



**SIERRA
CLUB**

Dallas Sierra Club

invites you to a spring outing in the Hill Country!

Colorado Bend State Park

Friday, April 26 - Sunday, April 28, 2019

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

Leave your worries behind. Relax and enjoy fellowship and fun in a beautiful landscape bordered by the Colorado River. Pack your 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 (four 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, http://www.tpwd.state.tx.us/spdest/findadest/parks/colorado_bend/#sch, features more park information, pictures, and trail descriptions.

Participants will put up a tent and enjoying the large Riverside Group Campsite Friday and Saturday nights. (Sorry, no RVs or pets.) Arrive Friday afternoon or evening, or Saturday. Drive within 75 yards of 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 Saturday, participants may go on a hike led by Sierra Club leaders or explore on their own. The park may offer a guided cave tour, you can go birding or just relaxing by the river. Depending on interest and number of sign ups, Sierra Club leader led hike options will probably include:

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.

The park has miles of trails that may be combined to suit you. This is a great place for beginner and veteran backpackers to test backpack, boots, legs and other gear for the upcoming hiking season.

Caving – another unique activity at CBSP is caving. See the park website for descriptions, prices and to make reservations. 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. Shortly before the trip we will 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 Friday. The outing begins when the trip leaders arrive at the campsite mid-afternoon on Friday. Transportation, any activities you do at the park before or after our outing or away from a led group are on your own and not part of the Sierra Club outing.

Directions: 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: \$20 per person (non-refundable), covers Friday and Saturday night campsite costs. Kids 12 and under who are accompanied by their parent(s)/designated adult are free but must have reservations (see below). Participants will pay their own park entrance fees. Bring money for meals en route, the optional cave tour, kayak rental or other park services you may want. 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 outings leaders.

PRE-REGISTRATION and FORMS are REQUIRED for EVERY PERSON: Reservations will be accepted until Monday, April 22 or the trip fills, whichever occurs first. No "show-ups" or "walk-ons" may join the group. Space is limited so mail your reservations as soon as possible. Sorry, we accept U.S. mail or hand-delivered original forms only – NO faxes, scanned or electronic copies. (Our attorneys are sticklers about original signatures on the liability release form.) Youths age 17 and younger are welcome but must be accompanied by a parent or designated adult who will accompany them at all times.

To make a reservation, each participant must complete the two forms at the end of this trip description (Release of Liability and Medical Form). Parents/Legal Guardians must complete and sign both forms on behalf of their minor child(ren). A Medical Treatment Authorization & Consent form must also be provided for all youth participants who are under the supervision of a non-parent adult. (Contact the Trip Coordinator for more information).

Mail originals of all forms and your **check or money order payable to "Dallas Sierra Club"** to:

Liz Wheelan, 8820 Southwestern Blvd, # 1007, Dallas, TX 75206

Please contact the Trip Leader if you don't receive an email confirming your reservation after a week of when it was mailed. It's your responsibility to notify us before the trip if your medical information or circumstances change after you send in your trip forms.

Questions? Please contact:

Trip Leader: Liz Wheelan, Liz@dallassierraclub.org, 214.368.2306

Trip Co-Leader: Arthur Kuehne, arthur@akuehne.com, 214.608.3210

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. Rumor has it those wanting to complete the weekend in Texas style may meet up for a late lunch at the Loco Coyote Grill, a rustic barbecue haven reached by Somervell County Road 1004 in the middle of nowhere, 8 miles west of Glen Rose.

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

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.)

Food and Gear: This outing involves camping and hiking. A day pack will suffice for hiking, although you're welcome to carry a full pack if you want 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 a trip leader before departure to resolve questions you may have about gear. Bring a tent and ground cloth, sleeping bag, ground 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 spring 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 wear long pants, sturdy boots or hiking shoes. Flip flops, slip-ons, sandals or flat shoes are not suitable for park trails.

Bring meals and snacks for the entire time you'll be in camp and on the trail. Plan to cook on your stove. Individual fires may not be allowed. Keep in mind we'll have limited table space for cooking and 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 some food on 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, MUSIC PLAYERS, FIREARMS AND SMOKING 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 limited. There is a pay phone at the park office (no coins - collect or card calls only). 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: 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 one of 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.

Trip leaders are not medical professionals, even though trained for wilderness first aid. Participants are encouraged to bring personal first aid supplies and a basic knowledge of how to deal with emergencies. If you have medical training, let your leader know so that if you are willing, he or she can use your expertise. 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. 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.

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 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, light, 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 thirty-five years without serious injuries. If you're in reasonably good physical condition and select a trip 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.

We look forward to seeing you at Colorado Bend!



Please fill in this form as accurately as possible. It is essential for leaders to evaluate individual and group health needs as part of trip planning, and for use during emergencies. After reviewing this form, the leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history.

We will keep the information on this form confidential. It will be seen only by leaders, medical personnel, or others who know and understand its confidential nature. This form will be destroyed following the trip. If you choose not to go on the trip, this form will be destroyed immediately.

General Information

First Name: _____ Last Name: _____ Nickname: _____

Address: _____ Gender: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Email Address: _____ Date of Birth: _____

Height: _____ Weight: _____ Blood Pressure: _____ / _____ Resting Heart Rate: _____ bpm

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Secondary Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Evacuation and Medical Insurance Information

We strongly encourage you to have medical and evacuation insurance and to bring your insurance card or other documentation with you on the trip.

Evacuation Insurance	Medical Insurance
Company Name: _____	Company Name: _____
Policy Number: _____	Policy Number: _____
Contact Phone Number: _____	Contact Phone Number: _____

Allergies

Include medicines, foods, animals, insect bites and stings, and environment (dust, pollen, etc.). NONE

Allergy	Reaction	Medication Required (if any)

Medical History

Please list all prescription, over-the-counter, and natural medications you are taking. Use a separate sheet if necessary.

Medication Name	Dosage	Frequency	Side Effects (known & potential)	Reason for Taking

Do you currently have, or have a history with, the following conditions (explain in blank and use separate sheet if necessary):

- Yes No Respiratory problems, Asthma, Do you smoke _____
- Yes No Diabetes _____
- Yes No Gastrointestinal problems _____
- Yes No Cardiac problems, Hypertension _____
- Yes No Neurological problems, Seizures _____
- Yes No Vision or Eye problems _____
- Yes No Hearing problems _____
- Yes No Bone, Joint, Muscle problems _____
- Yes No Head trauma, Traumatic Brain Injury _____
- Yes No Substance Abuse, Anxiety, Depression _____
- Yes No If female: Are you pregnant _____
- Yes No Have you had an illness within the last 12 months _____
- Yes No Have you had surgery or been hospitalized in the last 12 months _____
- Yes No Have you ever had problems related to exposure to altitude _____
- Yes No Any other health complaint or medical issue that would affect your participation in this trip _____

If YES, please explain _____

Date of last tetanus immunization: _____ Date of most recent physical: _____

Physician's name: _____ Phone number: _____

Address: _____

Please have physician sign if your leader requires a physical prior to trip

Physician's signature: _____ Date: _____

The information provided here is a complete and accurate statement of any physical and psychological conditions that may affect my participation on this trip. I realize that failure to disclose such information could result in serious harm to myself and other participants. I agree to inform my trip leader should there be any changes to my health status prior to the start of the trip. I understand the outing may require vigorous activity that is both physically and mentally demanding in isolated areas without medical facilities. **I am fully capable of participating on this trip.**

Trip Name: Colorado Bend State Park Group Campout **Trip Dates:** April 26-28, 2019

Signature (required): _____ **Date:** _____

Print Name: _____

RELEASE OF LIABILITY

Outing: Colorado Bend State Park Campout	Date(s): April 26-28, 2019
Bus and Trip Leader: Liz Wheelan	Additional Leaders: Arthur Kuehne, Lynn Marple

Sign-In Sheet & 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.

Name (print clearly): _____

Signed: _____ 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: _____