



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

## **Weekend at BEAVERS BEND STATE PARK**

**Friday-Sunday, October 18-20, 2019**

**Reservation deadline: Tuesday, October 15**

**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.**



Leave your worries behind and 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 can 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 at this amazing park.

See <http://www.beaversbend.com/> or <https://www.travelok.com/state-parks/422> for pictures, videos, and more.

**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 a Sierra Club leader led hike on Saturday. We'll offer hikes for all abilities, including easy, moderate, longer/strenuous, and a hike for families with kids. If you want, bring your backpacking gear and any questions – our leaders are happy to help you. Sunday morning some participants will gather to enjoy an easy paddle on the river (bring your kayak or canoe or rent one from the park). Besides paddling, 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:** If available, the park naturalist will gather with us under the stars at our group's amphitheater out back or in our dining hall for a nature related talk, or a movie. Either way, we'll continue the fun tradition of "game night". Bring your favorite board games, decks of cards, dice... the more variety, the more fun we can have. Don't have a game? That's ok, you'll have fun table hopping, learning new games and making new friends. Warning - things can get a bit competitive!

Saturday night also includes a fun camp related dessert for everyone. As always, chocolate will be involved!

**Sunday morning** we'll provide a light breakfast of mini quiche, juice, and fruit. The outing ends with the 10:00 am check out deadline by which time participants will need to be out of our group site. Everyone is welcome to stay in the park 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 carpools. However, about a week before the outing we'll be happy to provide contact information so those willing to share rides 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 Civilian Conservation Corps

(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 compound was built in the 1940s and used by the CCC. The cabins are a charming 'rustic', weatherproof structures which have been updated with new windows, have screen and wooden doors that close but do not lock. The cabin configurations differ, with a mixture of twin beds and/or bunk beds, some larger and others cozy duplexes. Couples and families will each have their own room. 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 3:00 pm on Friday. No changes in your cabin assignment without prior approval of the trip leader.



Cabins have an overhead light. We are camping, so we have not budgeted for and will not be using heat or AC in the cabins, so plan accordingly. Electricity for medical equipment is available – just make prearrangements by contacting the trip coordinator or indicating the need on your reservation form. Twin beds in the cabins have a mattress and bunks have a vinyl covered mat. In addition to your sleeping bag or sheets/blankets and pillow, 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. No food or drinks other than water are allowed in the cabins.

**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 \$15 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 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.) Dependent on weather and park conditions, a small campfire may be allowed in the designated fire ring in our group site. You would provide your own wood.

**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 also an option. We will 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. Reminder: no food or drinks other than water are allowed in the cabins.

**Nearby groceries, supplies:** There is a restaurant and small supply store about a ten-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, Walmart, and all the usual small-town amenities. There are also a few restaurants with meals and supplies near the park entrance.

## 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 may need.* (There may be a limited number of plates and utensils 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 Saturday 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. All hikers 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:** Bring a tent with rainfly, stakes, ground cloth, sleeping bag, and pad.

**Everyone:** Bring your own towel for drying hands and showering in the bathroom. 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 75 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 great for yard games. 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. Long tables and folding chairs will be available for use inside the dining hall.

**Worried about needing outdoor or camping experience - not on this trip!** Campers of all levels will enjoy this outing. 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 with the trip leader before you leave. 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. Be courteous - 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 (10:00 pm – 7:00 am). 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.

**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 outing and reserve the right to change the planned hikes and activities 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 35 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](mailto:Lizwico@aol.com), H/landline 214.368.2306 or Cell 214.207.4997.

### **RESERVATIONS (registration by October 15 is required):**

**A completed Participant Information and a Release form (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 7:00 pm on Tuesday, October 15<sup>th</sup>. Reservation choices:**

- **Option 1 – Stay in our group site (cabin or tent space)**, Saturday night dessert, and light breakfast Sunday. Cost is \$40 per person (free if age 4 or younger) **OR...**
- **Option 2 – Same as option 1 except not staying in our group site** (making your own overnight arrangements away from our group site). Cost is \$12 per person. Activities for kids age four and under are free.
- **Add on: Catered dinner Saturday night** – Cost is \$15 per dinner.

**To make reservations**, first read this entire trip write up, then complete the Participant Information and Release of Liability forms (below). **Both 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 always be accompanied by their parent or a designated adult. 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 which need to be provided by the youth's parent and turned in with the other reservation forms.

**Mail your set of original forms per person** (sorry, the Club requires original signatures (so no copies, fax, scan, or emailed forms) and your **check or money order payable to Dallas Sierra Club** to Liz Wheelan, 8820 Southwestern Blvd, # 1007, Dallas, TX 75206.

The trip leader will send you an email confirming receipt of your reservation. If you don't hear back after a week of mailing your reservation, please contact them. You are responsible for and we urge you to remember to please

*notify the trip leader if your medical information or circumstances change between when you complete your forms and the outing.*

**Cancellations** – due to pre-outing expenses required of the Club, participant payments are not refundable.

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.)

**Look forward to seeing you at the 'Bend'!!!**

**Dallas Sierra Club**  
**BEAVERS BEND STATE PARK, October 18 – 20, 2019**

**PARTICIPANT INFORMATION and RESERVATION FORM**

(Required for every person attending, along with Release of Liability (next page). Parents/guardians complete for each minor.)

**Mail your completed original forms** (sorry, no copies, faxes, or electronic forms) **and your check or money order payable to Dallas Sierra Club** to Liz Wheelan, 8820 Southwestern Blvd, # 1007, Dallas, TX 75206. Both forms and payment are required to make your reservation. *Chocolate for those who print clearly, use single sides only, and don't staple. \*Include additional page(s) as needed.*

**PARTICIPANT INFORMATION:**

**NAME:** First: \_\_\_\_\_ Mdl. In. \_\_\_\_\_ Last: \_\_\_\_\_  
Best phone: Cell: \_\_\_\_\_ Home (if different): \_\_\_\_\_  
Street Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email: \_\_\_\_\_

**REQUIRED: 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: \_\_\_\_\_

**RESERVATION REQUEST:**

\_\_\_\_\_ **Option 1:** Stay in our group site (\$40 per person, kids 4 and under free). **Indicate preference:** Cabin \_\_\_ Tent \_\_\_

\_\_\_\_\_ **OR, Option 2:** Activities & Sunday breakfast only, not staying in group site (\$10 per person, kids 4 and under free)

Add **Saturday Dinner** (\$15): Yes \_\_\_ No \_\_\_

**Total** amount of payment enclosed: \_\_\_\_\_

Names of other's included in your payment: \_\_\_\_\_

Names of others in your cabin or tent group: \_\_\_\_\_

**ACTIVITY interests, if know** (not required, but helpful for our planning. You'll sign up on site):

**Saturday hikes:** Easy (1-2 hrs) \_\_\_\_\_ Moderate (3-4 hrs) \_\_\_\_\_ Longer (5-6 hrs) \_\_\_\_\_ For families/kids \_\_\_\_\_

**GENERAL INFORMATION:**

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

Have you gone on any other 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 medical help may be several hours away 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 \_\_\_\_\_

<b>SIERRA CLUB – Dallas Group</b>	<b>Outing Date(s): October 18-20, 2019</b>
<b>Outing Location: Beavers Bend State Park (Oklahoma)</b>	<b>Trip Leaders: Liz Wheelan, Arthur Kuehne, Pat &amp; Ande Johnston, Terry Sullivan</b>

**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:** \_\_\_\_\_