

# The Duty Rowe FIT KIDS FITNESS TRAILWAY

Fit Kids of Southwest Oklahoma along with Fort Sill MWR, Wichita Mountains Wildlife Refuge, the City of Lawton, the Towns of Medicine Park, Meers & Cache have come together to help our youth stay fit and active. Use this map to discover easy to challenging hiking and biking trails right in your own backyard. *Get Up, Get Out, Get Moving!*

*In memory of Duty Rowe, whose guidance and inspiration helped with the development of this program.*

## TRAILWAY LEGEND

### DEGREE OF DIFFICULTY

NOVICE INTERMEDIATE EXPERT

Colored icons show degree of difficulty of each color coded trail.

- HIKING
- BICYCLING
- MOUNTAIN BIKING
- HORSEBACK RIDING
- CAMPGROUND
- WALKING
- WHEELCHAIR ACCESSIBLE
- ARCHERY
- SWIMMING

- EXISTING HIKING TRAIL
- PROPOSED HIKING TRAIL
- EXISTING HARD SURFACE BIKE TRAIL
- PROPOSED HARD SURFACE BIKE TRAIL
- CITY OF LAWTON SINGLE TRACK
- FORT SILL BOUNDARY
- PARKING AREAS

The Black Swallowtail (*Papilio polyneues*) is the official state butterfly of Oklahoma.

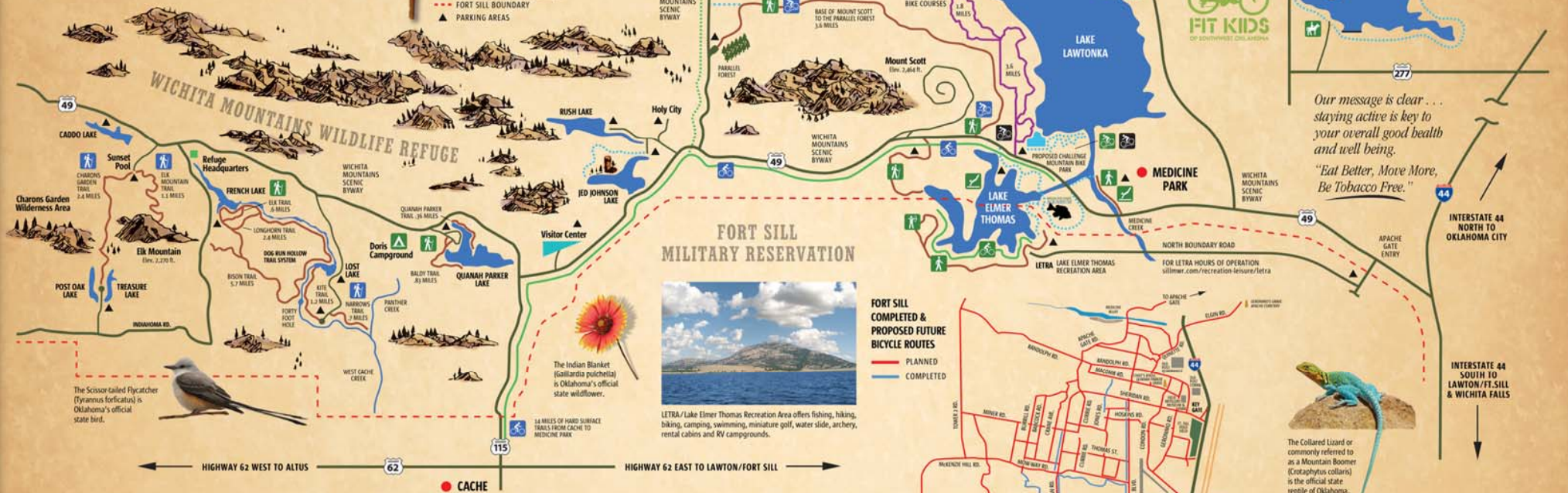


The Wichita Mountains Wildlife Refuge offers over 25 miles of hiking trails from novice to intermediate levels. What better way to get exercise than in the beautiful surroundings of the Wichitas.



The Fit Kids Trailway will be located on the shoulder with our cyclist icon to indicate to the rider that they are on the right path.

*"In every walk with Nature one receives far more than he seeks."*  
— John Muir



*Our message is clear... staying active is key to your overall good health and well being.*  
*"Eat Better, Move More, Be Tobacco Free."*



The Collared Lizard or commonly referred to as a Mountain Boomer (*Crotaphytus collaris*) is the official state reptile of Oklahoma.

### DETAIL OF WILDLIFE REFUGE, LETRA & MEDICINE PARK AQUARIUM TRAILS TIE IN



### DETAIL OF CITY OF LAWTON SINGLE TRACK & CHALLENGE PARK



### CITY OF LAWTON BICYCLE ROUTES PHASES TWO & THREE



### CITY OF LAWTON - ELMER THOMAS PARK WALKING & BIKE TRAILS

