

Walking Event Planned at SWOSU Crowder Lake Park

07.03.2008

A walking event at Crowder Lake University Park south of Weatherford will be held Thursday, July 17, at 7:30 p.m.

The free event is part of the City of Weatherford's Walking for Wellness Program.

Co-organizer Patti Harper said July is National Parks and Recreation Month, so the event was planned at Crowder Lake, which was formerly a state park but now operated by Southwestern Oklahoma State University. Walkers of all ages are encouraged to attend the walking event that is promoted to illustrate that exercise with friends and family can be relaxing, social and enjoyable.

A one-mile long asphalt trail has been available for park users since May 2000. Funded through a grant from the National Recreational Trails Program, this scenic trail winds throughout the park and introduces the user to many native tree species. The trail is fully handicap accessible and well suited for walking during daylight hours.

Crowder Lake was built in 1959 for the purpose of flood control and was developed for recreational use by the Oklahoma Department of Tourism and Recreation in 1983. Management of the area was turned over to SWOSU in 1997 and in 2003 the lake was transferred to SWOSU and has become known as Crowder Lake University Park. Directions and maps to Crowder Lake can be found at the park's website (www.swosu.edu/academics/crowderlake/map.asp).

For more information, visit the walking website (www.cityofweatherford.com) or call volunteer co-chairs Harper 580.774.3190) or Vicki Hatton 580.774.3181).