



**Dallas Sierra Club invites you to join us
for this special fall outing!**

**Weekend at BEAVERS BEND STATE PARK
Friday-Sunday, October 13 - 15, 2017**

Reservation deadline: Tuesday, October 10

Families, friends, singles, couples, outdoor enthusiasts of all ages and stages – everyone is welcome for this weekend adventure at one of Oklahoma's most scenic state parks.



Beavers Bend State Park: Join us to explore one of Oklahoma's most beautiful state parks. Beavers Bend is in the mountainous region of southeast Oklahoma along the shores of Broken Bow Lake and the Mountain Fork River. Guests traveling down the winding roads through the forests of pine and hardwood trees will find adventure, beautiful scenery, and plenty of activities inside this state park. Towering timbers, crystal clear waters and rugged terrain make Beavers Bend an outdoor lover's paradise. Visitors to the park will enjoy not only hiking but a multitude of other activities on land and water. Trout streams are stocked year-round and the park features two catch-and-release trophy areas. Escape into the serenity of nature and follow the Mountain Fork River as it flows from

the base of Broken Bow Lake through the park below. (See <http://www.beaversbend.com/> or http://www.stateparks.com/beavers_bend.html for more pictures, videos and details.)

Daytime activity options: Beavers Bend State Park offers an array of activities you can do on your own or, better yet, sign up when you check in Friday night for Sierra Club leader led hikes on Saturday (easy, moderate, longer), special interest hikes (native plants, hikes for families, birding). If interested, we will also offer a few mini clinics for those wanting to learn more about backpacking (feel free to bring your gear) and camp cooking. Sunday morning some will gather to enjoy an easy paddle on the river (bring your kayak or canoe, or rent one from the park). You're also free to enjoy on your own the nature trails, biking, canoeing, kayaking, fly fishing, horseback riding, golfing, tennis... any number of additional fun options offered by the park. There's even a train ride through the woods for those young and young at heart.

Saturday Evening: Back by popular demand, we'll gather under the stars at our group's amphitheater out back or in our dining hall for a nature related movie and/or game night. Bring your favorite board games, decks of cards, dice... the more variety, the more fun we can have sharing and playing new games. Warning - things can get a bit competitive!

Saturday night we'll provide a fun camp related dessert for everyone.

Sunday morning we'll provide a light breakfast of pastries, juice, and fruit. The outing ends with the 10am check out deadline by which time participants will need to be out of our group site. Everyone is welcome to stay after that to go for a stroll, lunch by the creek or take that last paddle on the river before heading home.



The drive/transportation: For those leaving from the Dallas area the drive is about 3 ¼ – 3 ½ hours. Sierra Club policy prohibits leaders from assigning or arranging car pools. About a week before the outing we'll be happy to provide contact information for those willing to drive others and those wanting a ride so you can coordinate your own carpools. If you do share a ride, please arrange cost-sharing for your carpool before the trip.

Our group site (choice of cabin or tent): Rain or shine, the large group compound is ours from 3:00 pm Friday until 10:00 am Sunday. Check in any time after 3:00 pm Friday to get settled in a rustic cabin or put up your tent on the sprawling front lawn or out back in the large shaded grassy area between

our cabins and the river. (Sorry, no RVs allowed.) A 1940s, CCC built stone **dining hall** and **bathhouse with hot showers** and **flush toilets** are included in our group site. **Luxury!**

About the cabins/what to bring: Think summer youth camp! The cabins are a charming "rustic". The compound was built in the 1940s and used by the CCC. They're basic, weatherproof structures which have been updated with new windows, have screen and wooden doors that close but do not lock. The cabin configurations differ slightly, most with two twin beds and at least three sets of bunk beds. Couples and families will each have their own cabin. Depending on sign ups, single campers may have their own cabin or share with a few others of the same gender. Requests for cabins are on a first come basis and depend on when your complete reservation is received. Cabin number assignments will be posted at the dining hall beginning at 3pm on Friday. No changes in your cabin assignment without prior approval of the trip leader.



Cabins have an overhead light but NO air conditioning, heat, or electricity. Use of electricity for medical equipment can be arranged with the trip coordinator when you make your reservation (not last minute). Twin beds in the cabins have a mattress and bunks have a vinyl covered mat. In addition to your sleeping bag or sheets/blankets, consider bringing your own camping pad for additional comfort. You may also want to bring an extra pillowcase or sheet and a few thumb tacks to cover the windows since there are no curtains or blinds. Long tables and folding chairs will be available for use inside the dining hall. Bring a camp chair to relax outside while you watch the squirrels go by.

Meals: All meals are on your own except the Saturday night camp dessert and Sunday light breakfast which are included in your reservation fee. Want to relax and not cook Saturday night? No worries - a complete catered dinner for Saturday night is available for an additional cost of \$14 per person. The dinner includes your choice of brisket and/or chicken breast, baked potato and fixins, green beans, rolls, iced tea, plates, and utensils. The caterer does not offer a veggie plate or kids meal but feel free to order one meal for two kids to share. Just include payment for the dinner along with your reservation payment and forms. (One check for cabin/camping and food is fine.)

Food storage/prep: There is a large walk-in refrigerator in the dining hall kitchen where you can store food, just put it in a sealed container or small cooler and mark it with your name. Cooking outside on the group site grounds on a canister or contained flame stove is fine. We will also have use of the ovens and stove tops in the dining hall kitchen, provided you bring supplies and clean up after yourself. If you want to cook in the dining hall kitchen you will need to bring your own smaller pan/pot – cooking supplies on site are for large group cooking. No food or drinks other than water are allowed in the cabins.

Nearby groceries, supplies: There is a restaurant and small supply store down the road (10-minute walk) from our group site. They carry a few groceries, toiletries, ice, etc. The town of Broken Bow, OK is about 12 miles/20-minute drive south of the park entrance and has gas stations, grocery stores, restaurants and all the usual small-town amenities.

GETTING READY FOR THE WEEKEND:

Kitchen supplies – what you need to bring: In keeping with Sierra Club ethics, we ask everyone to *bring their own reusable, non-breakable plate, bowl, cup/mug, utensils, and any other serving pieces you need* (limited number of each may be available in the dining hall, but don't plan on it). Everyone is responsible for washing their own dishes and cleaning up after themselves after each meal. The Club will provide dish soap and a cotton drying towel. Plates and utensils for those ordering the Sat. night catered dinner will be provided.

Gear: This outing offers your choice of camping in your own tent or staying in a cabin, hiking with our group or on your own and/or whatever other activities offered by the park you want to do. A day pack with the ten essentials appropriate for your activity will suffice for hiking (detailed on pg. 4). Bring a full backpack if you want to practice for a future trip. Each person is responsible for bringing his or her own equipment and food. Everyone should bring leak proof water containers sufficient for use while hiking (required),



headlamp or flashlight, garbage bag, your personal first-aid, toiletries, and shower items.

Tent campers: You will need a tent, stakes, ground cloth, ground pad for comfort and sleeping bag.

Those staying in cabins should bring a sleeping bag or sheets and blankets and a pillow. An extra pad for comfort is nice. Cabins will not have heat or AC so plan accordingly. Everyone should bring a flashlight to guide your way to the bathroom in the dark. We offer gear guidelines here, but you're encouraged to contact the trip leader if you have any questions about what to bring.

Note: bring your own towel for drying hands and use if showering. Toilet tissue and hand soap are provided.

Clothing/footwear/Camp stuff: We've had cold weather and hot, so watch the weather reports and bring layers of clothing. Normal October temperatures are typically 70 degrees during the day and 50 during the night but record extremes vary by 15 - 20 degrees. Bring appropriate footwear. Hiking boots or sturdy hiking shoes are best, sturdy tennis shoes may work but NO flip flops, slip-ons, or flats while on trail. Rain and wind are always possible so bring rain gear and don't forget a hat, sunscreen, sunglasses, bug spray, and swimsuit and towel if you plan to swim. Lawn chairs and outdoor games are welcome. The group site has a large lawn and a volleyball net. There are tennis courts and a basketball court nearby (all BYO rackets and balls.) There will also be tables and metal folding chairs available in the dining hall for anyone wanting to bring indoor games.

Need outdoor or camping experience - not on this trip! Campers of all levels will enjoy this park. You're welcome to participate in as many or as few of the outdoor activities as you want. Hikers in normal good health, from beginners to veterans will find suitable hikes and activities at the park provided they bring footwear and clothing appropriate for the weather and for skin protection. If you're not sure about your preparedness, we encourage you to discuss your personal situation and any other questions early with the trip leader. The trip leaders reserve the right to determine whether a hike is suitable for a prospective participant, based on equipment, general health, or other factors, and may deny someone's participation if they deem appropriate.

A word of caution - Like any outdoor venue, the Park has various creepy crawlers. Participants should always stay alert and aware of their surroundings, make "soft" noise while hiking and keep tent and cabin doors closed. Do not leave shoes or other items on the ground unattended. There usually aren't many bugs but packing bug spray is always smart.

A FEW IMPORTANT DOs and DON'Ts TO PLEASE NOTE:

NO PETS, RVs, FIREARMS, or SMOKING (on trail or in buildings) are allowed - for reasons of safety and in consideration of others.

Leave No Trace – Low impact wilderness ethics are expected of all participants.

Those in cabins and tents should bring a bag for use to dispose of their trash in the camp dumpsters. Pack in/pack out anything taken on trail or the river. Better yet, take a bag and pick up any trash you see along the way. Let's leave the park the same or better than how we found it.

Please leave the batteries at home - enjoy the sound of nature and the company of others! For safety reasons, no ear buds or cell calls while hiking. No music or video games in cabins, dining hall or shared areas unless muted or with ear buds so it's not heard by others around you. Public consumption of alcohol is illegal in State parks. Participants are expected to be respectful of others and adhere to park quiet hours (10pm – 7am). Please limit cell phone calls and make them away from others. There is very limited cell phone coverage at the park. There is a phone at the park/lodge office in case of emergency and park rangers are in the park and on duty 24/7. Low-impact wilderness ethics are expected of all participants. Dependent on weather and park conditions, a small campfire may be allowed in the designated fire ring in our group site.

Fine print stuff for all Sierra Club outings – Participants agree to answer questions on their Participant form honestly and completely. Trip leaders are not medical professionals, even though trained in basic and/or wilderness first aid. Participants are encouraged to bring personal first aid supplies and a basic knowledge of how to deal with medical emergencies. If you have medical training, please let your leader know so if you are willing, they can use your expertise in an emergency. Inform leaders if you have a medical condition that could require special treatment in an emergency, such as controlled diabetes, heart problems, allergic reactions, etc. Carry necessary medications for these conditions on your person and let the leader know where you store them. If you're extremely allergic to bee stings, poison ivy or anything else that we may encounter, ask your doctor if you should be carrying an antidote kit. If you're lost without your corrective lenses, bring a spare. You could be hiking in an area where rescue may be time-consuming and the nearest hospital is several

miles away. Transportation and all activities other than those led by Dallas Sierra Club leaders are NOT part of the outing and would be at your own risk. Participants agree to provide the trip leader with any updates to the information initially provided on their Information form.

The trip leaders are in charge of the trip program and reserve the right to change the planned hikes due to group capabilities, weather, or safety concerns. It's important for group safety to follow the leaders' directions. By failing to follow the leader's instructions, you assume the risks and consequences that result.

While hiking, the group should stay together to minimize the chances of someone getting lost or an injured person going unaided. If you want to leave the led group (the leader and those participants following the leader) for separate day hiking, you do so at your own risk. If you choose to take that risk, please don't hike alone. If you leave the led group, hike with at least one, preferably three other people and tell the leader your planned route and time of return. If someone is injured while away from the led group, leave one person and most of the party's food and warm clothing with the injured person, and send the others for help at either the trailhead or the base camp. Participants who leave the led group against leader advice will be asked to sign out of the trip, and are no longer part of the outing. Don't expect the group or the leader to do more than notify public authorities if you don't return. The leader's responsibility is to those who are following him or her, not to those who choose to follow a different route and put themselves at risk. For any hike, if you get lost, stop on a trail and wait to be found; don't wander aimlessly.

When hiking anywhere, you always want to wear secure, closed toed shoes, bring a jacket, rain gear, hat, water, food, map, compass, light, first-aid kit, matches and whistle. If you twist an ankle or get lost, these essentials could make your lost time more comfortable and even save your life if you go off on your own and end up spending the night away from camp.

Sierra Club leaders are not allowed to search for missing persons at night, and cannot put others in the group at risk to look for a lost participant. When leaving camp, especially at night, be careful to not get disoriented and lose your way back. This could create a life-threatening situation. Always carry a light and whistle.

The Dallas Group of the Sierra Club has conducted outings for over thirty years without serious injuries. If you're in reasonably good physical condition and select a hike or other activities matching your abilities and don't do anything foolish, this trip will be reasonably safe. The above cautions and disclosures of risk are intended to give you the information necessary to make an informed decision about your participation. Hopefully, they will also caution those who do participate to be safe and careful, so we can all have a fun time.

Questions? The only dumb questions are those not asked or asked too late. Please feel free to contact the trip leader - Liz Wheelan, Lizwico@aol.com, 214.368.2306.

RESERVATIONS (pre-registration is required): Completed participant forms (one set per person, regardless of age) AND payment are required to make a reservation. All reservations must be received by the trip leader by Tuesday, October 10th.

Reservation choices:

- **Option 1 – Includes cabin or tent space in our group area, Saturday evening entertainment, Saturday night dessert and Sunday light breakfast. Cost is \$40 per person. Cabin/camping and activities for kids age four and under are free. **OR...****
- **Option 2 – Same as above except NO cabin or tent space included.** Cost is \$10 per person. Activities for kids age four and under are free.
- **Catered dinner Saturday night** – Cost is \$14 per dinner.

To make reservations, first read this entire trip write up, then complete the Participant Information and Release of Liability forms (below). **Both of these forms are required for each participant, adults and youth alike.** A parent/legal guardian must complete the forms on behalf of each minor child coming on the outing. Youth 17 and under are encouraged to join us but must be accompanied by a designated adult at all times. If you are bringing children other than your own, please contact the trip leader so they may send you a Medical Treatment Authorization & Consent form to complete.

Mail original forms (sorry, the Club requires original signatures so no faxes, scanned or machine copies) **and** your **check payable to Dallas Sierra Club** to **Arthur Kuehne, Dallas Sierra Club Treasurer, 6249 Hidden Oaks, Quinlan, TX 75474.**

The trip leader (Liz Wheelan) will send you an email confirming receipt of your reservation. Please be sure to *notify the trip leader if your medical information or circumstances change between when you mail in your forms and the outing.*

Cancellations – due to pre-outing expenses required of the Club, participant payments will not be refunded for cancellations received after October 10.

CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California. (California has a law called the California "Seller of Travel" Law. Since the Sierra Club is a California non-profit corporation, we are required to post this notice.)

Leave your worries behind and come relax, enjoy fellowship and fun in the beautiful surroundings.

Pack your camp chair, hiking boots, bike, canoe, tennis racket, guitar, telescope, or dust off your croquet set – whatever you do, join us!

We look forward to seeing you at Beavers Bend!

Dallas Sierra Club
BEAVERS BEND STATE PARK, October 13 – 15, 2017

PARTICIPANT INFORMATION and RESERVATION FORM

Please mail your completed **original forms** (Participant Information Form and Release of Liability – sorry, no copies, faxes or electronic forms) **and your check** payable to Dallas Sierra Club to Arthur Kuehne, Dallas Sierra Club Treasurer, 6249 Hidden Oaks, Quinlan, TX, 75474. *Please print clearly. Single sided only. Do not reduce or staple. *Attach additional page(s) as needed.*

PARTICIPANT INFORMATION (Separate Participant and Liability forms are **required** for each adult and child.)

NAME: First: _____ Mdl. In. _____ Last: _____
Home number: _____ Cell/best number: _____
Street Address: _____ City _____ Zip _____
Email: _____

Complete the following, or write “None” where applicable:

Age: _____ Gender: _____ Height: _____ Weight: _____

*Allergies: _____

*Current medical conditions: _____

*Current medicines (over/counter, prescr.) and reason for taking: _____

*Any other medical issues or history we should know: _____

Emergency contact on trip dates (and alternate if first person listed is not available):

Name: _____ Relationship _____ Cell/best phone: _____

Name: _____ Relationship _____ Cell/best phone: _____

OUTING RESERVATION

Option 1: Reservation **with** cabin or tent space (\$40 per person, kids 4 and under are free): _____, **OR**

Option 2: Reservation **without** cabin or tent space (\$10 per person, kids 4 and under are free): _____

Dinner Reservation: Catered Sat night dinner (\$14 each): Yes _____ No _____ **TOTAL AMT.** of enclosed check: _____

Please list the name(s) of all participants for whom you are including payment with your reservation:

Adults: _____

Youth: _____

LODGING PREFERENCE: Tent Space _____ Cabin _____

Sharing Cabin with (if known) _____

ACTIVITY interests, if know (not required, but helpful for our planning - you'll sign up Friday when you arrive):

Saturday hikes: Easy (1-2 hrs) _____ Moderate (3-4 hrs) _____ Longer (5-6 hrs) _____ For families _____

With Master Naturalist _____ Other ideas/interests _____

Mini-clinic interest: Backpacking 101 _____ Camp Cooking _____ Other ideas: _____

Other ideas/activities you're interested in doing: _____

GENERAL INFORMATION:

Sierra Club member: Yes _____ No _____ How did you learn about this trip? _____

Have you been on one of our past outings at Beavers Bend State Park? Yes _____ No _____

Have you gone on any past Dallas Sierra Club outings? Yes _____ No _____

If Yes, what type: Day hikes _____ Backpacking _____ Bus trip _____ Car Camping _____ Service Outings _____ Other _____

What type of outings would you be interested in doing with the Club in the future? _____

What destinations would you like the Club to consider for future outings: _____

By signing below, I certify that I have read the complete trip write up, restrictions and cautions, and understand the described difficulties and risks associated with the activities offered. I certify that I have no known health problems that would require me to need immediate medical attention, and that I am in sufficient physical condition to participate in the activities I choose. I understand that immediate medical assistance may not be available if I become ill or injured while on this trip, that evacuation could take several hours if I do become injured, and that I am responsible for any evacuation and medical costs that may be incurred should I need medical attention.

SIGNATURE of Participant (Adult) _____ Date _____

Signature of Parent/Guardian on behalf of minor: _____ Date _____

SIERRA CLUB – Dallas Group	Outing Date(s): October 13 – 15, 2017
Outing Location: Beavers Bend State Park (Oklahoma)	Trip Leaders: Liz Wheelan, Arthur Kuehne, Lynn Marple, Mark Stein, Bill Greer, Bill Beach, Terry Sullivan

**SIERRA CLUB Acknowledgment of Outing Member Responsibility,
Express Assumption of Risk and Release of Liability**

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death (“Injuries and Damages”) from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the Sierra Club, its officers, directors, employees, agents, and leaders from any and all liability on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to **HOLD HARMLESS** the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Participant Name (please print): _____

SIGNATURE: _____ **Date:** _____

IF YOU ARE A MINOR (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor named below.

Print Name and Age of Minor: _____ **Age:** _____

Signature of Parent or Guardian: _____ **Date:** _____