



**SIERRA
CLUB**

Dallas Sierra Club
invites you to our fall outing in the Hill Country!
Colorado Bend State Park

Arrive Thursday afternoon, October 19 or Friday October 20
Depart Sunday, October 23, 2023

Campers of all ages and abilities are welcome for this weekend adventure at one of our most scenic state parks and beautiful group campsites in Texas. Read this complete trip description, send in your reservation, and join the fun!

Leave your work and worries behind. Relax and enjoy fellowship and fun in a beautiful landscape bordered by the Colorado River. Pack your tent, camp chair, hiking shoes, bike, kayak, telescope -- whatever you do, join us!

Overview: This park is in the Hill Country on the Colorado River, near Bend, Texas, between Lampasas and San Saba (3 ½ - 4 hours from Dallas). The park features 60-foot Gorman Falls, Spicewood Springs, and miles of trails over limestone hills laced by cedars. The Texas Parks and Wildlife Department website, <https://tpwd.texas.gov/state-parks/colorado-bend>, features more park information, pictures, maps, and trail descriptions.

Participants may put up their tents in the Riverside Group Campsite any time after 2pm Thursday. **(Sorry, no RVs or pets.)** You'll park about 75 yards from the site and carry your gear down a short

embankment to our huge grassy area, complete with tree canopy shading the large picnic tables. There's plenty of tent space on the thick, open lawn. Drinking water and a composting toilet are within ¼ mile. (No other amenities.) On Friday and Saturday, participants may go on a hike led by Sierra Club leaders or explore on their own. Depending on interest and number of sign-ups, Sierra Club leader led hike options will probably include:

Friday: Gorman Falls parking area to River Trail.

Saturday:

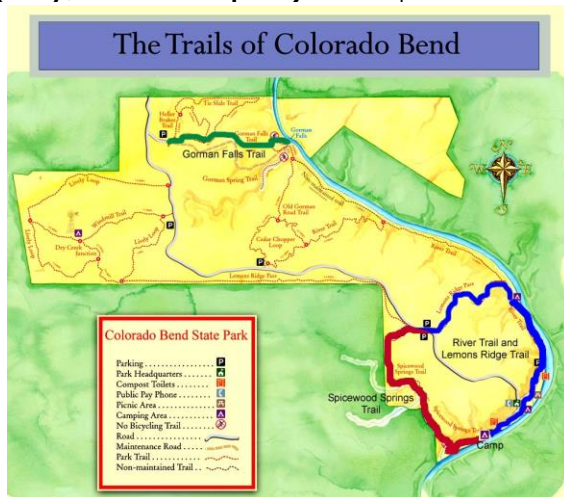
1. River and Lemons Ridge Trails, 2.8 total miles via the riverside and gentle limestone hills dotted with cedars.
2. Spicewood Springs Trail, 2.4 miles, with a possible dip in a clear, shallow creek if it's warm enough.
3. Gorman Falls, a cascade of rivulets and ferns, one of the higher falls in Texas. 3-mile roundtrip hike to and from the falls with possibly an optional additional mile for cliffside views above the falls.
4. Tie Slide Trail to Tie Slide Overlook and back.

Sunday: morning bird walk.

The park has miles of trails that may be combined to suit your hiking interests. This is a great place for everyone from families and beginners to stroll, to backpackers wanting to test a backpack, boots, legs and other gear for the upcoming hiking season.

Note – caving and all other optional activities offered by the park are on your own, at your own risk and not part of this outing.

Transportation / Arrival: Drive yourself or ride share. Sierra Club policy prohibits leaders from assigning or arranging car pools but shortly before the trip we will send out an email, then happily provide information about who's willing to drive and who's looking for a ride so you can coordinate shared rides. Arrange



cost-sharing for your car group before the trip. Our campsite will be available at 2 PM on Thursday. The outing begins when the trip leaders arrive at the campsite mid-afternoon that day. Transportation, any activities you do at the park before or after our outing or away from a led group are on your own, at your own risk and not part of the Sierra Club outing.

Directions / Gas: You can drive to the park via I-35 and Waco, but a route via Glen Rose, Hico, Evant, Lometa and Bend takes only minutes longer. The latter route is more scenic and less frazzled if you enjoy navigating roads less traveled. Plot your own course and have access to a road map. The "town" of Bend is actually a very small convenience store called Bend General Store (formerly "Bad Bob's") and has no gas pumps. Fill up with gas long before you near the park entrance.

Cost: Camping fee is only \$20 per person (payable to Dallas Sierra Club). Kids 12 and under who are accompanied by their parent(s)/guardian are free but must have reservations (see below). Any proceeds from the weekend will be used by the Dallas Sierra Club for future conservation, outing, and other Club efforts, including training and first aid classes required for our outing leaders.

Upon arrival at the Park, Participants will pay their own park entrance fees (\$5 per day, age 13 and older, or free with state park pass). You do not need to secure any day passes for the park before the outing. A list of our group's Participant names and arrival dates will be provided by the Trip Leader to the Park as part of our group reservation.

PRE-REGISTRATION REQUIRED for EACH PARTICIPANT: Reservations will be accepted until Monday, October 16 or the trip fills, whichever occurs first. No "show-ups" or "walk-ons" may join the group. Space is limited so send your reservations as soon as possible.

To make a reservation: Read this complete trip description (this document), then send your check or money order for payment and the following completed and signed forms for each participant:

1. Participant Reservation Information
2. Participant Agreement
3. Medical Form

Send your forms and payment payable to "Dallas Sierra Club" to Liz Wheelan, 8820 Southwestern Blvd, #1007, Dallas, TX 75206

OR you may email digital copies of your forms to liz@dallassierraclub.org and/or make your payment online <http://www.dallassierraclub.org/page.htm?coloradobendpayment>. Digital copies can be forms you filled in by hand and scanned or forms you have filled out electronically on your computer.

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 us before the trip if your medical information or circumstances change after you send in your trip forms.

Youth: Parents/Legal Guardians must complete all trip forms on behalf of their minor child(ren). Kids age 17 and younger must be accompanied by a parent or designated adult who will accompany them at all times during the weekend. A Medical Treatment Authorization & Consent form must also be provided for all youth participants who are under the supervision of a non-parent adult. (As space allows - contact the Trip Leader for more information.)

Cancellations: The trip cost is non-refundable but please notify us if you can't make it.

End of outing: The organized outing ends after breakfast Sunday morning. All participants are welcome to stay in the park longer on Sunday (on your own) to enjoy the park features.

Alert: Park personnel may close the park road and/or evacuate the park due to isolation by water over the main entrance road. Trip leaders will attempt to send out an email to alert participants of any closure.

Food and Gear: This outing involves tent camping and optional hiking. A day pack will suffice for hiking, although it's a perfect place to carry a full pack if you want practice for a future backpacking 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 a trip leader before departure with any questions you may have about gear. Bring a tent and ground cloth, sleeping bag, sleeping pad for comfort, **containerized fuel and stove** (do

not plan on individual campfire or grill), cookware, water containers for use while hiking and to carry water to campsite, strong whistle, headlamp or flashlight, toilet paper/kit, garbage bag, and your personal first aid and health items. Bring layers of clothing. Normal temperatures are around 75 degrees during the day and 55 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 a towel if you plan a dip. (Swimming is not part of the outing and would be at your own risk.) Wet crossings and slick rock are probable on the Spicewood Springs Trail and cacti abound on other trails, so we recommend you wear long pants, sturdy boots or hiking shoes. Flip flops, slip-ons, sandals or flat city shoes are not suitable for many of the park's trails. Hiking poles are useful.

Bring meals and snacks for the entire time you'll be in camp and on the trail. Plan to cook on your stove since individual fires may not be allowed. Keep in mind we'll have limited/shared table space for cooking. Participants are expected to clean up after themselves, keeping the campsite clean. PLAN AHEAD - there are no grocery or supply stores nearby. The closest store to the park is the Bend General Store (formerly "Bad Bob's"), a small store outside the park entrance which has a limited selection of basic items and a food truck some weekends. (Also available - a "snipe hunt license and discounted wedding for \$43.88"!)

A word of caution - Like any outdoor venue, the Park has various creepy crawlers. Participants should always stay alert and aware of their surroundings and keep tent doors zipped. Don't leave shoes or other items on the ground unattended.

Yes, a few rules and expectations: PETS, SMOKING, MUSIC PLAYERS, AND FIREARMS ARE NOT ALLOWED, for safety and in 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 park quiet hours. Cell phone coverage in the park is very limited. If you must take a call, please do it out of the range of others. No earbuds while hiking with our group – we want you to be in tune with your surroundings and others in our group. Leave No Trace behavior (low-impact wilderness ethics) are expected of all participants.

Experience and Conditioning: We want you to have fun and be safe. Participants in normal good health will find suitable hike itineraries, provided they bring appropriate footwear, clothing and skin protection. If uncertain about preparedness, discuss your personal situation 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.

Medical: Colorado Bend SP is in a very remote area. We'll be hiking in an area where rescue is time-consuming. The nearest hospital is many miles away and any evacuation may be by helicopter. Trip leaders have first aid training but are not medical professionals. Participants are encouraged to bring personal first aid supplies and a basic knowledge of how to deal with emergencies. Medical information you provide may be shared with medical professionals who treat you in the event of injury or sickness. Inform leaders if you have a medical condition such as controlled diabetes, heart problems or allergic reactions that could require special treatment in an emergency. Carry necessary medications 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.

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 do so, you assume the risks and consequences that result.

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 and compass, flashlight, first-aid kit, matches and strong whistle. If you twist an ankle or get lost, these essentials could save your life if you must spend 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.

The Dallas Group of the Sierra Club has conducted outings for over forty years without serious injuries. If you're in reasonably good physical condition, 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. We want everyone who participates to be safe and careful so we can all have a good time.

Questions? The only dumb questions are those not asked! If you have any questions, please contact the Trip Leader: Liz Wheelan, Liz@dallassierraclub.org, 214.207.4997

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.)

We look forward to seeing you at Colorado Bend!

Dallas Sierra Club Outing
COLORADO BEND STATE PARK, October 19–22, 2022

PARTICIPANT RESERVATION INFORMATION

Send this Participant Reservation Information page, completed Participant Agreement, Medical form, and check or money order payable to Dallas Sierra Club to Liz Wheelan, 8820 Southwestern Blvd., # 1007, Dallas, TX 75206 or scan completed forms to Liz@DallasSierraClub.org and make payment online – see link in trip write up.

One set of forms per person, including minors. Forms and payment required to complete a reservation.
Chocolate for those who print clearly and don't staple pages.

NAME: First: _____ Mdl. In. _____ Last: _____

Email: _____ Cell phone: _____

Amount of payment enclosed: _____ Amount of payment made online: _____ Date of online payment: _____

Name(s) of others you are paying for: _____

Name(s) of others in your tent group: _____

Number of tents in your family/group: _____

Arrival date: Thursday, Oct 19 _____ Friday, Oct 20 _____ Saturday, Oct 21 _____

General hike interest (helpful for our planning, but not required. You'll sign up on site).

Easy (1-2 hrs) _____ Moderate (3-4 hrs) _____ Longer (5-6 hrs) _____ For families/kids _____

Comments: _____

GENERAL INFORMATION:

Sierra Club member: Yes ___ No ___

How did you learn about this trip? _____

Have you visited Colorado Bend State Park before: Yes _____ No _____

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: _____

Medical Form: Local Outings



General Information

Name: _____ Email: _____ Phone: _____

Address: _____ City: _____ State: _____ ZIP: _____

I identify my gender as: _____ Age: _____ Date of birth: _____

Emergency Contact: _____ Phone: () _____

Allergies

Include allergies to food, insect bites and stings, medicines, animals, and the environment (dust, pollen, etc). Use a separate sheet if needed.

Select if no allergies

| Allergy | Reaction | Medication required (e.g. epipen, antihistamine) | Is your allergy serious or life-threatening? How so? |
|---------|----------|--|--|
|---------|----------|--|--|

Medications

Please list all prescriptions, over the counter, natural medications, medical marijuana and inhalers you are currently taking. Include prescription medications taken for episodic or emergency use. Note if this is a recent change in dosage or prescription. Use a separate sheet if needed.

Select if no medications

| Medication name | Dosage | Frequency | Current side effects | Reason for taking (symptom/condition) |
|-----------------|--------|-----------|----------------------|---------------------------------------|
|-----------------|--------|-----------|----------------------|---------------------------------------|

General Medical History

Are there any conditions or limitations (mental, emotional, or physical) that may affect your participation on this trip? If yes, please explain.

Yes No

Have you been fully vaccinated for COVID-19, including the waiting period? Yes No

Have you tested positive or experienced any covid symptoms in the past 2-14 days?

Symptoms include (from CDC):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea

Yes No

Participant (and Parent of a Minor Participant), please sign and date below:

I certify that the information provided above is true, complete, and accurate. Other than any limitations described in this form, or any other information I have provided, I agree I (or my child) can participate in all trip activities. I agree to contact the Sierra Club promptly to provide additional information if my (or my child's) medical or health condition changes before the start of (or during) the trip. I acknowledge that falsifying or providing inaccurate or incomplete medical information can create serious risks to me (or my child) or to others and may result in dismissal from the trip.

Participant signature:

Print name:

Date:

Parent or Legal Guardian signature
(if participant is a minor):

Print name:

Date:



PARTICIPATION AGREEMENT

IMPORTANT: *This agreement affects your legal rights. By signing it, you are agreeing to (among other things) assume risks, release claims, waive rights, and indemnify Sierra Club from harm.*

1. **Definitions.** The following capitalized terms have the following meanings when used herein:

A. "**Sierra Club**" means Sierra Club and its officers, directors, representatives, employees, agents, chapters, volunteers, leaders, and affiliates;

B. "**Activities**" means any program, event, and/or activity offered by and/or on behalf of Sierra Club;

C. "**Participant**," who is identified at the bottom of this agreement, is either (i) me or (ii) as applicable, a person for whom I am legally authorized to make decisions and who is referred to herein as "**Minor Participant**";

D. "**Risks**" means any risk associated, either directly or indirectly, with Participant's presence at and/or participation in any Activities;

E. "**Damages**" means any injury, damage, sickness, death, and/or any other loss, whether physical, emotional, financial, or otherwise, caused in whole or in part by Participant, Sierra Club, and/or any third parties in connection with any Activities;

F. "**Claims**" means any action, cause of action, claim, controversy, promise, agreement, damage, judgment, cost, expense, and/or liability of whatever nature, in law or in equity, whether known or unknown, whether contingent or liquidated, and whether based in statute, contract, tort, or otherwise; and

G. "**Released Parties**" means Sierra Club and any Sierra Club successor, assign, sponsor, advertiser, inspector, contractor, consultant, and/or any other person or entity that takes any action on Sierra Club's behalf in connection with any Activities.

2. **Participation.** I (or Minor Participant, if any): (a) agree that my participation in any Activities will be subject to the terms herein; and (b) can and will participate in any Activities in a constructive manner without causing Damages.

3. **Logistics.** I will accurately complete any required forms and abide (and cause Minor Participant, if any, to abide) by all laws, rules, and policies applicable to any Activities. Prior to any Activities, I will be familiar with, and shall have accepted, the associated Risks and will have made any inquiry necessary to fully understand those Risks. Sierra Club may in its sole discretion dismiss me (or Minor Participant, if any) from any Activities for any or no reason. I will be fully responsible for any and all costs, including without limitation travel expenses, associated with my dismissal or departure (or the dismissal or departure of Minor Participant, if any) from any Activities for any reason.

4. **Understanding the Risks.** I confirm all of the following:

A. Unplanned or unexpected situations may arise in the course of any Activities, Risks are inherent in all Activities and may not be obvious, and Activities and Risks may cause Damages;

B. A few, non-exhaustive examples of Risks include: acts of nature or other matters outside Sierra Club's control; facilities and/or equipment failures; itinerary changes and/or cancellations; transportation issues; problems associated with locations, wildlife, vegetation, and/or lack of access to medical care, AND NEGLIGENCE by Sierra Club or others. There are many potential Risks that are not listed here; and

C. I understand all Risks, whether or not they have been communicated to me (and/or to Minor Participant, if any); and I have had adequate opportunity to seek any information necessary to properly evaluate all Risks.

5. **Assumption of Risks.** I confirm my (and Minor Participant's, if any) assumption of all Risks, whether known or not and whether identified or not, and my acceptance of all materials, equipment, and facilities associated with the Risks and/or the Activities in an "AS IS" condition. I accept that I (and Minor Participant, if any) may sustain Damages, including Damages that could be caused by Sierra Club, third parties, and/or me (or Minor Participant, if any).

6. **Release.** I (and Minor Participant, if any) release each and all of the Released Parties from any Claims that I (and Minor Participant, if any) ever had, now have, or may have in the future, for any reason, and that arise out of and/or relate

in any manner, whether directly or indirectly, to any Activities (including without limitation travel to or from any Activities), even when any such Claims result from the NEGLIGENCE of any Released Party.

7. Waiver. Regarding the release above, I waive all rights that I (and Minor Participant, if any) may have now or in the future under Cal. Civil Code § 1542 stating: "A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS THAT THE CREDITOR OR THE RELEASING PARTY DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE AND THAT, IF KNOWN BY HIM OR HER, WOULD HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR OR RELEASED PARTY."

8. No Third Party Lawsuits. I (and Minor Participant, if any) will not participate in, either directly or indirectly, or cause any third party to initiate, any litigation against any Released Party regarding any Claims associated directly or indirectly with involvement by me (or Minor Participant, if any) in any Activities (the "**Third Party Claims**").

9. Indemnification. I will indemnify, hold harmless, and defend each Released Party from and against any and all Third Party Claims (including without limitation attorney's fees).

10. No Warranties. No information related to any Activities and/or Risks and communicated to me (and/or to Minor Participant, if any) in any manner, including without limitation difficulty ratings, safety or risk evaluations, equipment recommendations, or participant assessments, shall be construed as a Sierra Club warranty or representation of any kind. Sierra Club has given no warranty, express or implied, regarding the Activities, the Risks, and/or any Damages except as stated herein or in another writing signed by a Sierra Club officer (each, a "**Warranty**"). In signing this agreement, I have not relied on any statement not set forth herein or in any Warranty.

11. Amendment and Interpretation. This agreement may not be amended except in writing signed by a Sierra Club officer and is intended to be interpreted and enforced to the greatest extent allowed by law. If any provision herein is deemed unenforceable, the remaining provisions shall still be enforced. This agreement is binding upon any personal representative, successor, heir, or assign of Participant (and Minor Participant, if any).

12. Dispute Resolution. Any dispute relating to or arising from the enforcement and/or interpretation of this agreement, and/or any Activities (each, a "**Dispute**") shall be governed by California law without reference to its conflicts of laws rules and shall be resolved exclusively in the state courts existing in Alameda County, California. Before initiating any legal proceeding against Sierra Club in connection with any Dispute, I agree to first inform Sierra Club's general counsel in writing of the Dispute's factual and legal basis and to give Sierra Club thirty (30) days to respond.

13. Federal Land Agencies. If a court of competent jurisdiction determines that an agency rule prevents me from agreeing to any clause herein, that clause shall not be enforced.

14. Medical Care. In connection with any Activities, I authorize Sierra Club to obtain, provide, and/or authorize medical care, treatment, and transportation to a medical facility for me (or Minor Participant, if any) if I cannot do so, and I will pay all associated costs. I authorize the release to any third parties of my (or Minor Participant's, if any) medical records and personal information, if necessary or useful for treatment, referral, billing, or insurance purposes.

15. Publicity Permission (Optional). I am aware that staff or others sometimes capture photographs, quotes, or other impressions or recordings of participants and share them with Sierra Club for use in a variety of ways, such as (but not limited to) in the newsletters, web pages, or social media of Sierra Club or its allies. I (and Minor Participant, if any) agree not to restrict or condition such use in any way, unless I've indicated otherwise near my signature.

I CONFIRM THAT I (OR MINOR PARTICIPANT, IF ANY) AM VOLUNTARILY PARTICIPATING IN ONE OR MORE ACTIVITIES WITH FULL KNOWLEDGE OF THE RISKS. ON MY BEHALF (AND ON BEHALF OF MINOR PARTICIPANT, IF ANY), I FULLY ASSUME AND ACCEPT ALL RISKS (KNOWN OR UNKNOWN, IDENTIFIED OR NOT) ASSOCIATED DIRECTLY OR INDIRECTLY WITH THE ACTIVITIES AND POTENTIAL DAMAGES, INCLUDING WITHOUT LIMITATION AS MAY BE CAUSED IN WHOLE OR IN PART BY ANY SIERRA CLUB NEGLIGENCE, THE NEGLIGENCE OF OTHERS, AND/OR ANY CONDUCT BY ME (AND/OR MINOR PARTICIPANT, IF ANY).

Participant: _____
print name signature (minors need not sign) date

If Participant is a minor: I am legally authorized to sign this Participation Agreement on Participant's behalf, and I authorize participation in all Activities. My relationship to the minor is: _____. Minor's date of birth: _____

Parent/Guardian: _____
print name signature date