

**Thank you for providing us your feedback
about State Parks' Heart Healthy Trails.**

1. Which State Park's Heart Healthy Trail did you walk? _____

2. How many times during your visit did you walk this Heart
Healthy Trail? _____

3. Any comments or suggestions about the trail or this wellness
program? _____

4. Do you already walk for wellness as part of your weekly routine?

5. Do you think that you might begin walking for wellness once you
return home? _____

Thank you for sending us your response. By email, use the
Feedback Form on the Oklahoma Tourism & Recreation
Department's website:

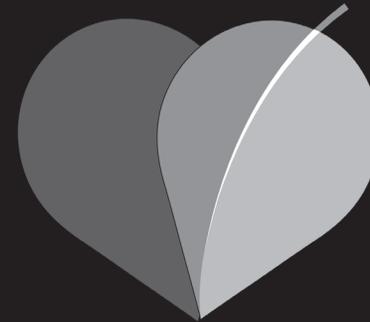
www.TravelOK.com

or by mailing your comments (anonymous is fine) to:

Oklahoma State Parks
P.O. Box 52002
Oklahoma City, OK 73152-2002

Oklahoma State Parks Invites You to Take a Walk on a Heart Healthy Trail.

Heart Healthy Trail



OKLAHOMA
STATE PARKS

Made possible by
a grant from the

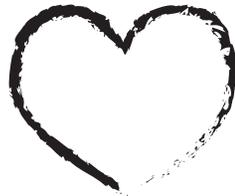




Hold a Hand

Help a Heart

...Just Walk!



Walking Log

Use this "Walking Log" to keep track of the date, distance and time it took for your walk.

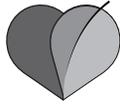
Always check with your physician before starting a new physical activity program.

DATE	DISTANCE	TIME

Whether you are walking in an Oklahoma State Park or a pathway that is in your community, make walking a part of your weekly routine.

Hold a hand, help a heart. Just Walk!

Oklahoma State Parks' Heart Healthy Trails



Oklahoma State Parks' Heart Healthy Trail program consist of paved trails and nature/hiking trails that are of easy to moderate difficulty.

These trails are marked by Heart Healthy Trail signs. Distance markers are placed at 1/4 mile intervals along the right hand side of the trail.

State Parks with Heart Healthy Trails

Alabaster Caverns State Park

Bernice Area, Grand Lake State Park

Boiling Springs State Park

Great Plains State Park

Great Salt Plains State Park

Fort Cobb State Park

Foss State Park

Lake Murray State Park

Lake Texoma State Park

Lake Thunderbird State Park

Lake Wister State Park

Roman Nose State Park



Welcome to Lake Texoma State Park's Heart Healthy Trail

The paved portion of the Running Deer Trail is this park's Heart Healthy Trail. The down and back distance is a little over 1/4 mile. This trail is an easy walk.

Running Deer Trail is a 1.6 mile walk through a hardwood forest. Distance markers are located along the initial 1/2 mile of the non-paved trail.

Use caution while hiking during wet seasons as moving water flows across portions of this trail. If you see wildlife please keep a safe distance. Do not attempt to catch or harm any of the park's wildlife. It's best to just leave wildlife alone.

Poison Ivy is a common plant along the trail. This plant can cause an irritating rash. Stay on the trail to avoid this plant. Poison Ivy can grow as a shrub or as a vine that weaves around a tree or across the ground. Poison Ivy can be identified by its leaves of three.

Leaves of Three, Let It Be!

KEY TO SYMBOLS



PARKING



HEART HEALTHY TRAIL



TRAIL HEAD

BEN'S
CAMPGROUND

LAKE TEXOMA



PARK BOUNDARY

RUNNING DEER
TRAIL

