



Yosemite National Park

THE P[🌲]ARKS PODCAST

CELEBRATING THE BEAUTY AND BENEFITS OF PARKS FOR ALL



NOT ALL WHO
WANDER ARE
LOST

- J.R.R. Tolkien

THE P[🌲]ARKS PODCAST

The Parks Podcast encourages
people to wander,

We prepare explorers for the journey - in
the parks and in their well-being. We
advocate & educate
to build confidence and comfort with their
experiences.



ADVOCATE

The Parks

- The Parks are accessible to everyone. City, Regional, State and National Parks set aside land to preserve, conserve, educate and recreate. Most people don't take advantage of the space and many don't know how to use it. We advocate for the parks, allowing listeners to connect to the park through their stories and history.

Physical, Mental Health & Well-being

- In a time where mental health, burnout, and loss of identity are at an all-time high, spending time in nature is a prescription for self-care and healing. We weave in information, best practices and guidance as listeners start their own journey. When people begin to care for themselves, they can in turn care for others. As they begin to appreciate their natural surroundings, they will then care more for the environment.





EDUCATE

Why parks are created

- Each park episode kicks off with stories about why a park was created. We find stories that allow listeners to learn and connect with the park that is more than the activity they do in the park. After listening to an episode they can visit and already have knowledge and appreciation for its gifts.

Building connection with the environment

- Whether you are a history buff, conservationist, or never been in a park, learning about the story and gaining appreciation for the park will ultimately build the connection and transform how park-goers treat the environment.
- Educating listeners on the conservation efforts and the importance of taking care of our parks will translate to how they take care of other outdoor spaces.

EDUCATE

Beyond the Trails

- Periodically we will host conversations about a topic vs a park. These episodes cover topics that will also educate listeners on their park adventures. It may be about the mental health benefits of the parks, a product, or an author who has written on the topic. They are designed to give park-adjacent information to help listeners overcome any challenges that may currently be preventing visits.

How to visit a park

- We enable adventurers to embrace their fears and uncertainty (of parks, the outdoors, and trying something new)) with segments on how to spend time in the park. From how to arrive to what to do when you are in a park, we get listeners excited about how they can spend their time in a new and different space.

What do I need for my park adventures

- Walking into an outdoor store or watching avid park-goers can be very intimidating for a newbie. We help people understand what is needed, what is a nice to have, and how to use it.



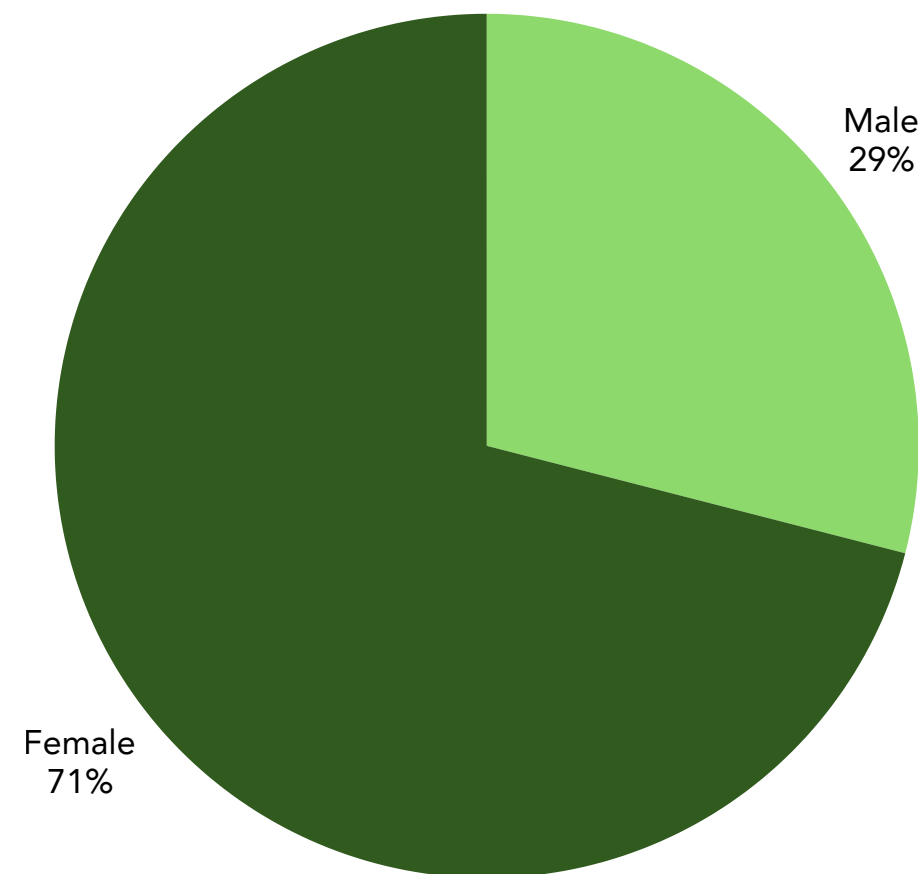
BY THE NUMBERS - TOTAL REACH

153,641
Last 3 Months

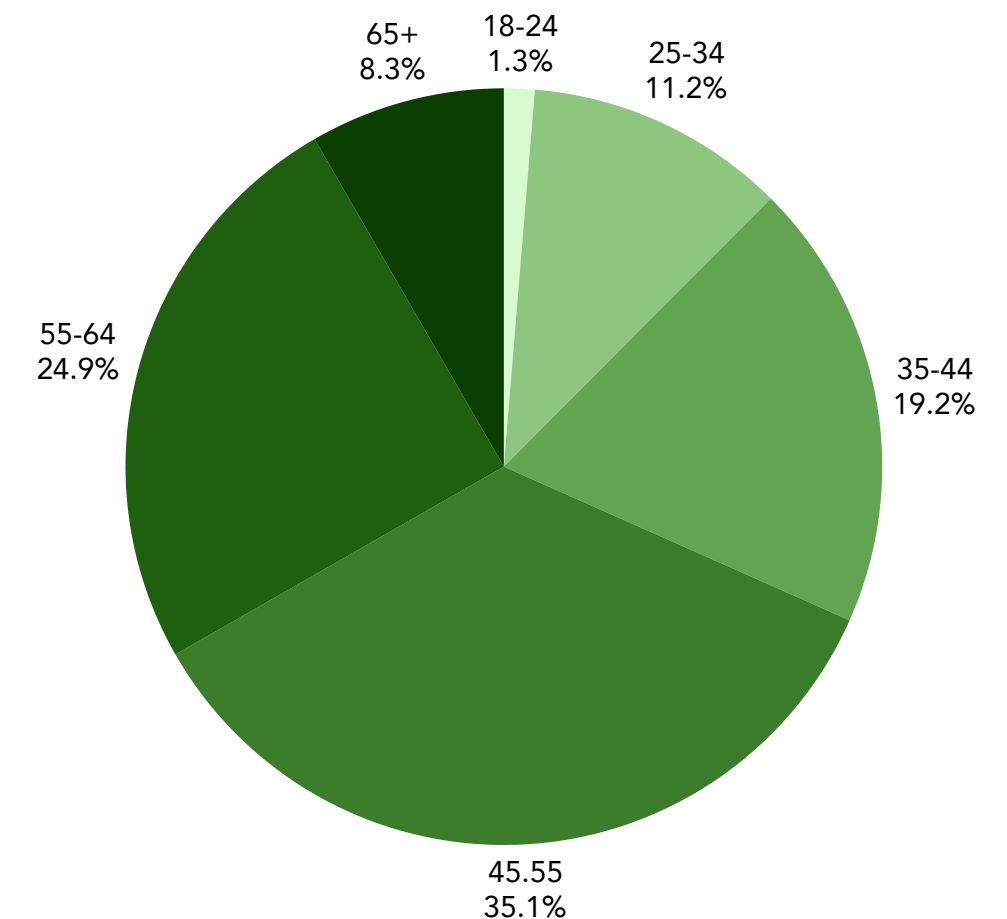
Total Reach includes

- TheParksPodcast.com
- Social Media
- Podcast streams
- Podcast impressions

Audience breakdown by gender



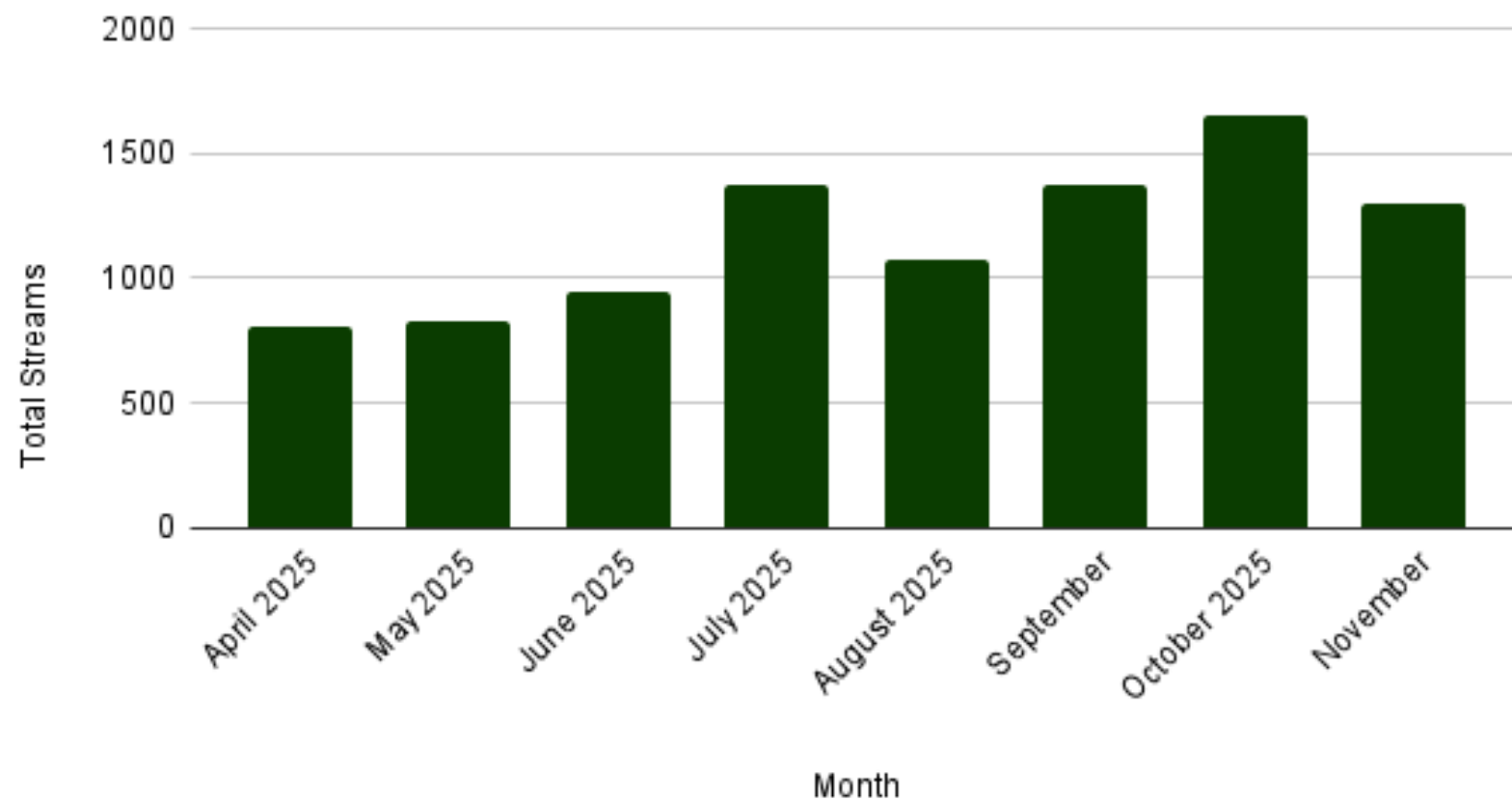
Audience breakdown by age



BY THE NUMBERS - EPISODES

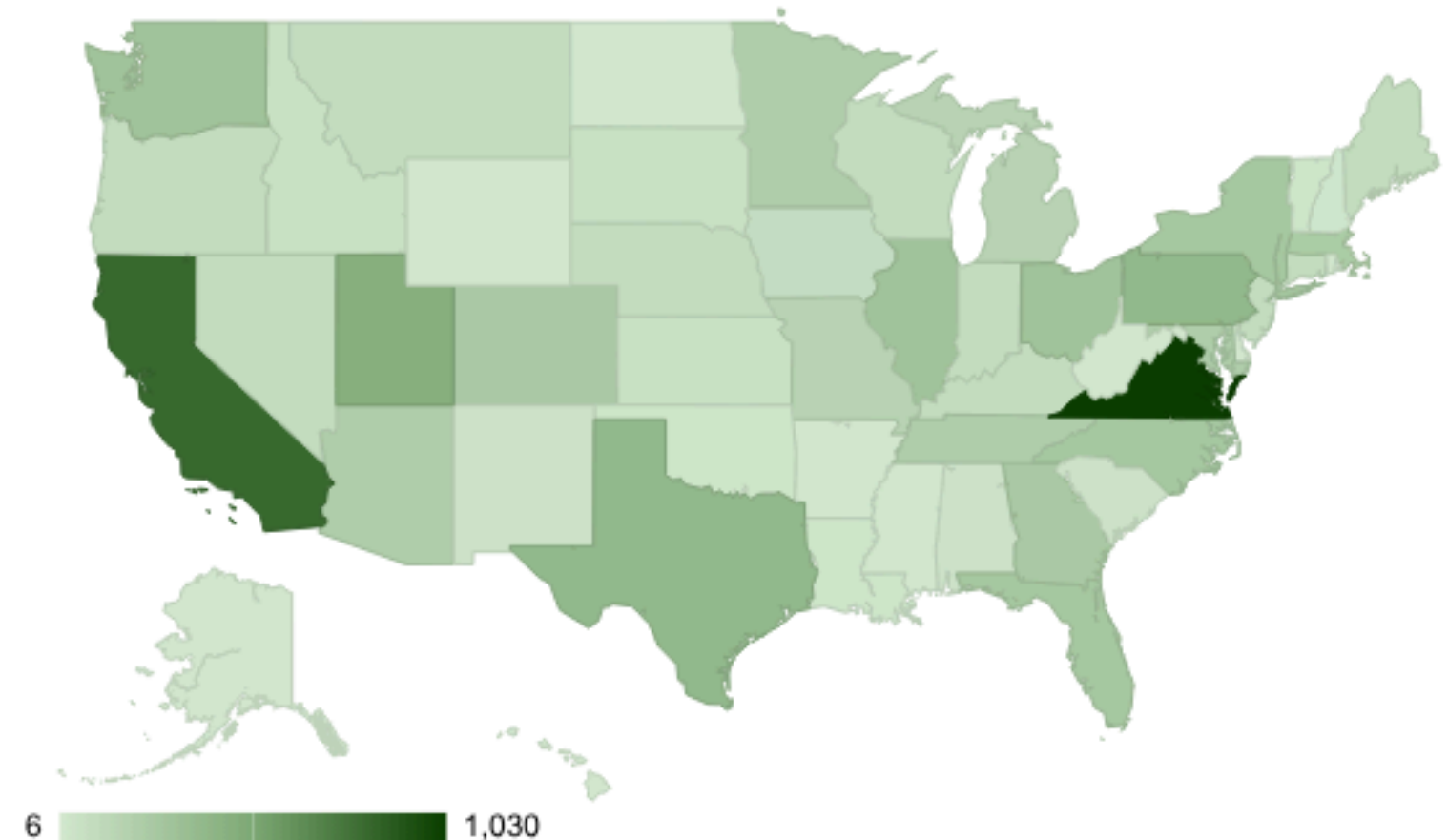
49 Episodes
14,611 downloads
as of Nov 30, 2025

Total Streams vs. Month



• Total stream tracking started with the implementation of a new hosting platform in April 2025

US Reach



A scenic view of Shenandoah National Park, featuring a vast, forested mountain range under a blue sky with scattered clouds. In the foreground, there are large, light-colored rock formations and some green foliage. A semi-transparent green rectangular box is centered over the middle of the image, containing white text.

A LOOK AHEAD

After 2 years of podcast episodes, we are looking to expand our content offerings in 2025/2026. We have the opportunity to build more engagement opportunities to **advocate, educate, and prepare.**

A LOOK AHEAD

OUR HISTORY

In 2025 we are launching a new series called “Our Story”. This series will focus on telling stories of the people, places, and events that led to the creation of our parks. It will help to preserve our history and serve as a tool for people to get curious and learn. “Our Story” will live as podcast episodes. We will also work to make the content available to teachers and organizations who want, and need, more resources and support in order to keep our history alive.



A LOOK AHEAD

The Parks Podcast: Kids Edition

We want to create episodes where kids and families can listen together. We are working to create 20 minute episodes where a 4th grader will join me to co-host the episode. In these episodes, the child/children will learn about the park and prepare questions for the ranger.

This series aims to promote education and recreation. We will also align with the 4th grade “Every Kid Outdoors” initiative hosted by the National Park Service.



A LOOK AHEAD



Hitting the Road

After my year-long camping trip in 2021, I know I wasn't done. I bought a conversion van and in April 2025 I'll hit the road again. We will spend the next year traveling around the US, visiting parks and telling their stories.

The time on the road will allow a more focused approach to experiencing more parks, and building relationships with parks around the country. I'll also be able to capture more content to help visually tell the story on the website and social channels.

LOOK AHEAD IN 2025

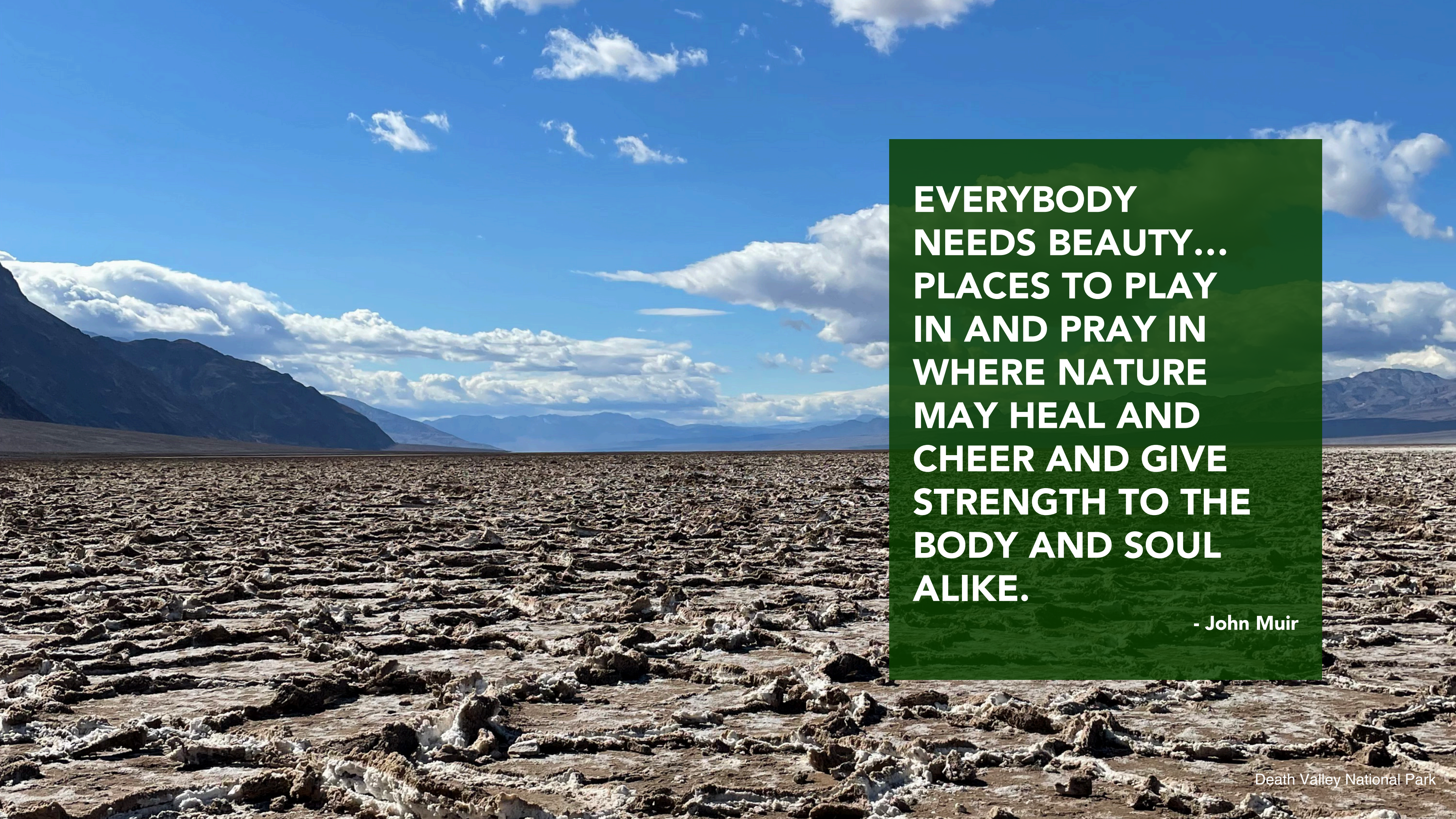


Tutorials

I look to create video and blog content to help listeners better understand everything from what to look for in footwear to how to use a portable stove. I'd also like to incorporate some tutorial episodes on some common park activities like kayaking and building a camp fire.

Reviews of parks, trails, campgrounds, products

It's intimidating to start a new hobby. Reviews and guides of parks, trails, campgrounds, and products will help as I share stories and thoughts about my experiences, as well as advice as they plan their own adventures.



**EVERYBODY
NEEDS BEAUTY...
PLACES TO PLAY
IN AND PRAY IN
WHERE NATURE
MAY HEAL AND
CHEER AND GIVE
STRENGTH TO THE
BODY AND SOUL
ALIKE.**

- John Muir

ABOUT ME

MISSY RENTZ

When I was in college, while others were considering study abroad programs, I dreamed of traveling around the United States. That dream continued to bubble to the surface for 30 years. During Covid-19 I ordered a new atlas and spent quarantine developing my game plan...envisioning which routes would lead me to enjoying each treasured park.

In January 2021 I hit the road. The only plan in place was to avoid bad weather. And with that, I was off. During the trip I...

- Drove 46,070 miles
- Hiked 320 miles
- Visited 39 states
- Explored 46 National Parks, Monuments, Historic Sites, etc
- Spent time in state and regional parks in most states

As the year came to an end, I realized I wasn't finished. I had more to see, more to explore, and stories to tell.





ABOUT ME

MY CAREER

I have spent my career working on brand development, marketing, and promotions. I was dedicated to creating unique and memorable experiences for customers & fans.




ROCINATION



The Washington Post





**WE ABUSE LAND
BECAUSE WE
REGARD IT AS A
COMMODITY
BELONGING TO US.
WHEN WE SEE LAND
AS A COMMUNITY
TO WHICH WE
BELONG, WE MAY
BEGIN TO USE IT
WITH LOVE AND
RESPECT**

- Aldo Leopold

JOURNEY

**Join us as we celebrate the parks,
teach listeners how to explore,
pause a moment to notice our surroundings,
breathe deeply, and
find our joy.**

Missy Rentz

missy@catchyourselfsmiling.com

202-505-1273



A wide-angle landscape photograph of a mountain lake. In the foreground, dark, jagged rocks are scattered along the shoreline. The lake's water is a deep, clear blue. The far shore is lined with dense evergreen trees. In the background, a large, rugged mountain peak is partially covered in snow, with more snow patches visible on the slopes. The sky is a clear, bright blue.

**SEE YOU
IN THE
PARKS**

Sawtooth National Forest