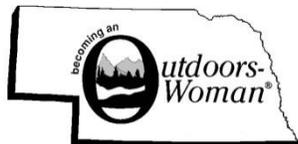


**Beyond Becoming an Outdoor Woman (BOW)  
Niobrara/Missouri River Kayak Weekend  
July 14 & 17, 2017**



Time to take your kayaking experience to the next level! This weekend is designed for ladies that have kayaking experience and are now ready for a new challenge, explore the rivers.

**Location:** Niobrara State Park

**Dates:** July 14 & 15, 2017

**Kayaking Fee:** \$65.00 – Registration will not be accepted until fee is paid in full.  
. After June 1, the trip will open to anyone

**Age Requirement:** Must be 18 years or older.

**Participant Restrictions/Deadlines:** **First time participants have priority until June 1.**

**NEW RESTRICTION:** After June 1, registration will only be open to past participants that have attended no more three years total since 2010.

**Agenda: (subject to change due to river quality)**

**Friday, July 14**

10:30 – 11:45 a.m. Check-in & set-up camp  
12:00 p.m. Eat provided catered lunch  
1:00 p.m. – 5:00 p.m. First kayak trip (Niobrara River)  
Night Supper at local restaurant  
*Meal cost not included in registration fee*

**Saturday, July 15**

9:00 a.m. (All day) Meet for Kayak trip #2 (Niobrara & Missouri River)  
*This will be a 6 hour kayaking trip. It will be physical!*  
Night Buffalo Cookout  
*Optional – additional \$12. Separate check payable to Niobrara State Park.  
Check must be sent with registration fee.*

**Sunday, July 16** Head Home

**Plans are subject to change at last minute due to weather or other natural Mother Nature occurrences (drought or flood). Everyone will be contacted immediately once a decision is made.**

**Prerequisites:**

**Kayaking experience is required for this trip.** There will be no kayaking instruction.

You will want to be in good physical condition. Start working arm and shoulder muscles to get into shape. Using a stretch exercise band will help. Do rowing motions to build kayaking muscles up. You will be carrying your kayaks and will be responsible for getting off/across sandbars. We will stay together as a group.

Participants will be required to pass an online kayaking safety course prior to the trip. A printed certificate of completion will need to be presented first day of event. Course website will be emailed once registration is received.

**Registration Guidelines:**

Registration is limited. Registration will not be accepted until fee is paid in full. First time participants have priority until June 1.

Past participants, please do not send in your registration until after June 1.

**Cancelations** – Registration fees will not be reimbursed after **June 18, 2017**. We will reimburse if the event is canceled due to Mother Nature.

**Lodging Options: (Lodging & camping fee not included in \$65.00 registration fee)**

- Camping spots have been reserved. Camping fee is not included in the \$65.00 registration. We do not provide camping gear. A group of electrical campsites in Niobrara State Park's main RV campground has been reserved for this event. The campground has picnic tables, fire ring, coin operated showers and drinking water. Cost to camp is \$22 per night. Tent campers may double up and split the cost per tent.
- Cabin availability is limited. Cabins are not included in the fee registration. Contact Suzanne Ridder (402)471-5566 for availability. Suzanne will make the arrangement and take payment.
- Hotels available in Niobrara (hotel cost and arrangements are on your own)

Whitetail River Lodge (Bed & Breakfast) (402) 857-3564	Two Rivers Saloon Hotel (402) 857-3340
Hilltop Lodge Motel (402) 857-3611	Mah-ko-chay Cabins Alan Kemp (605) 760-1272

**Meals:**

Breakfast : On your own

Lunch :

Friday – sack lunch at Niobrara State Park – provided

Saturday – sack lunch on river - provided

Sunday – on own

Supper:

Friday - Ole's Café in Niobrara ( bring money for supper).

Saturday – Buffalo Cookout at Niobrara State Park. - \$12.00.

*Indicate on the registration form if you are planning on attending the buffalo cookout. Send money for cookout on a separate check payable to Niobrara State Park for \$12.00.*

**Equipment Provided:**

Kayak, life jacket and safety whistle

*You may bring your own kayak – we are not responsible for damages or theft of personal kayaks.*

**What you need to bring:**

- Nebraska State Park Permit
- Snacks (healthy for energy) and bottled water
- Clothes for all weather types
- Allergy Medication, Inhaler, Anti Itch Cream, (If you have known allergies- bee/wasp/mosquito stings/bites, etc. be prepared – we run into almost everything!).
- Biking Gloves (gloves with fingers cut out to prevent blisters)
- Sunscreen
- Bug spray
- Sponge or water gun ( fun on the trip – help keep cool)
- Sunglasses
- Hat
- Watertight bags or boxes (Walmart and Sporting places sell these)
- Money for suppers
- Breakfast food

Instructors will email additional information closer to the event.

**Beyond Becoming an Outdoor Woman (BOW)  
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July 14 & 15, 2017**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Allergies or Food Restrictions \_\_\_\_\_

List your prior kayaking experience: \_\_\_\_\_  
(Kayaking experience is required for this trip)

**I plan to bring my own kayak and lifejacket**

*(NGPC is not responsible for damaged or stolen personal kayaks)*

**Have you participated in this event in past years?** YES: How many years \_\_\_\_\_ or NO

*Past participants – please do not send in your registration until after June 1.*

**My plans for lodging: (pay onsite – NOT part of \$65.00)**

- Camping
- Cabin *(not included in registration fee)*
- Hotel *(not included in registration fee)*

**I plan to attend the buffalo cookout on Saturday night.** YES or NO

*Include a separate check for \$12.00 written to Niobrara State Park. Advance payment sent with your registration fee is required. Money will not be accepted that day.*

By signing this, you understand that this trip will be physically challenging and you have prior kayaking experience.

Participants Signature: \_\_\_\_\_

Registration fee is due with this form. Your registration will not be included until check or paypal is received. Write the check to **Nebraska Game and Parks Foundation** for \$65.00  
May pay with paypal at [www.nebraskabow.com](http://www.nebraskabow.com) Send \$12.00 check for cookout with registration form.

Send registration form and Money to;

Nebraska Game and Parks Commission – BOW Program, Attn: Julia Plugge, 2200 N. 33<sup>rd</sup>,  
Lincoln, NE 68503

Nebraska BOW Participant Waiver and Assumption of Risk

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

In consideration for the participant, named above, being allowed to participate in any way in the hunting, shooting and outdoor skills activities conducted at the Nebraska Game and Parks Commission's Becoming an Outdoors-Woman Program, including using, or being around, archery equipment and firearms ("Activity"), which may present an open and apparent risk of harm to persons or property, **I, the undersigned, hereby acknowledge the existence of, and assume full responsibility for, all the risks associated with the Activity, both known and unknown, which may cause damage to property or personal bodily injury or death to the participant, even if arising from the negligence of the Nebraska Game and Parks Commission, to the fullest extent permitted by law.**

**Furthermore, I herewith agree to indemnify and hold forever harmless the State of Nebraska and the Game and Parks Commission, its officers, officials, agents and employees ("Released Parties") against loss from any claims, demands or actions that may hereafter, or at any time, be made or brought against the Released Parties on account of damages or bodily injury or death to the participant sustained in consequence of the aforesaid activity.**

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

X \_\_\_\_\_

Participant's Signature

Date

**Participant Allergy Information**

Please list all food/medications/materials/plants/stings that the participant needs to avoid.

Allergy 1	Type	Medication
<b>Notes</b>		

Allergy 2	Type	Medication
<b>Notes</b>		

Allergy 3	Type	Medication
<b>Notes</b>		

Please list any additional physical or medical issues that you would like the program staff to be aware of.

\_\_\_\_\_

**EMERGENCY MEDICAL AUTHORIZATION**

The medical information is correct to the best of my knowledge, and I am able to engage in all activities, except as noted by me. In the event of an emergency, I hereby give permission to a physician to hospitalize, secure proper anesthesia, or to order injection or surgery or other medical procedures required by the emergency situation.

I give consent for the Nebraska Game and Parks Commission (hereinafter, "NGPC") and/or their agents to provide medical attentions, transportation and emergency medical services as warranted by the circumstances.

I represent that I am in good physical condition and I am not aware of any disease or injury that would be aggravated or result in my being incapacitated or injured during any program participation except as designated herein.

Signature of Participant

Date