



## SIERRA CLUB OUTINGS

# The Dallas Group, Lone Star Chapter Invites you to a relaxing weekend at beautiful **Beavers Bend State Park** Friday, Oct. 21 to Sunday, Oct. 23, 2011

**\* Reservations required by October 14 \***

**Please read this complete trip write up before making your reservation.  
We want you to come prepared and have fun!**

**Overview:** Explore one of Oklahoma's most beautiful State Parks. Beavers Bend State Park is located 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. The scenic beauty of Beavers Bend State Park makes it one of Oklahoma's most popular areas. Towering timbers, crystal clear waters and rugged terrain make this state park an outdoor lover's paradise. Visitors to Beavers Bend State 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.oklahomaparks.com/> for more pictures and details about Beavers Bend SP.)

**The plan:** Rain or shine, the large group campsite is ours Friday and Saturday nights, Oct 21 and 22. Arrive anytime after 3pm Friday to get settled in your rustic cabin or put up your tent in the large shaded grassy site between our cabin area and the river. (No RVs allowed.) A 1940s, CCC built stone dining hall and bathhouse with hot showers are included in our group compound. No altitude to deal with or weather to worry about – just fellowship and fun in the beautiful surroundings of southeast Oklahoma. Come enjoy the fall leaves. Pack your hiking shoes, bike, canoe, tennis racket, guitar, telescope or just dust off your croquet set and lawn chair – whatever you do, join us!

Beavers Bend State Park offers an array of activity options. Friday afternoon we'll put out sign ups for those interested in leader led hikes on Saturday, varying in distance and difficulty. You're also free to enjoy on your own the nature trails, biking, canoeing, kayaking, fly fishing, horseback riding, golfing, tennis... any number of other fun options offered by the park. There's even a train ride for the young ones (and young at heart). If interest warrants, we'll also have a hike for those interested in learning to backpack and set up camp.

After a busy (or not) day, Saturday night you may dine in the park, in nearby Broken Bow, OK or better yet, join us in our dining hall (pictured below) for a complete BBQ dinner catered by well known M R Pigs Café (pre-reservation and payment required – see Participant form). The dinner includes sliced brisket, pulled pork, potato salad, famous beans, iced tea, plate, cup and utensils. If you don't want BBQ you are also welcome to bring your own food to eat with us in the dining hall.

Saturday evening we'll offer a night hike followed by S'mores around a wood burning outdoor fire pit or stone fireplace in the dining hall. Please bring your own metal cooking sticks if you have them.

Sunday morning we'll offer a light breakfast of sweet rolls, juice, coffee, hot tea and hot chocolate. The organized trip ends with the 11am check out deadline. Participants are free to stay in the park after 11am to go for a stroll, lunch by the creek or take that last paddle before heading back to Dallas.

**Transportation / Arrival:** Drive yourself or arrange a car pool. Sierra Club policy prohibits leaders from assigning or arranging car pools, but we can provide information about



Front of group site and dining hall.

who's willing to drive and who's looking for a ride. Arrange cost-sharing for your car pool before the trip. There are several routes to get to Beavers Bend, depending on your departure area. Generally, the drive is slightly less than four hours. You may enjoy the park anytime but our group campsite will not be available until after 3pm on Friday, Transportation and any camping and activities at the park before or after our outing are part of your own trip, not the Sierra Club's.

**Cost:** Cost for the weekend is only \$35 per person (non refundable) and includes your cabin or tent space, Saturday night S'mores and Sunday morning light "breakfast". Because we pay in advance and are charged per participant, the cost is the same for adults and youth, and whether you're staying in a cabin or tent. The catered BBQ dinner Saturday night is an additional \$10 per adult or \$6 per youth (under 10). Please include payment for the BBQ dinner along with your reservation if possible. If not, mail your dinner payment to the trip leader so it is received no later than Oct. 14. There is no park entrance fee.

**About the cabins:** Think summer camp! The cabins are a charming "rustic". The compound was built in the 1940s and used by the CCC. The cabins are a basic structure with windows and a front door that closes but does not lock. The cabin configurations



prior approval of the trip leader.

The beds in the cabins have a mattress or vinyl covered mat. You're welcome to bring your own camping pad for additional comfort. You may also want to bring an extra pillowcase or sheet and a few tacks to cover the windows since there are no curtains or blinds. Everyone will have use of the dining hall (including tables and chairs) throughout our weekend. No food is allowed in the cabins but can be stored in the dining hall kitchen, just be sure it's labeled and bagged or boxed.

**Meals:** All meals are on your own except the Saturday night S'mores and the Sunday light "breakfast" which are included in your reservation fee. The BBQ dinner for Saturday night is available for an additional charge (see above). There is a refrigerator in the dining hall kitchen where you can store food, provided it is in a sealed container and marked with your name. Cooking outside on the group site grounds is fine if you use a containerized fuel stove (i. e. propane or Coleman type stove). We will also have some availability 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, please contact the trip leader by October 14 for more information and details.

**Reservations / Forms (required):** Space is limited. **Reservations will be accepted until October 14 or space fills.** To make a reservation, each participant must complete the two forms at the end of this trip description (Participant Form and Liability Waiver). Youth are welcome but must be accompanied by a designated adult accompanying them at all times. Parents or Legal Guardians must sign and submit the forms on behalf of any minors. If you are bringing a minor, please contact the trip leader since a Medical Treatment Authorization &



Back of dining hall and a few of the cabins.

differ slightly, most with two twin beds and some bunk beds. Cabins will be shared, with participants grouped by gender or families. No promises, but when possible the trip leader will assign only one person to each set of bunk beds so they will have their choice of the top or bottom bunk. Cabin and bed assignments will be made in the order your reservation is received and posted at the dining hall beginning at 3pm on Friday. No changes in your cabin or bed assignments may be made without

Consent form must also be provided for all youth participants. Mail all forms (originals, no copies or faxes) and your check payable to Dallas Sierra Club to Trip Leader Liz Wheelan, 6800 Del Norte Lane, # 204, Dallas, 75225. Please contact the trip leader if you do not receive an email confirming your reservation after a week of when it was mailed. *It is your responsibility to notify the trip leader no later than the day before the trip if your medical information or circumstances change after you send in your trip forms.*

**Note:** After your reservation is received and prior to October 14, depending on availability, participants may ask the trip leader to change their lodging request from tent camping to a cabin or vice versa.

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.)

**Gear:** In keeping with Sierra Club ethics, *everyone is responsible for bringing their own reusable plate, bowl, cup/mug, utensils and any other serving pieces you need. You may wash your dishes in the dining hall kitchen.* This outing involves camping or staying in the cabin, and hiking with our group or on your own and/or whatever other activities offered by the park you want to do. A day pack will suffice for hiking. 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. We offer gear guidelines here, but you're invited to contact the trip leader before departure to resolve questions you may have about gear. Bring a tent, ground cloth, ground pad for comfort and sleeping bag if you're tent camping. Those in cabins should bring a sleeping bag or sheets and blankets, and a pillow. Cabins will not have AC or heat so plan accordingly. Everyone bring water containers sufficient for hiking, headlamp or flashlight, garbage bag, and your personal first-aid, toiletries and shower items, including moleskin for possible blisters. Bring layers of clothing. Normal October temperatures are typically 70 degrees during the day and 50 during the night but record extremes vary by about fifteen degrees. Rain is always possible, so bring rain gear. Don't forget a hat, sunscreen, sunglasses, bug spray, and swimsuit and towel if you plan to swim. Activities other than hikes led by Dallas Sierra Club leaders are NOT part of the outing and would be at your own risk. Bring meals and snacks for all the time you'll be in camp or on the trail. Lawn chairs and outdoor games are all welcome. The group site has a large lawn and a volley ball net. There are also tennis courts and a basketball court nearby (all BYO rackets and balls.) There will also be tables and chairs available in the dining hall for anyone wanting to bring board and card games.

**Please take note:** [RVS](#), [PETS](#), [RADIOS](#), [MUSIC PLAYERS](#), [FIREARMS](#), and [SMOKING](#) are NOT ALLOWED for both safety and consideration of others. Leave the batteries at home and enjoy nature! Public consumption of alcohol is illegal in State parks. Participants are expected to be respectful of others and adhere to quiet hours (10pm – 7am). There is limited or no cell phone coverage at the park. There is an office phone at the



Beautiful area for tents – between dining hall (upper left) and the river.

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. Depending on the weather, on Saturday evening the trip leader will provide a small fire in the outdoor fireplace or dining hall fireplace for everyone to roast marshmallows and enjoy S'mores (what's camping without chocolate and roasted melloWS)! There is a restaurant and small supply store down the road from our group site (a few groceries, toiletries, ice, firewood, etc.). There is a larger convenience store across from the park entrance. Broken Bow, OK is about 12 miles/20 minute drive south of the park entrance and has gas stations, grocery stores and the usual small town amenities.

**Experience and Conditioning:** Campers of all levels will enjoy this park. Hikers in normal good health, from beginners to veterans will find suitable hikes and activities at the park provided they bring appropriate footwear, clothing and skin protection. If uncertain about preparedness, discuss your personal situation and

any other questions early with the trip leaders. 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.

**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 she or he 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.

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 obey 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, you should hike in parties of at least three 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 all of the party's food and warm clothing with the injured person, and send all of 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.

If you get lost, stop on a trail and wait to be found; don't wander aimlessly. When day hiking, 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 save your life if you end up spending the night away from camp.

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 even for a moment, especially at night, be careful to not get disoriented and lose your way back. This could create a life-threatening situation.

Like any outdoor venue, the State Park has various creepy crawlers. Participants should always stay alert and aware of their surroundings, make "soft" noise while hiking and keep tent doors closed. Do not leave shoes or other items on the ground attended.

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 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 whether you should participate. Hopefully, they will also caution those who do participate to be safe and careful; so we can all have a good time.

**Note:** More details and a list of those wanting to carpool will be sent out to confirmed trip participants the week before the trip. Have questions? Contact the trip leader - Liz Wheelan, [Lizwico@aol.com](mailto:Lizwico@aol.com), 214.368.2306

***We look forward to seeing you at Beavers Bend!***

**Dallas Sierra Club**  
**BEAVERS BEND STATE PARK, October 21 – 23, 2011**

**PARTICIPANT INFORMATION and LODGING PREFERENCE FORM**

Please return your completed forms (Participant Information Form and Liability Waiver, no copies or faxes) and your check payable to Dallas Sierra Club to Liz Wheelan, 6800 Del Norte Lane, # 204, Dallas, TX 75225. In addition, a Medical Treatment Authorization & Consent form is required for all youth participants (contact Trip Leader). ***Please print clearly and on single sides ONLY. Do not reduce or staple. \*Use additional page(s) as needed to complete answers.***

**PARTICIPANT INFORMATION** (Separate form required for each participant. One check per family is fine):

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Female \_\_\_ Male \_\_\_ Email: \_\_\_\_\_

Cell number: \_\_\_\_\_ Home number: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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

\*Current medical conditions: \_\_\_\_\_

\*Current medicines (OT and PX) 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: \_\_\_\_\_

Total number of participants included in this reservation (\$35 per person): Adults \_\_\_\_\_ Youth \_\_\_\_\_

Total number of BBQ dinners paid for in enclosed check: Adults (\$10 each) \_\_\_\_\_ Youth (\$6 each) \_\_\_\_\_

Total amount of enclosed check (payable to Dallas Sierra Club): \_\_\_\_\_

Please list the name(s) of all participants in your family for whom you are making a reservation (payment included in enclosed check):

Adults: \_\_\_\_\_

Youth / Age(s): \_\_\_\_\_

Please list the name(s) of all participants for whom you have enclosed payment for the BBQ dinner:

Adults: \_\_\_\_\_

Youth (under 10): \_\_\_\_\_

**Lodging Preference:** Cabin \_\_\_ Tent \_\_\_ Comments: \_\_\_\_\_

**Hike Preference(s)** (not required but helpful for planning purposes):

Easy (half day on Sat.) \_\_\_ Longer/harder (most of Sat.) \_\_\_ Beg. Backpack hike \_\_\_ Undecided \_\_\_

Other activities you're interested in doing at the park/comments: \_\_\_\_\_

**General Information:**

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

Have you visited Beavers Bend State Park before? 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 like to see the club do more often: \_\_\_\_\_

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 including trip descriptions, restrictions and cautions, and understand the described difficulties and risks associated with the trip(s) that I have selected above. 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 trip I have selected. 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 if Participant is a Minor:** \_\_\_\_\_ Date \_\_\_\_\_

<b>SIERRA CLUB OUTING – Dallas Group</b>	<b>Outing Date(s): October 21 - 23, 2011</b>
<b>Outing Location: Beavers Bend State Park (Oklahoma)</b>	<b>Trip Leader: Liz Wheelan</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 below.

**Print Name and Age of Minor:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Signature of Parent or Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_