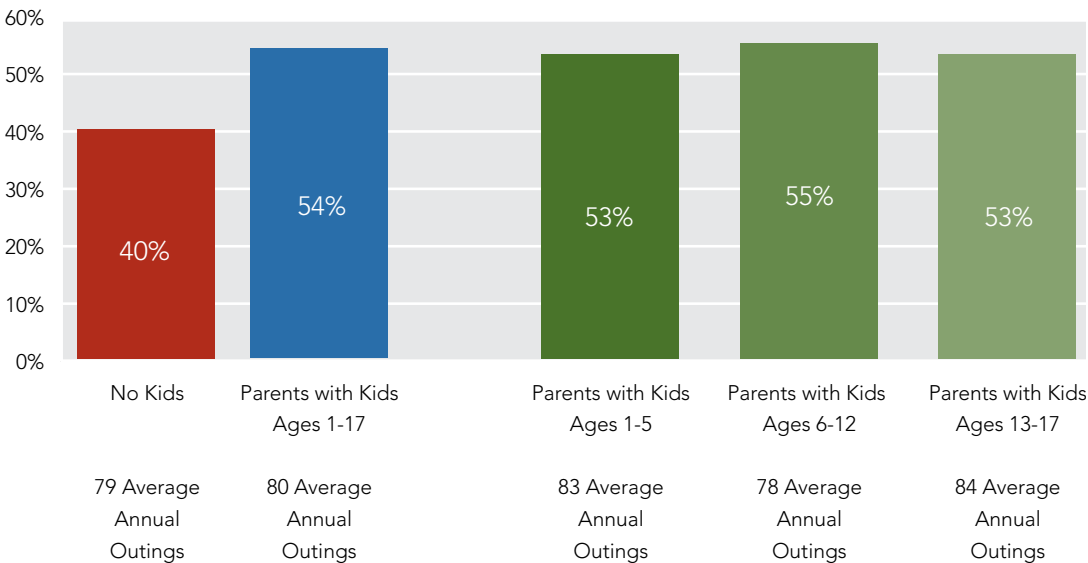
Expense was the number one reason why children did not participate in outdoor activities, while lack of interest was the top reason why teenagers and young adults did not participate.

	Ages 6–12	Ages 13–17	Ages 18–24
<i>It is too expensive</i>	29%	35%	23%
<i>I am not interested</i>	25%	38%	40%
<i>I do not have the of time</i>	18%	19%	20%
<i>Too busy with family responsibilities</i>	14%	5%	10%
<i>I don't have the skills or abilities</i>	13%	14%	17%
<i>Too busy with other recreation activities</i>	11%	14%	7%
<i>I do not have anyone to participate with</i>	10%	12%	20%
<i>Places for outdoor recreation cost too much</i>	10%	15%	6%
<i>I do not have enough information</i>	7%	8%	12%
<i>I have no way to get to outdoor recreation venues</i>	6%	8%	5%
<i>I am afraid of getting hurt by other people</i>	5%	2%	5%
<i>I have a physical-limiting disability</i>	4%	3%	5%
<i>Places for outdoor recreation are too far away</i>	4%	10%	8%
<i>My health is poor</i>	3%	6%	2%
<i>Places for outdoor recreation are too crowded</i>	3%	2%	6%
<i>I am afraid of getting hurt by animals</i>	2%	4%	1%
<i>Places for outdoor recreation are poorly maintained</i>	1%	2%	1%
<i>I have household members with a physical disability</i>	1%	2%	1%
<i>Venues for outdoor recreation are too polluted</i>	1%	0%	1%
<i>Places for outdoor recreation are over-developed</i>	0%	0%	1%
<i>Other</i>	17%	12%	11%

Participation in Outdoor Recreation Among Adults with Youth in Their Households

All Americans, Ages 18+

Adults with children in their households participated in outdoor recreation at a higher rate (54 percent) than adults without children (40 percent). Parents with children, ages six to 12, participated at a slightly higher rate than parents of other aged kids; however, parents of teenagers, ages 13 to 17, got outside the most often with 84 annual outings.



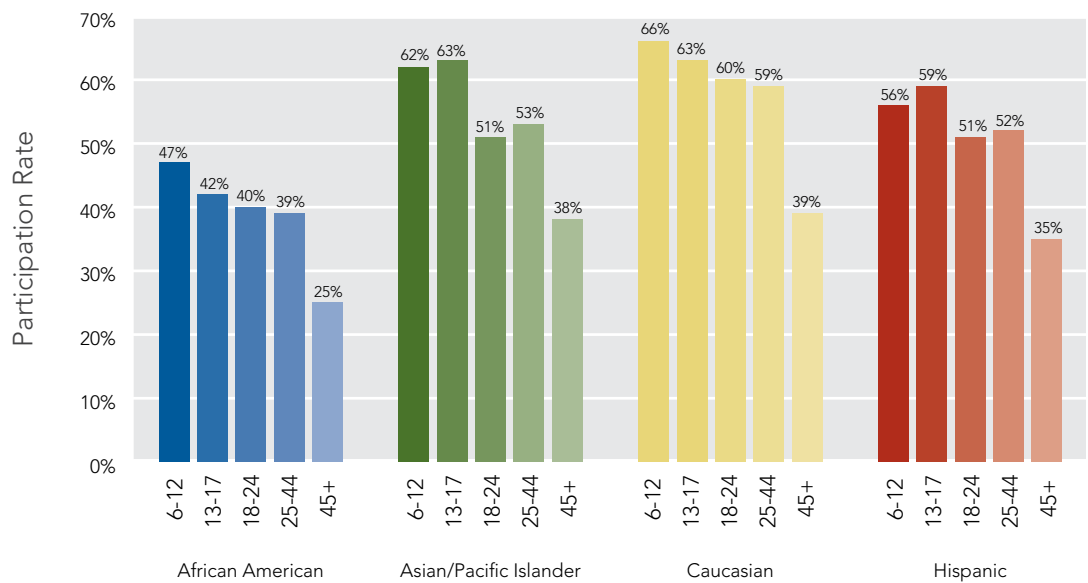
DIVERSITY



Participation in Outdoor Recreation Among Diverse Groups

Minorities lagged behind Caucasians in outdoor participation. In general, Caucasians had the highest participation rates and African Americans had the lowest. Asian Americans, ages 13 to 17, participated in outdoor recreation at the same rate as Caucasian Americans of the same age.

Although Hispanic Americans had the second-lowest outdoor participation rate, those Hispanics who did participate tended to get outdoors the most — 49 times per year.



Average Outings per Outdoor Participant

African American	33	Caucasian	37
Asian/Pacific Islander	33	Hispanic	49



Most Popular Outdoor Activities Among Diverse Groups

Running was the most popular outdoor activity for almost all Americans. The second most popular activity varied by ethnicity.

African Americans

Ages 6+

1. Running/Jogging and Trail Running **17%**
2. Road Biking, Mountain Biking and BMX **11%**
3. Freshwater, Saltwater and Fly Fishing **9%**
4. Car, Backyard, Backpacking and RV Camping **4%**
5. Birdwatching/Wildlife Viewing **3%**

Asian/Pacific Islanders

Ages 6+

1. Running/Jogging and Trail Running **23%**
2. Birdwatching/Wildlife Viewing **16%**
3. Road Biking, Mountain Biking and BMX **15%**
4. Car, Backyard, Backpacking and RV Camping **13%**
5. Freshwater, Saltwater and Fly Fishing **10%**

Caucasians

Ages 6+

1. Running/Jogging and Trail Running **18%**
2. Road Biking, Mountain Biking and BMX **17%**
3. Birdwatching/Wildlife Viewing **16%**
4. Freshwater, Saltwater and Fly Fishing **15%**
5. Car, Backyard, Backpacking and RV Camping **15%**

Hispanics

Ages 6+

1. Running/Jogging and Trail Running **23%**
2. Road Biking, Mountain Biking and BMX **15%**
3. Birdwatching/Wildlife Viewing **15%**
4. Freshwater, Saltwater and Fly Fishing **14%**
5. Car, Backyard, Backpacking and RV Camping **10%**

Getting Diverse Youth and Young Adults Outdoors

Outdoor Participants, Ages 6-17

Most youth participants, ages six to 17, of all ethnic and racial groups were motivated to get outside because it is a good way of getting exercise. Keeping physically fit and being with family and friends were also popular reasons.

	Hispanic	African American	Asian/ Pacific Islander	Caucasian
<i>Get exercise</i>	67%	64%	69%	63%
<i>Keep physically fit</i>	53%	51%	53%	46%
<i>Be with family and friends</i>	38%	58%	57%	40%
<i>Enjoy the sounds and smells of nature</i>	31%	38%	49%	41%
<i>Get away from the usual demands</i>	31%	37%	45%	34%
<i>Be with people who enjoy the same things I do</i>	31%	25%	33%	23%
<i>Observe scenic beauty</i>	31%	43%	52%	42%
<i>Be close to nature</i>	30%	41%	50%	43%
<i>Experience excitement and adventure</i>	28%	28%	36%	36%
<i>Develop my skills and abilities</i>	25%	22%	25%	25%
<i>Feel accomplished</i>	23%	22%	22%	22%
<i>Experience solitude</i>	22%	18%	29%	21%
<i>Be with people who share my values</i>	19%	17%	19%	15%
<i>It is cool</i>	17%	14%	16%	19%
<i>Gain self-confidence</i>	17%	12%	18%	19%
<i>Talk to new and varied people</i>	15%	9%	9%	12%
<i>Other</i>	4%	3%	5%	5%

Why Diverse Populations Don't Participate in Outdoor Activities More Often

Non-Outdoor Participants, Ages 6+

All ethnicities and races agreed that the number one reason why they did not participate in outdoor activities more often was because they were not interested. Expense and lack of time were other top reasons for not participating.

	Hispanic	African American	Asian/ Pacific Islander	Caucasian
<i>I am not interested</i>	35%	37%	40%	33%
<i>It is too expensive</i>	22%	26%	19%	25%
<i>I do not have the of time</i>	18%	24%	19%	22%
<i>I don't have the skills or abilities</i>	14%	24%	18%	18%
<i>I have a physical-limiting disability</i>	13%	9%	16%	9%
<i>I do not have anyone to participate with</i>	13%	16%	14%	14%
<i>Too busy with family responsibilities</i>	11%	18%	14%	17%
<i>My health is poor</i>	10%	8%	11%	8%
<i>Places for outdoor recreation are too far away</i>	8%	10%	7%	8%
<i>Places for outdoor recreation cost too much</i>	7%	12%	9%	9%
<i>I do not have enough information</i>	7%	17%	9%	10%
<i>Too busy with other recreation activities</i>	6%	7%	6%	5%
<i>I have no way to get to outdoor recreation venues</i>	5%	3%	4%	5%
<i>Places for outdoor recreation are too crowded</i>	4%	5%	3%	4%
<i>I am afraid of getting hurt by other people</i>	3%	2%	3%	3%
<i>I have household members with a physical disability</i>	3%	3%	3%	2%
<i>I am afraid of getting hurt by animals</i>	3%	3%	2%	2%
<i>Places for outdoor recreation are poorly maintained</i>	2%	1%	1%	1%
<i>Venues for outdoor recreation are too polluted</i>	1%	2%	1%	1%
<i>Places for outdoor recreation are over-developed</i>	0%	0%	1%	1%
<i>Other</i>	11%	8%	10%	8%

A DETAILED LOOK



Youth Participation in Outdoor Activities, Ages 6-17

	2007 in 000's	% of Pop.	2008 in 000's	% of Pop.	2009 in 000's	% of Pop.	2010 in 000's	% of Pop.	2011 in 000's	% of Pop.	2012 in 000's	% of Pop.	2013 in 000's	% of Pop.	2014 in 000's	% of Pop.	2015 in 000's	% of Pop.
Adventure Racing	104	0.2%	125	0.3%	147	0.3%	183	0.4%	144	0.3%	362	0.7%	341	0.7%	525	1.0%	1,002	1.9%
Backpacking (Overnight)	1,786	3.6%	2,067	4.2%	1,849	3.7%	2,228	4.4%	1,778	3.5%	2,219	4.4%	2,536	5.0%	2,729	5.3%	2,994	5.8%
Bicycling (BMX)	935	1.9%	1,045	2.1%	726	1.5%	1,165	2.3%	783	1.5%	940	1.9%	1,014	2.0%	1,261	2.5%	1,526	3.0%
Bicycling (Mountain/Non-Paved Surface)	1,775	3.5%	2,083	4.2%	1,793	3.6%	1,927	3.8%	1,567	3.1%	1,612	3.2%	1,877	3.7%	1,736	3.4%	1,975	3.8%
Bicycling (Road/Paved Surface, Mountain/Non-Paved Surface, BMX)	15,550	30.9%	14,716	29.6%	14,652	29.3%	13,657	27.1%	13,283	26.2%	13,421	26.5%	13,498	26.6%	12,953	25.4%	12,461	24.2%
Bicycling (Road/Paved Surface)	14,336	28.5%	13,325	26.8%	13,652	27.3%	12,442	24.7%	12,330	24.3%	12,397	24.5%	12,363	24.4%	11,610	22.7%	10,696	20.8%
Birdwatching	1,194	2.4%	1,320	2.7%	1,473	2.9%	1,619	3.2%	1,661	3.3%	1,813	3.6%	1,967	3.9%	1,893	3.7%	1,616	3.1%
Boardsailing/Windsurfing	228	0.5%	236	0.5%	200	0.4%	221	0.4%	109	0.2%	215	0.4%	322	0.6%	495	1.0%	790	1.5%
Camping (Within 1/4 Mile of Vehicle/ Home)	9,627	19.1%	9,012	18.1%	9,252	18.5%	8,779	17.4%	9,147	18.0%	8,065	15.9%	8,046	15.9%	7,490	14.7%	6,769	13.2%
Camping (Car, Backyard, Backpacking or RV)	12,230	24.3%	11,583	23.3%	11,917	23.8%	11,559	23.0%	12,170	24.0%	10,734	21.4%	10,994	21.7%	10,452	20.5%	10,860	21.1%
Camping (Recreational Vehicle)	4,284	8.5%	3,783	7.6%	4,045	8.1%	3,810	7.6%	3,941	7.8%	3,732	7.4%	3,815	7.5%	3,623	7.1%	3,592	7.0%
Canoeing	2,564	5.1%	2,497	5.0%	2,416	4.8%	2,811	5.6%	2,435	4.8%	2,735	5.4%	2,543	5.0%	2,523	4.9%	2,454	4.8%
Canoeing (Sport/Indoor/Boulder)	1,585	3.2%	1,379	2.8%	1,446	2.9%	1,583	3.1%	1,365	2.7%	1,281	2.5%	1,407	2.8%	1,360	2.7%	1,280	2.5%
Climbing (Traditional/Ice/Mountaineering)	510	1.0%	441	0.9%	282	0.6%	354	0.7%	272	0.5%	436	0.9%	477	0.9%	708	1.4%	780	1.5%
Fishing (Fly, Freshwater/Other or Saltwater)	12,394	24.7%	11,282	22.7%	11,240	22.5%	10,254	20.4%	10,330	20.4%	9,945	19.7%	10,307	20.3%	10,566	20.7%	10,685	20.8%
Fishing (Fly)	711	1.4%	734	1.5%	880	1.8%	834	1.7%	735	1.4%	715	1.4%	913	1.8%	938	1.8%	1,267	2.5%
Fishing (Freshwater/Other)	10,932	21.7%	9,912	20.0%	9,987	20.0%	8,984	17.8%	9,038	17.8%	8,962	17.7%	9,020	17.8%	9,135	17.9%	9,546	18.6%
Fishing (Saltwater)	2,579	5.1%	2,257	4.5%	2,028	4.1%	1,816	3.6%	1,926	3.8%	1,935	3.8%	1,858	3.7%	2,004	3.9%	2,221	4.3%
Hiking	5,800	11.5%	6,078	12.2%	6,128	12.3%	5,976	11.9%	6,391	12.6%	6,114	12.1%	6,196	12.2%	6,749	13.2%	7,719	15.0%
Hunting (All)	2,088	4.2%	2,138	4.3%	2,225	4.4%	2,236	4.4%	2,296	4.5%	2,294	4.5%	2,463	4.9%	2,685	5.3%	3,423	6.7%
Kayak Fishing	n/a	n/a	n/a	n/a	n/a	n/a	96	0.2%	181	0.4%	220	0.4%	295	0.6%	234	0.5%	295	0.6%
Kayaking (Recreational)	1,056	2.1%	1,227	2.5%	1,199	2.4%	1,152	2.3%	1,388	2.7%	1,743	3.4%	1,628	3.2%	1,771	3.5%	2,083	4.0%
Kayaking (Sea/Touring)	241	0.5%	178	0.4%	164	0.3%	358	0.7%	228	0.4%	333	0.7%	388	0.8%	536	1.0%	890	1.7%
Kayaking (Whitewater)	197	0.4%	165	0.3%	312	0.6%	256	0.5%	151	0.3%	432	0.9%	422	0.8%	628	1.2%	819	1.6%
Rafting	993	2.0%	869	1.7%	1,064	2.1%	966	1.9%	750	1.5%	793	1.6%	859	1.7%	989	1.9%	1,086	2.1%
Running (Running/Jogging or Trail Running)	11,223	22.3%	9,552	19.2%	10,048	20.1%	11,360	22.6%	11,728	23.1%	12,133	24.0%	12,049	23.8%	11,289	22.1%	10,505	20.4%
Running/Jogging	11,102	22.1%	9,377	18.9%	9,999	20.0%	11,176	22.2%	11,587	22.9%	11,951	23.6%	11,871	23.4%	10,873	21.3%	9,855	19.2%
Sailing	526	1.0%	603	1.2%	664	1.3%	580	1.2%	382	0.8%	562	1.1%	663	1.3%	736	1.4%	909	1.8%
Scuba Diving	278	0.6%	323	0.6%	277	0.6%	306	0.6%	243	0.5%	379	0.7%	494	1.0%	487	1.0%	577	1.1%
Skateboarding	5,783	11.5%	5,469	11.0%	4,968	9.9%	4,377	8.7%	3,736	7.4%	3,797	7.5%	3,481	6.9%	3,294	6.5%	3,084	6.0%
Skiing (Alpine/Downhill)	2,236	4.4%	2,417	4.9%	2,350	4.7%	2,442	4.9%	2,348	4.6%	1,879	3.7%	2,198	4.3%	2,348	4.6%	2,147	4.2%
Skiing (Cross-Country)	568	1.1%	628	1.3%	661	1.3%	739	1.5%	635	1.3%	579	1.1%	855	1.7%	1,273	2.5%	1,063	2.1%
Skiing (Freestyle)	582	1.2%	649	1.3%	646	1.3%	1,062	2.1%	700	1.4%	996	2.0%	1,214	2.4%	1,270	2.5%	1,107	2.2%
Snorkeling	1,610	3.2%	1,700	3.4%	1,315	2.6%	1,211	2.4%	1,480	2.9%	1,194	2.4%	1,597	3.2%	1,485	2.9%	1,665	3.2%
Snowboarding	2,396	4.8%	2,267	4.6%	2,370	4.7%	2,561	5.1%	2,025	4.0%	1,676	3.3%	1,985	3.9%	2,093	4.1%	2,032	4.0%
Snowshoeing	400	0.8%	474	1.0%	599	1.2%	615	1.2%	528	1.0%	681	1.3%	824	1.6%	838	1.6%	716	1.4%
Stand Up Paddling	n/a	n/a	n/a	n/a	n/a	n/a	242	0.5%	186	0.4%	290	0.6%	550	1.1%	570	1.1%	823	1.6%
Surfing	465	0.9%	520	1.0%	589	1.2%	547	1.1%	523	1.0%	715	1.4%	664	1.3%	684	1.3%	703	1.4%
Telemarking (Downhill)	172	0.3%	234	0.5%	217	0.4%	286	0.6%	286	0.6%	539	1.1%	646	1.3%	643	1.3%	521	1.0%
Trail Running	657	1.3%	618	1.2%	501	1.0%	676	1.3%	689	1.4%	810	1.6%	858	1.7%	1,148	2.2%	1,583	3.1%
Triathlon (Non-Traditional/ Off Road)	90	0.2%	80	0.2%	155	0.3%	93	0.2%	72	0.1%	221	0.4%	255	0.5%	297	0.6%	601	1.2%
Triathlon (Traditional/Road)	113	0.2%	240	0.5%	136	0.3%	328	0.7%	168	0.3%	415	0.8%	440	0.9%	434	0.9%	616	1.2%
Wakeboarding	1,437	2.9%	1,084	2.2%	1,096	2.2%	1,089	2.2%	1,126	2.2%	998	2.0%	1,029	2.0%	838	1.6%	997	1.9%
Wildlife Viewing	2,967	5.9%	3,213	6.5%	2,775	5.5%	3,035	6.0%	3,351	6.6%	3,197	6.3%	3,128	6.2%	3,354	6.6%	3,269	6.4%

Young Adult Participation in Outdoor Activities, Ages 18-24

	2007 in 000's	% of Pop.	2008 in 000's	% of Pop.	2009 in 000's	% of Pop.	2010 in 000's	% of Pop.	2011 in 000's	% of Pop.	2012 in 000's	% of Pop.	2013 in 000's	% of Pop.	2014 in 000's	% of Pop.	2015 in 000's	% of Pop.
Adventure Racing	227	0.8%	224	0.8%	217	0.8%	252	0.9%	178	0.6%	419	1.4%	472	1.6%	595	1.9%	847	2.8%
Backpacking (Overnight)	1,262	4.4%	1,132	4.0%	1,358	4.7%	1,296	4.5%	1,065	3.7%	1,070	3.7%	1,249	4.1%	1,412	4.6%	1,513	4.9%
Bicycling (BMX)	401	1.4%	305	1.1%	266	0.9%	311	1.1%	256	0.9%	231	0.8%	345	1.1%	401	1.3%	647	2.1%
Bicycling (Mountain/Non-Paved Surface)	1,019	3.6%	776	2.7%	781	2.7%	955	3.3%	776	2.7%	995	3.4%	1,214	4.0%	1,068	3.5%	1,005	3.3%
Bicycling (Road/Paved Surface, Mountain/Non-Paved Surface, BMX)	3,882	13.7%	3,687	13.0%	3,935	13.7%	4,106	14.2%	4,179	14.4%	4,361	15.0%	5,682	18.8%	4,347	14.2%	4,096	13.3%
Bicycling (Road/Paved Surface)	3,335	11.7%	3,297	11.6%	3,594	12.6%	3,818	13.2%	3,872	13.3%	4,002	13.7%	4,304	14.2%	3,946	12.9%	3,475	11.3%
Birdwatching	670	2.4%	793	2.8%	676	2.4%	669	2.3%	777	2.7%	928	3.2%	982	3.2%	781	2.6%	641	2.1%
Boardsailing/Windsurfing	269	0.9%	341	1.2%	228	0.8%	385	1.3%	284	1.0%	250	0.9%	218	0.7%	552	1.8%	716	2.3%
Camping (Within 1/4 Mile of Vehicle/ Home)	3,862	13.6%	3,739	13.2%	4,004	14.0%	3,463	12.0%	3,896	13.4%	3,478	11.9%	3,611	11.9%	3,167	10.4%	2,796	9.1%
Camping (Car, Backyard, Backpacking or RV)	5,002	17.6%	4,879	17.2%	5,274	18.4%	4,489	15.6%	5,175	17.8%	4,396	14.4%	4,710	15.5%	4,162	13.6%	4,118	13.4%
Camping (Recreational Vehicle)	1,589	5.6%	1,558	5.5%	1,444	5.0%	1,228	4.3%	1,749	6.0%	1,209	4.1%	1,300	4.3%	1,282	4.2%	1,474	4.8%
Canoeing	1,521	5.4%	1,295	4.6%	1,154	4.0%	1,474	5.1%	1,357	4.7%	1,279	4.4%	1,620	5.3%	1,738	5.7%	1,903	6.2%
Climbing (Sport/Indoor/Boulder)	1,054	3.7%	1,002	3.5%	769	2.7%	989	3.4%	856	2.9%	951	3.3%	1,250	4.1%	1,091	3.6%	1,177	3.8%
Climbing (Traditional/Ice/ Mountaineering)	510	1.8%	387	1.4%	381	1.3%	431	1.5%	390	1.3%	339	1.2%	488	1.6%	520	1.7%	730	2.4%
Fishing (Fly, Freshwater/Other or Saltwater)	4,809	16.9%	4,382	15.4%	4,337	15.2%	4,287	14.9%	4,647	16.0%	4,328	14.8%	4,581	15.1%	4,398	14.4%	10,685	13.6%
Fishing (Fly)	695	2.4%	718	2.5%	454	1.6%	643	2.2%	742	2.6%	691	2.4%	830	2.7%	729	2.4%	722	2.3%
Fishing (Freshwater/Other)	4,069	14.3%	3,549	12.5%	3,757	13.1%	3,683	12.8%	3,911	13.5%	3,600	12.4%	3,602	11.9%	3,598	11.8%	4,097	13.3%
Fishing (Saltwater)	1,410	5.0%	1,302	4.6%	1,017	3.6%	1,074	3.7%	1,162	4.0%	1,166	4.0%	1,173	3.9%	1,056	3.5%	930	3.0%
Hiking	3,465	12.2%	3,399	12.0%	3,392	11.9%	3,741	13.0%	3,894	13.4%	4,180	14.3%	4,376	14.4%	4,555	14.9%	5,043	16.4%
Hunting (All)	1,707	6.0%	1,522	5.4%	2,025	7.1%	1,686	5.8%	1,796	6.2%	1,809	6.2%	1,551	5.1%	1,876	6.1%	2,115	6.9%
Kayak Fishing	n/a	n/a	n/a	n/a	n/a	n/a	204	0.7%	205	0.7%	165	0.5%	296	1.0%	226	0.7%	284	0.9%
Kayaking (Recreational)	795	2.8%	889	3.1%	790	2.8%	988	3.4%	1,392	4.8%	1,181	4.1%	1,671	5.5%	1,634	5.3%	1,781	5.8%
Kayaking (Sea/Touring)	241	0.8%	345	1.2%	221	0.8%	227	0.8%	413	1.4%	323	1.1%	462	1.5%	548	1.8%	662	2.2%
Kayaking (Whitewater)	223	0.8%	259	0.9%	217	0.8%	342	1.2%	357	1.2%	316	1.1%	528	1.7%	540	1.8%	640	2.1%
Rafting	789	2.8%	775	2.7%	668	2.3%	674	2.3%	618	2.1%	494	1.7%	717	2.4%	636	2.1%	635	2.1%
Running (Running/Jogging or Trail Running)	8,583	30.2%	8,061	28.4%	8,554	29.9%	9,033	31.3%	9,186	31.6%	10,430	35.8%	11,705	38.6%	9,617	31.5%	8,808	28.6%
Running/Jogging	8,441	29.7%	7,944	27.9%	8,404	29.4%	8,898	30.9%	9,022	31.1%	10,281	35.3%	10,548	34.8%	9,238	30.2%	8,313	27.0%
Sailing	455	1.6%	595	2.1%	416	1.5%	337	1.2%	498	1.7%	388	1.3%	464	1.5%	424	1.4%	427	1.4%
Scuba Diving	523	1.8%	570	2.0%	294	1.0%	384	1.3%	275	0.9%	358	1.2%	424	1.4%	547	1.8%	567	1.8%
Skateboarding	1,377	4.8%	1,011	3.6%	958	3.3%	999	3.5%	955	3.3%	1,153	4.0%	1,232	4.1%	1,064	3.5%	1,186	3.9%
Skiing (Alpine/Downhill)	1,826	6.4%	1,522	5.4%	1,431	5.0%	1,707	5.9%	1,524	5.2%	1,072	3.7%	1,574	5.2%	1,371	4.5%	1,201	3.9%
Skiing (Cross-Country)	452	1.6%	496	1.7%	457	1.6%	586	2.0%	602	2.1%	453	1.6%	1,375	4.5%	885	2.9%	498	1.6%
Skiing (Freestyle)	596	2.1%	575	2.0%	533	1.9%	661	2.3%	585	2.0%	825	2.8%	444	1.5%	828	2.7%	588	1.9%
Snorkeling	1,168	4.1%	1,144	4.0%	969	3.4%	1,251	4.3%	982	3.4%	985	3.4%	1,028	3.4%	970	3.2%	913	3.0%
Snowboarding	1,896	6.7%	2,006	7.1%	2,049	7.2%	1,874	6.5%	1,874	6.5%	1,492	5.1%	1,410	4.7%	1,474	4.8%	1,222	4.0%
Snowshoeing	429	1.5%	358	1.3%	383	1.3%	477	1.7%	552	1.9%	451	1.5%	361	1.2%	454	1.5%	301	1.0%
Stand Up Paddling	n/a	n/a	n/a	n/a	n/a	n/a	171	0.6%	281	1.0%	259	0.9%	349	1.2%	356	1.2%	504	1.6%
Surfing	663	2.3%	590	2.1%	450	1.6%	607	2.1%	434	1.5%	504	1.7%	487	1.6%	418	1.4%	333	1.1%
Telemarking (Downhill)	310	1.1%	295	1.0%	269	0.9%	310	1.1%	366	1.3%	343	1.2%	125	0.4%	579	1.9%	505	1.6%
Trail Running	796	2.8%	939	3.3%	1,003	3.5%	969	3.4%	1,175	4.0%	1,201	4.1%	1,603	5.3%	1,683	5.5%	2,070	6.7%
Triathlon (Non-Traditional/ Off Road)	113	0.4%	198	0.7%	128	0.4%	185	0.6%	97	0.3%	251	0.9%	288	1.0%	519	1.7%	683	2.2%
Triathlon (Traditional/Road)	173	0.6%	266	0.9%	254	0.9%	216	0.7%	236	0.8%	360	1.2%	396	1.3%	568	1.9%	662	2.1%
Wakeboarding	1,040	3.7%	809	2.8%	794	2.8%	798	2.8%	805	2.8%	680	2.3%	717	2.4%	743	2.4%	617	2.0%
Wildlife Viewing	1,587	5.6%	1,859	6.5%	1,501	5.2%	1,351	4.7%	1,799	6.2%	1,679	5.8%	1,846	6.1%	1,739	5.7%	1,818	5.9%

Participation in Outdoor Activities, All Americans Ages 6+

	2007 in 000's	% of Pop.	2008 in 000's	% of Pop.	2009 in 000's	% of Pop.	2010 in 000's	% of Pop.	2011 in 000's	% of Pop.	2012 in 000's	% of Pop.	2013 in 000's	% of Pop.	2014 in 000's	% of Pop.	2015 in 000's	% of Pop.
Adventure Racing	698	0.3%	920	0.3%	1,089	0.4%	1,339	0.5%	1,065	0.4%	2,170	0.8%	2,095	0.7%	2,368	0.8%	2,864	1.0%
Backpacking (Overnight)	6,637	2.4%	7,867	2.8%	7,647	2.7%	8,349	2.9%	7,095	2.5%	8,771	3.1%	9,069	3.1%	10,101	3.5%	10,100	3.4%
Bicycling (BMX)	1,887	0.7%	1,904	0.7%	1,811	0.6%	2,369	0.8%	1,547	0.5%	2,175	0.8%	2,168	0.7%	2,350	0.8%	2,690	0.9%
Bicycling (Mountain/Non-Paved Surface)	6,892	2.5%	7,592	2.7%	7,142	2.5%	7,161	2.5%	6,816	2.4%	7,714	2.7%	8,542	2.9%	8,044	2.8%	8,316	2.8%
Bicycling (Road/Paved Surface, Mountain/Non-Paved Surface, BMX)	42,126	15.2%	41,548	14.9%	43,265	15.4%	42,347	14.9%	42,970	15.0%	42,336	14.7%	46,603	16.1%	44,014	15.1%	43,073	14.6%
Bicycling (Road/Paved Surface)	38,940	14.1%	38,114	13.6%	40,140	14.3%	39,320	13.9%	40,348	14.1%	39,232	13.7%	40,888	14.1%	39,725	13.6%	38,280	13.0%
Birdwatching	13,476	4.9%	14,399	5.2%	13,294	4.7%	13,339	4.7%	12,794	4.5%	14,275	5.0%	14,152	4.9%	13,179	4.5%	13,093	4.5%
Boardsailing/Windsurfing	1,118	0.4%	1,307	0.5%	1,128	0.4%	1,617	0.6%	1,151	0.4%	1,593	0.6%	1,324	0.5%	1,562	0.5%	1,766	0.6%
Camping (Within 1/4 Mile of Vehicle/Home)	31,375	11.3%	33,686	12.0%	34,338	12.2%	30,996	10.9%	32,925	11.5%	29,982	10.4%	29,269	10.1%	28,660	9.8%	27,742	9.4%
Camping (Car, Backyard, Backpacking or RV)	41,691	15.1%	44,664	16.0%	46,231	16.4%	42,300	14.9%	44,757	15.7%	40,518	14.1%	40,094	13.8%	40,500	13.9%	40,015	13.6%
Camping (Recreational Vehicle)	16,168	5.8%	16,517	5.9%	17,436	6.2%	15,865	5.6%	16,698	5.8%	15,108	5.3%	14,556	5.0%	14,633	5.0%	14,699	5.0%
Canoeing	9,797	3.5%	9,935	3.6%	10,058	3.6%	10,553	3.7%	9,787	3.4%	9,839	3.4%	10,153	3.5%	10,044	3.4%	10,236	3.5%
Climbing (Sport/Indoor/Boulder)	4,514	1.6%	4,769	1.7%	4,313	1.5%	4,770	1.7%	4,119	1.4%	4,592	1.6%	4,745	1.6%	4,536	1.6%	4,684	1.6%
Climbing (Traditional/Ice/Mountaineering)	2,084	0.8%	2,288	0.8%	1,835	0.7%	2,198	0.8%	1,609	0.6%	2,189	0.8%	6,473	2.2%	6,406	2.2%	6,617	2.2%
Fishing (Fly, Freshwater/Other or Saltwater)	51,836	18.7%	48,206	17.2%	48,046	17.0%	45,394	16.0%	46,178	16.2%	47,049	16.4%	45,854	15.8%	46,045	15.8%	45,687	15.5%
Fishing (Fly)	5,756	2.1%	5,941	2.1%	5,568	2.0%	5,478	1.9%	5,683	2.0%	6,012	2.1%	5,878	2.0%	5,842	2.0%	6,089	2.1%
Fishing (Freshwater/Other)	43,859	15.8%	40,331	14.4%	40,961	14.5%	38,860	13.7%	38,868	13.6%	39,135	13.6%	37,796	13.0%	37,821	12.9%	37,682	12.8%
Fishing (Saltwater)	14,437	5.2%	13,804	4.9%	12,303	4.4%	11,809	4.2%	11,983	4.2%	12,017	4.2%	11,790	4.1%	11,817	4.0%	11,975	4.1%
Hiking	29,965	10.8%	32,511	11.6%	32,572	11.6%	32,496	11.5%	34,492	12.1%	34,545	12.0%	34,378	11.9%	36,222	12.4%	37,232	12.7%
Hunting (All)	14,138	5.1%	13,980	5.0%	15,273	5.4%	14,007	4.9%	14,887	5.2%	14,705	5.1%	13,526	4.7%	14,847	5.1%	15,526	5.3%
Kayak Fishing	n/a	n/a	n/a	n/a	n/a	n/a	1,044	0.4%	1,201	0.4%	1,409	0.5%	1,798	0.6%	2,074	0.7%	2,265	0.8%
Kayaking (Recreational)	5,070	1.8%	6,240	2.2%	6,212	2.2%	6,465	2.3%	8,229	2.9%	8,144	2.8%	8,716	3.0%	8,855	3.0%	9,499	3.2%
Kayaking (Sea/Touring)	1,485	0.5%	1,780	0.6%	1,771	0.6%	2,144	0.8%	2,029	0.7%	2,446	0.9%	2,694	0.9%	2,912	1.0%	3,079	1.0%
Kayaking (Whitewater)	1,207	0.4%	1,242	0.4%	1,369	0.5%	1,842	0.6%	1,546	0.5%	1,878	0.7%	2,146	0.7%	2,351	0.8%	2,518	0.9%
Rafting	4,340	1.6%	4,651	1.7%	4,318	1.5%	4,460	1.6%	3,821	1.3%	3,690	1.3%	3,836	1.3%	3,781	1.3%	3,883	1.3%
Running (Running/Jogging or Trail Running)	41,957	15.2%	42,103	15.1%	44,732	15.9%	50,370	17.8%	51,495	18.0%	53,214	18.5%	57,545	19.8%	53,700	18.4%	51,515	17.5%
Running/Jogging	41,064	14.8%	41,130	14.7%	43,892	15.6%	49,408	17.4%	50,713	17.7%	52,187	18.2%	54,188	18.7%	51,127	17.5%	48,496	16.5%
Sailing	3,786	1.4%	4,226	1.5%	4,342	1.5%	3,869	1.4%	3,725	1.3%	3,958	1.4%	3,915	1.3%	3,924	1.3%	4,099	1.4%
Scuba Diving	2,965	1.1%	3,216	1.2%	2,723	1.0%	3,153	1.1%	2,579	0.9%	2,982	1.0%	3,174	1.1%	3,145	1.1%	3,274	1.1%
Skateboarding	8,429	3.0%	7,807	2.8%	7,352	2.6%	6,808	2.4%	5,827	2.0%	6,627	2.3%	6,350	2.2%	6,582	2.3%	6,436	2.2%
Skiing (Alpine/Downhill)	10,362	3.7%	10,346	3.7%	10,919	3.9%	11,504	4.1%	10,201	3.6%	8,243	2.9%	8,044	2.8%	8,649	3.0%	9,378	3.2%
Skiing (Cross-Country)	3,530	1.3%	3,848	1.4%	4,157	1.5%	4,530	1.6%	3,641	1.3%	3,307	1.2%	3,377	1.2%	3,820	1.3%	4,146	1.4%
Skiing (Freestyle)	2,817	1.0%	2,711	1.0%	2,950	1.0%	3,647	1.3%	4,318	1.5%	5,357	1.9%	4,007	1.4%	4,564	1.6%	4,465	1.5%
Snorkeling	9,294	3.4%	10,296	3.7%	9,358	3.3%	9,305	3.3%	9,318	3.3%	8,011	2.8%	8,700	3.0%	8,752	3.0%	8,874	3.0%
Snowboarding	6,841	2.5%	7,159	2.6%	7,421	2.6%	8,196	2.9%	7,579	2.7%	7,351	2.6%	6,418	2.2%	6,785	2.3%	7,676	2.6%
Snowshoeing	2,400	0.9%	2,922	1.0%	3,431	1.2%	3,823	1.3%	4,111	1.4%	4,029	1.4%	3,012	1.0%	3,501	1.2%	3,885	1.3%
Stand Up Paddling	n/a	n/a	n/a	n/a	n/a	n/a	1,050	0.4%	1,242	0.4%	1,542	0.5%	1,993	0.7%	2,751	0.9%	3,020	1.0%
Surfing	2,206	0.8%	2,607	0.9%	2,403	0.9%	2,767	1.0%	2,195	0.8%	2,895	1.0%	2,658	0.9%	2,721	0.9%	2,701	0.9%
Telemarking (Downhill)	1,173	0.4%	1,435	0.5%	1,482	0.5%	1,821	0.6%	2,099	0.7%	2,766	1.0%	1,732	0.6%	2,188	0.7%	2,569	0.9%
Trail Running	4,216	1.5%	4,857	1.7%	4,833	1.7%	5,136	1.8%	5,610	2.0%	6,003	2.1%	6,792	2.3%	7,531	2.6%	8,139	2.8%
Triathlon (Non-Traditional/ Off Road)	483	0.2%	602	0.2%	666	0.2%	929	0.3%	709	0.2%	1,442	0.5%	1,390	0.5%	1,411	0.5%	1,744	0.6%
Triathlon (Traditional/Road)	798	0.3%	1,087	0.4%	1,208	0.4%	1,978	0.7%	1,393	0.5%	2,184	0.8%	2,262	0.8%	2,203	0.8%	2,498	0.8%
Wakeboarding	3,521	1.3%	3,544	1.3%	3,577	1.3%	3,645	1.3%	3,389	1.2%	3,348	1.2%	3,316	1.1%	3,125	1.1%	3,226	1.1%
Wildlife Viewing	22,974	8.3%	24,113	8.6%	21,291	7.6%	21,025	7.4%	21,964	7.7%	22,999	8.0%	21,359	7.4%	21,110	7.2%	20,718	7.0%

Participation in Other Activities, All Americans Ages 6+

	2007 in 000's	% of Pop.	2008 in 000's	% of Pop.	2009 in 000's	% of Pop.	2010 in 000's	% of Pop.	2011 in 000's	% of Pop.	2012 in 000's	% of Pop.	2013 in 000's	% of Pop.	2014 in 000's	% of Pop.	2015 in 000's	% of Pop.
Indoor Fitness Activities																		
Abdominal Machine/Device	20,426	7.4%	19,917	7.1%	19,465	6.9%	18,491	6.5%	18,950	6.6%	18,864	6.6%	18,439	6.4%	19,066	6.5%	19,073	6.5%
Aerobics (High Impact/ Intensity & Training)	11,287	4.10%	12,272	4.4%	13,269	4.70%	15,864	5.60%	15,646	5.5%	16,710	5.8%	17,323	6.0%	19,746	6.8%	20,464	7.0%
Aquatic Exercise	9,757	3.5%	9,267	3.3%	8,662	3.1%	9,231	3.3%	8,852	3.1%	9,502	3.3%	8,483	2.9%	9,122	3.1%	9,226	3.1%
Barre	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	2,901	1.0%	3,200	1.1%	3,583	1.2%
Calisthenics/Bodyweight Exercise & Bodyweight Accessory-Assisted Training	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	22,390	7.7%	22,146	7.5%
Cardio Kickboxing	4,812	1.7%	4,997	1.8%	6,002	2.1%	6,571	2.3%	6,404	2.2%	7,047	2.5%	6,311	2.2%	6,747	2.3%	6,708	2.3%
Cardio Cross Trainer	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	5,430	1.9%	7,484	2.6%	7,982	2.7%
Cross-Training Style Workouts	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	11,265	3.9%	11,710	4.0%
Dance, Step, and Other Choreographed Exercise to Music	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	21,455	7.3%	21,487	7.3%
Elliptical Motion Trainer	23,586	8.5%	25,284	9.0%	26,521	9.4%	28,117	9.9%	31,351	11.0%	25,769	9.0%	27,119	9.4%	28,025	9.6%	27,981	9.5%
Free Weights (Barbells)	25,499	9.2%	26,142	9.4%	27,048	9.6%	27,339	9.6%	26,773	9.4%	26,603	9.3%	25,641	8.8%	25,623	8.8%	25,381	8.6%
Free Weights (Dumbbells)	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	32,209	11.1%	30,767	10.5%	31,409	10.7%
Free Weights (Hand Weights)	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	43,164	14.9%	41,670	14.3%	42,799	14.6%
Kettlebells	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	10,240	3.5%	10,408	3.5%
Pilates Training	9,192	3.3%	8,886	3.2%	8,653	3.1%	8,154	2.9%	8,860	3.1%	8,178	2.8%	8,069	2.8%	8,504	2.9%	8,594	2.9%
Rowing Machine	8,782	3.2%	9,021	3.2%	9,174	3.3%	9,763	3.4%	9,766	3.4%	10,185	3.5%	10,183	3.5%	9,813	3.4%	10,106	3.4%
Stair-Climbing Machine	13,521	4.9%	14,204	5.1%	13,101	4.7%	13,436	4.7%	13,382	4.7%	12,576	4.4%	12,642	4.4%	13,216	4.5%	13,234	4.5%
Stationary Cycling (Group)	6,314	2.3%	6,693	2.4%	6,831	2.4%	8,876	3.1%	8,599	3.0%	8,355	2.9%	8,309	2.9%	8,449	2.9%	8,677	3.0%
Stationary Cycling (Recumbent or Upright)	35,349	12.8%	36,021	12.9%	36,215	12.9%	36,036	12.7%	36,341	12.7%	35,987	12.5%	35,247	12.2%	35,693	12.2%	35,553	12.1%
Stretching	36,181	13.1%	36,288	13.0%	36,310	12.9%	35,129	12.4%	34,244	12.0%	37,502	13.1%	36,202	12.5%	35,624	12.2%	35,776	12.2%
Swimming for Fitness	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	21,517	7.5%	24,914	8.7%	26,354	9.1%	25,304	8.7%	26,319	8.9%
Tai Chi	n/a	n/a	3,424	1.2%	3,205	1.1%	3,180	1.1%	2,769	1.0%	3,637	1.3%	3,469	1.2%	3,446	1.2%	3,651	1.2%
Treadmill	50,073	18.1%	49,371	17.7%	51,418	18.3%	53,131	18.7%	53,388	18.7%	48,289	16.8%	48,166	16.6%	50,241	17.2%	50,398	17.1%
Walking for Fitness	108,740	39.3%	111,668	39.9%	110,095	39.1%	114,068	40.2%	111,362	39.0%	116,695	40.6%	117,351	40.5%	112,583	38.5%	109,829	37.3%
Weight/Resistance Machines	39,290	14.2%	38,397	13.7%	39,752	14.1%	38,618	13.6%	40,477	14.2%	37,522	13.1%	36,267	12.5%	35,841	12.3%	35,310	12.0%
Yoga	n/a	n/a	17,758	6.4%	20,109	7.1%	21,886	7.7%	22,327	7.8%	24,180	8.4%	24,310	8.4%	25,262	8.6%	25,289	8.6%
Team Sports																		
Baseball	16,058	5.8%	15,020	5.4%	13,837	4.9%	14,558	5.1%	12,564	4.4%	13,389	4.7%	13,284	4.6%	13,152	4.5%	13,711	4.7%
Basketball	25,961	9.4%	26,254	9.4%	24,007	8.5%	26,304	9.3%	23,275	8.2%	24,141	8.4%	23,669	8.2%	23,067	7.9%	23,410	8.0%
Cheerleading	3,279	1.2%	3,104	1.1%	3,036	1.1%	3,232	1.1%	2,865	1.0%	3,622	1.3%	3,235	1.1%	3,456	1.2%	3,608	1.2%
Field Hockey	1,127	0.4%	1,118	0.4%	1,066	0.4%	1,298	0.5%	996	0.3%	1,478	0.5%	1,474	0.5%	1,557	0.5%	1,565	0.5%
Football (Flag)	n/a	n/a	7,310	2.6%	6,553	2.3%	6,767	2.4%	5,883	2.1%	5,847	2.0%	5,610	1.9%	5,508	1.9%	5,829	2.0%
Football (Tackle)	7,939	2.9%	7,692	2.8%	6,794	2.4%	6,905	2.4%	5,990	2.1%	6,451	2.2%	6,165	2.1%	5,978	2.0%	6,222	2.1%
Football (Touch)	12,988	4.7%	10,493	3.8%	8,959	3.2%	8,367	2.9%	7,000	2.4%	7,590	2.6%	7,140	2.5%	6,586	2.3%	6,487	2.2%
Ice Hockey	1,840	0.7%	1,902	0.7%	2,134	0.8%	2,145	0.8%	2,117	0.7%	2,610	0.9%	2,393	0.8%	2,421	0.8%	2,546	0.9%
Lacrosse	1,058	0.4%	1,127	0.4%	1,197	0.4%	1,648	0.6%	1,353	0.5%	1,860	0.6%	1,813	0.6%	2,011	0.7%	2,094	0.7%
Rugby	617	0.2%	690	0.2%	750	0.3%	1,130	0.4%	569	0.2%	1,205	0.4%	1,183	0.4%	1,276	0.4%	1,349	0.5%
Soccer (Indoor)	4,237	1.5%	4,737	1.7%	4,913	1.7%	4,927	1.7%	4,335	1.5%	4,898	1.7%	4,803	1.7%	4,530	1.6%	4,813	1.6%
Soccer (Outdoor)	13,708	5.0%	14,223	5.1%	13,691	4.9%	14,075	5.0%	13,259	4.6%	12,630	4.4%	12,726	4.4%	12,592	4.3%	12,646	4.3%

	2007 in 000's	% of Pop.	2008 in 000's	% of Pop.	2009 in 000's	% of Pop.	2010 in 000's	% of Pop.	2011 in 000's	% of Pop.	2012 in 000's	% of Pop.	2013 in 000's	% of Pop.	2014 in 000's	% of Pop.	2015 in 000's	% of Pop.
Softball (Fast Pitch)	2,345	1.0%	2,316	0.8%	2,636	0.9%	2,389	0.8%	2,411	0.8%	2,838	1.0%	2,498	0.9%	2,424	0.8%	2,460	0.8%
Softball (Slow Pitch)	9,485	3.4%	9,835	3.5%	8,525	3.0%	8,429	3.0%	7,189	2.5%	7,633	2.7%	6,868	2.4%	7,077	2.4%	7,114	2.4%
Swimming (On a Team)	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	2,363	0.8%	2,641	0.9%	2,638	0.9%	2,710	0.9%	2,892	1.0%
Track and Field	4,691	1.7%	4,516	1.6%	4,443	1.6%	4,322	1.5%	4,360	1.5%	4,154	1.4%	4,071	1.4%	4,105	1.4%	4,222	1.4%
Volleyball (Sand/Beach)	3,878	1.4%	4,171	1.5%	4,476	1.6%	5,028	1.8%	3,874	1.4%	5,136	1.8%	4,769	1.6%	4,651	1.6%	4,785	1.6%
Volleyball (Court)	6,986	2.5%	8,190	2.9%	7,283	2.6%	7,346	2.6%	5,978	2.1%	6,791	2.4%	6,433	2.2%	6,304	2.2%	6,423	2.2%
Volleyball (Grass)	4,940	1.8%	5,086	1.8%	4,853	1.7%	4,574	1.6%	3,847	1.3%	4,328	1.5%	4,098	1.4%	3,911	1.3%	3,888	1.3%

Other Activities

Archery	5,950	2.1%	6,409	2.3%	6,326	2.2%	6,319	2.2%	6,623	2.3%	7,722	2.7%	7,647	2.6%	8,435	2.9%	8,378	2.8%
Badminton	7,057	2.5%	7,239	2.6%	7,699	2.7%	7,590	2.7%	6,679	2.3%	7,876	2.7%	7,150	2.5%	7,176	2.5%	7,198	2.4%
Bowling	60,184	21.7%	58,650	21.0%	57,293	20.3%	55,877	19.7%	51,935	18.2%	45,292	15.8%	46,209	15.9%	46,642	16.0%	45,931	15.6%
Boxing (for Competition)	n/a	n/a	n/a	n/a	n/a	n/a	855	0.3%	639	0.2%	1,278	0.4%	1,134	0.4%	1,278	0.4%	1,355	0.5%
Boxing (for Fitness)	n/a	n/a	n/a	n/a	n/a	n/a	4,788	1.7%	4,473	1.6%	5,190	1.8%	5,251	1.8%	5,113	1.8%	5,419	1.8%
Cardio Tennis	n/a	n/a	830	0.3%	1,177	0.4%	1,503	0.5%	1,083	0.4%	1,442	0.5%	1,539	0.5%	1,617	0.6%	1,821	0.6%
Golf (On a Golf Course)	29,528	10.7%	28,571	10.2%	27,103	9.6%	26,122	9.2%	25,682	9.0%	22,442	7.8%	24,720	8.5%	24,700	8.5%	24,120	8.2%
Gymnastics	4,066	1.5%	3,883	1.4%	4,021	1.4%	4,815	1.7%	4,832	1.7%	5,398	1.9%	4,972	1.7%	4,621	1.6%	4,679	1.6%
Ice Skating	11,430	4.1%	10,999	3.9%	10,929	3.9%	12,024	4.2%	11,227	3.9%	11,201	3.9%	10,679	3.7%	10,649	3.6%	10,485	3.6%
Jet Skiing	8,055	2.9%	7,815	2.8%	7,724	2.7%	7,753	2.7%	7,395	2.6%	6,597	2.3%	6,413	2.2%	6,355	2.2%	6,263	2.1%
Martial Arts	6,865	2.5%	6,770	2.4%	6,516	2.3%	5,488	1.9%	4,585	1.6%	5,566	1.9%	5,314	1.8%	5,364	1.8%	5,507	1.9%
Martial Arts (for Competition)	n/a	n/a	n/a	n/a	n/a	n/a	910	0.3%	515	0.2%	983	0.3%	977	0.3%	1,235	0.4%	1,290	0.4%
Martial Arts (for Fitness)	n/a	n/a	n/a	n/a	n/a	n/a	1,745	0.6%	1,649	0.6%	2,305	0.8%	2,255	0.8%	2,455	0.8%	2,612	0.9%
Other Combat Training															1,641	0.6%	1,852	0.6%
Paintball	5,476	2.0%	4,857	1.7%	4,552	1.6%	3,655	1.3%	3,557	1.2%	3,499	1.2%	3,595	1.2%	3,443	1.2%	3,385	1.2%
Pickleball	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	2,462	0.8%	2,506	0.9%
Racquetball	4,229	1.5%	4,993	1.8%	4,575	1.6%	4,630	1.6%	4,084	1.4%	4,055	1.4%	3,824	1.3%	3,594	1.2%	3,883	1.3%
Roller Hockey	1,681	0.6%	1,456	0.5%	1,397	0.5%	1,350	0.5%	1,124	0.4%	1,611	0.6%	1,574	0.5%	1,736	0.6%	1,907	0.6%
Roller Skating (2x2 Wheels)	8,921	3.2%	7,855	2.8%	8,147	2.9%	8,126	2.9%	7,576	2.7%	6,973	2.4%	6,599	2.3%	6,914	2.4%	6,646	2.3%
Roller Skating (Inline Wheels)	10,814	3.9%	9,608	3.4%	8,276	2.9%	7,980	2.8%	6,921	2.4%	6,374	2.2%	6,129	2.1%	6,061	2.1%	6,024	2.0%
Shooting (Sport/Clays)	4,115	1.5%	4,282	1.5%	4,182	1.5%	4,399	1.6%	4,193	1.5%	4,896	1.7%	4,479	1.5%	4,645	1.6%	5,362	1.8%
Shooting (Trap/Skeet)	3,376	1.2%	3,669	1.3%	3,368	1.2%	3,610	1.3%	3,295	1.2%	3,886	1.4%	3,784	1.3%	3,837	1.3%	4,368	1.5%
Snowmobiling	4,811	1.7%	4,660	1.7%	4,798	1.7%	5,116	1.8%	4,700	1.6%	2,876	1.0%	2,984	1.0%	3,691	1.3%	3,283	1.1%
Squash	612	0.2%	706	0.3%	885	0.3%	1,177	0.4%	1,046	0.4%	1,533	0.5%	1,414	0.5%	1,596	0.5%	1,710	0.6%
Table Tennis	15,955	5.8%	17,201	6.2%	19,301	6.9%	19,446	6.9%	17,676	6.2%	15,971	5.6%	17,079	5.9%	16,385	5.6%	16,565	5.6%
Target Shooting (Handgun)	11,736	4.2%	13,365	4.8%	12,473	4.4%	12,497	4.4%	14,778	5.2%	16,059	5.6%	14,370	5.0%	14,426	4.9%	15,744	5.4%
Target Shooting (Rifle)	12,436	4.5%	13,102	4.7%	12,730	4.5%	12,544	4.4%	13,520	4.7%	14,186	4.9%	13,023	4.5%	13,029	4.5%	13,720	4.7%
Tennis	16,940	6.1%	18,558	6.6%	18,534	6.6%	18,903	6.7%	16,641	5.8%	17,020	5.9%	17,678	6.1%	17,904	6.1%	17,963	6.1%
Ultimate Frisbee	4,038	1.5%	4,879	1.7%	4,392	1.6%	4,749	1.7%	4,986	1.7%	5,276	1.8%	5,077	1.8%	4,530	1.6%	4,409	1.5%
Water Skiing	5,918	2.1%	5,593	2.0%	4,862	1.7%	4,836	1.7%	4,416	1.5%	4,452	1.6%	4,202	1.4%	4,007	1.4%	3,948	1.3%
Wrestling	3,313	1.2%	3,358	1.2%	2,982	1.1%	2,089	0.7%	1,852	0.6%	1,991	0.7%	1,829	0.6%	1,891	0.6%	1,978	0.7%

Method

During the 2015 calendar year, a total of 32,658 online interviews were carried out with a nationwide sample of individuals and households from the US Online Panel of over one million people operated by Synovate/IPSOS. A total of 15,167 individual and 17,491 household surveys were completed. The total panel is maintained to be representative of the US population for people ages six and older. Over sampling of ethnic groups took place to boost response from typically under responding groups.

The 2015 participation survey sample size of 32,658 completed interviews provides a high degree of statistical accuracy. All surveys are subject to some level of standard error — that is, the degree to which the results might differ from those obtained by a complete census of every person in the US. A sport with a participation rate of five percent has a confidence interval of plus or minus 0.24 percentage points at the 95 percent confidence level.

A weighting technique was used to balance the data to reflect the total US population ages six and above. The following variables were used: gender, age, income, household size, region, population density and panel join date. The total population figure used was 294,141,894 people ages six and older.

The survey methodology changed slightly in 2007 to include household interviews in addition to individual interviews. The two methodologies are comparable and all results are indicative of the state of sports and leisure participation.

Unless otherwise noted, the data in this report was collected during the latest 2016 participation survey, which focused on American participation in the 2015 calendar year. 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013 and 2014 data noted in the report was collected in previous surveys.

Charts in this report may not always add up to 100 percent exactly. This is a result of rounding errors and the errors do not persist in the unrounded data.

About the Physical Activity Council (PAC)

The survey that forms the basis of the Outdoor Participation Report is produced by the Physical Activity Council (PAC), which is a partnership of leading organizations in the US sports, fitness and leisure industries. While the overall aim of the survey is to establish levels of activity and identify key trends in sports, fitness and recreation participation, each partner produces detailed reports on their specific areas of interest. Partners include: the Outdoor Foundation (OF); National Golf Foundation (NGF); Snowsports Industries America (SIA); Tennis Industry Association (TIA); United States Tennis Association (USTA), International Health, Racquet and Sportsclub Association (IHRSA); and Sporting Goods Manufacturers Association (SGMA).

Youth Interviews

All interviews of children under 13 were carried out following the guidelines set out in the Children's Online Privacy Protection Act of 1998 (COPPA). No children were contacted directly. The panel is a balanced sample of households with children in each age group, but contact is always made through designated adult panelists. The adult panelist receives the survey invitation on behalf of a specified child, age 6 to 12, and they are asked to complete the survey together. Respondents ages 13 to 17 are contacted in a manner similar to respondents ages 6 to 12, but they are asked to complete the survey themselves.

Notes

Hunting (all) represents a combination of four individually measured activities, including hunting (rifle), hunting (shotgun), hunting (handgun) and hunting (bow).

For greater accuracy, snow sports participation is measured annually for each winter season. For example, in the preceding tables, 2013 participation represents participation in the 2012/2013 winter season.

Groupings

In this report, outdoor activities include adventure racing, backpacking, bicycling (BMX), bicycling (mountain/non-paved surface), bicycling (road/paved surface), birdwatching (more than 1/4 mile from home/vehicle), boardsailing/windsurfing, camping (backyard or car, within 1/4 mile of vehicle/home), camping (recreational vehicle), canoeing, climbing (sport/indoor/boulder), climbing (traditional/ice/mountaineering), fishing (fly), fishing (freshwater/other), fishing (saltwater), hiking, hunting (rifle), hunting (shotgun), hunting (handgun), hunting (bow), kayak fishing, kayaking (recreational), kayaking (sea/touring), kayaking (white water), rafting, running/jogging, sailing, scuba diving, skateboarding, skiing (alpine/downhill), skiing (cross-country), snorkeling, snowboarding, snowshoeing, stand up paddling, surfing, telemarking (downhill), trail running, triathlon (non-traditional/off road), triathlon (traditional/road), wakeboarding, wildlife viewing (more than 1/4 mile from home/vehicle).

Team sports include baseball, basketball, cheerleading, ice hockey, field hockey, football (touch), football (tackle), football (flag), lacrosse, rugby, soccer (indoor), soccer (outdoor), swimming (on a team), softball (regular), softball (fast-pitch), track and field, volleyball (court), volleyball (grass), volleyball (sand/beach).

Indoor fitness activities include aerobics (high impact), aerobics (low impact), aerobics (step), other exercise to music, aquatic exercise, calisthenics, cardio kickboxing, pilates training, stretching, yoga, tai chi, barbells, dumbbells, hand weights, weight/resistance machines, home gym exercise, abdominal machine, rowing machine exercise, stationary cycling (upright bike), stationary cycling (group), stationary cycling (recumbent bike), treadmill exercise, stair-climbing machine exercise, elliptical motion trainer, barre and cardio cross trainer.

Acknowledgements

We would like to thank the generous donors of The Outdoor Foundation for their support of our work to connect youth with the outdoors for healthier children, healthier communities and healthier businesses. Visit The Outdoor Foundation online at outdoorfoundation.org for a complete list of donors.

We would also like to thank the members of The Outdoor Foundation Board of Directors:

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About The Outdoor Foundation

Founded in 2000, the Outdoor Foundation is a national not-for-profit organization dedicated to inspiring and growing future generations of outdoor leaders and enthusiasts. Through youth engagement, community grant-making and groundbreaking research, the Foundation works with young leaders and partners to mobilize a major cultural shift that leads all Americans to the great outdoors. Visit us at outdoorfoundation.org.

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