



SIERRA CLUB OUTINGS

Dallas Group, Lone Star Chapter *Hikes the Ouachita Trail* April 5th – 7th, 2024

Trip Coordinator: Jim Robarge 972-505-9567
robargeDSC@gmail.com

Trip Overview: The Ouachita Trail runs 223 miles from eastern Oklahoma to Little Rock Arkansas. We will be hiking 7 miles of the trail from Winding Stair Trailhead to Big Cedar Trail head. The trip will start Friday night, April 5th at the hiker camp adjacent to the Winding Stair Trailhead. The trip will end Sunday noon back at the vehicles at the trailhead. Alternatively, you can arrive at the trailhead by 9 AM on Saturday. If the weather is incompatible with a successful hike, the trip will be delayed to April 19th – 21st.

Friday, April 5th: Our rendezvous point is Winding Stair Trailhead along Scenic Route 1 (34.714802, -94.67882). Make sure to enter the trailhead parking lot and not the campground. The trailhead entrance is a few hundred feet west of the campground entrance. Caution – Google maps can get confused about the location. It is recommended that you verify the location using the GPS coordinates. The hiker camp is a short distance beyond the latrine along the trail. There is a \$4 per person camping fee that each camper is responsible to pay. The Winding Stair Trailhead is 3 ¾ hours from downtown Dallas.



Saturday, April 6th: We'll hike leisurely about four and a half miles southeast during Saturday, stopping for lunch along the trail. Camp for the night will be near Red Springs.

Sunday, April 7th: The hike today is a short two and a half miles downhill. We will cross the Big Cedar Creek just prior to the end of the hike. This is typically a wet crossing, so bring your water shoes. There will be a car at the trailhead to transport the drivers back to the Winding Stair Trailhead.

Arrival: From Talihina, OK take 2nd street (Route 1) North for 8 miles. Turn right to stay on route 1. The trailhead is 18.5 miles along route 1 from the turn. (34.714802, -94.67882)

Return: The hike will end at the return to the vehicles at the trailhead on Sunday morning. Participants are responsible for return travel.

Level of Difficulty: This is intended to be an easy trip. We will keep the pace for everyone to be comfortable. But there will be two climbs on Saturday. One of 600 feet the other of 400 feet, so be prepared for some exertion. FYI – From White Rock Creek to the top of Flag Pole Hill in Dallas is about 90 feet of elevation change.

Water: There's no water at the trailhead. Make sure to have water for Friday night in addition to 2 – 3 liters of water available when we start the hike. There will be water at Red Springs for Saturday night and Sunday.

Weather: Rain is ALWAYS a possibility; don't forget your rain gear.

Trip Guidelines:

Low-impact wilderness ethics are expected of all participants. Trash and toilet paper must be packed out. Bring zip-lock bags for that purpose. Human waste may be buried. Plan to cook on a stove, as campfires are not allowed on Dallas Sierra Club trips in wilderness areas, absent extraordinary circumstances. Pets, radios, music players, firearms and smoking are not allowed, for both safety and consideration of others.

Gear: Each person is responsible for bringing and carrying his or her own equipment and food. You're encouraged to contact your trip leader before departure to resolve any questions about gear. Leaders may refuse to allow backpackers with inadequate or inappropriate gear to join the hike, leaving them at the trailhead. Veteran backpackers typically aim for loaded packs of 25 pounds or less for this type of trip, including at least two liters of water. It takes experience to balance having the essentials and keeping your pack light. The following list identifies essential gear:

Clothing: Lightweight, versatile layers are key to comfort, given the range of possible temperatures. Bring multiple layers suitable for April weather, including rain pants and a rain shell. Synthetics are vastly preferable to cotton, as wet cotton is both heavy and chilly. You'll need field-tested boots or trail shoes. Expect and prepare for your feet to get wet (i.e., bring extra socks), gloves and a hat and sunscreen for UV protection.

Equipment: Tent and ground cloth; stove and fuel; cookware; sleeping bag; ground pad; backpack with hip belt; water containers and water treatment tablets or filter; headlamp; compass; trowel, toilet paper and zip-lock bags for used toilet paper; garbage bag; personal health and first-aid items (including moleskin for possible blisters). Bring parachute cord and a stuff-sack so you can bear-bag your food, trash and toiletries.

Food: Pack enough food for two breakfasts, two no-cook lunches, two dinners and snacks. If you are arriving Saturday morning, you only need one breakfast, two lunches and one dinner.

Experience and Conditioning: Although no overnight backpacking experience is required for this trip, some knowledge of the basics of backpacking is expected. The Dallas Sierra Club Backpacking 101 class is an excellent preparation. You should feel comfortable hiking 5 miles with 20 – 25 pounds on your back. The trip leader reserves the right to determine whether a particular trip is suitable for a prospective participant, based on experience, health, equipment or other factors.

Bears: Although bear encounters are uncommon, hang smellable items in a bear bag nightly and follow these guidelines:

- Bring food without strong aromas.
- Don't store food or items with food spills in your tent.
- Prepare meals away from your sleeping area.
- Keep your camp clean. Store trash and scraps with food.
- Don't pour oils onto the ground. Carry them out.
- Disperse cooking water over a wide area, away from camp.
- Pack out all leftover food, waste cooking oils or grease and trash. Don't bury food or trash.

Carpools: Carpooling is encouraged. It will reduce your trip expenses, offer companionship, reduce trailhead congestion and is good for the environment. Note that Sierra Club leaders will not assign participants to a carpool. Assignment exposes the Club and its leaders to an unacceptable liability risk. The Sierra Club will, on your request, provide information about rides offered and riders wanted, but does not guarantee riders or rides. It is smart to agree before committing to a carpool how travel expenses to and from home will be shared. Two possible expense sharing methods are:

- Riders (excluding the vehicle owner) to split fuel expenses
- All vehicle occupants (including the owner) to split fuel expenses and an allowance of ten to twenty cents per mile for vehicle wear and maintenance.

Registration procedure:

1. Read the full trip description.
2. Complete each of the following forms that are in the participant forms pdf file. It is recommended that you download the file and view/complete it in Adobe Acrobat for the best experience.

This can be done electronically (including the signature if opened in Acrobat) or on paper.

- a. The Hike Information Form.
 - b. The signed Participation Agreement
 - c. The signed Contact / Medical Form
3. Email the completed PDF files or mail completed hardcopies of all the forms to Jim Robarge:

robargeDSC@gmail.com or

2615 Woodside Drive, Highland Village, TX 75077.

I, Jim, will acknowledge receipt of the forms and a place on the outing will be reserved for you when all items have been received. Feel free to contact me with any inquiries. My contacts are 972-505-9567 and robargeDSC@gmail.com. Because we expect no group expenses, there is no fee for this trip. Pre-trip registration and leader acknowledgement are needed for participation. Registration closes one week prior to the event. Please understand that registration is a contract to attend the trip. If unforeseeable circumstances arise that require you cancel your trip, please contact the trip leader immediately. Contact with others on the waiting list and planning activities are based upon your attendance.

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. Because the Sierra Club is a California nonprofit corporation, we're required to post this notice.)



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Hike Information Form

Name:

email:

The April backpacking outing in the Ouachita National Forest is rated easy. The hike should be fun! For your safety and comfort and for other participants on this outing, a participant should have an understanding of the backpacking experience and the appropriate equipment. For questions, please contact the trip leader, Jim Robarge. We frown on committing to participate and cancelling later, as that can block someone else who would have planned to come on the outing.

Please let us know when you are planning on arriving to the hike:

We want you to enjoy your outing experience. Sharing some information about your previous hiking and camping experiences could help us better advise you about the outing.

- Have you been on another overnight outing with the Dallas Sierra Club?
- If yes, where was the trip, in what year, and who was your trip leader, if you remember.
If no, where and when have you hiked or camped recently?

Arranging transportation to and from this outing is a responsibility assumed by each participant. Sierra Club leaders will NOT arrange a ride for you, as doing so would make the leader and Sierra Club liable for any mishap. I can include you on a list of people offering rides and wanting rides, but I cannot guarantee you a ride. Driver and riders should agree before the trip to a cost-sharing formula. Please select your transportation option below.

Carpool options

Feel free to contact Jim with any inquiries. Jim's contacts are 972-505-9567 and robargeDSC@gmail.com.

Registration procedure:

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This can be done electronically (including the signature if using Acrobat) or on paper.
 - a. The Hike Information Form
 - b. The signed Participation Agreement
 - c. The signed Medical Form
3. Email or mail all the forms to Jim Robarge:
robargeDSC@gmail.com or 2615 Woodside Drive, Highland Village, TX 75077.

I, Jim, will acknowledge receipt and a place on the outing will be reserved for you when all items have been received. Feel free to contact Jim with any inquiries. Jim's contacts are 972-505-9567 and robargeDSC@gmail.com.

Participant Agreement



Instructions for Completing this Form

- Please print and mail this form to the trip leader or other Sierra Club representative with your physical signature. If you choose to complete the form on your computer, you must still print and sign before mailing.
- Please complete and sign both the Participant Agreement on p. 2 and the Supplemental Release Regarding COVID-19 on p. 3.
- Minor participants (those under 18 years old) must complete the form with a parent/legal guardian.

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

Participant print name:

Date:

Participant signature: _____

Parent or Legal Guardian of a Minor: I, as a parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the trip and further agree, individually and on behalf of my child or ward, to the terms above.

Name of minor:

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



Medical Form: Local Outings

General Information

Full name:		Phone:	
Age:	Date of birth:	Address:	
I identify my gender as:		City:	State: ZIP:
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?
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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)
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General Medical History

Are there any conditions Yes No
or limitations (mental,
emotional, or physical)
that may affect your
participation on this trip?
If yes, please explain.

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: