



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

# REGISTRATION FOR BOW WINTER WORKSHOP



This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

**REGISTER EARLY!**

**WORKSHOP SPACE IS LIMITED**

**906-293-5131 FOR QUESTIONS!**

**WHERE**

**BAY CLIFF HEALTH CAMP  
BIG BAY MI 49808  
(ABOUT 30 MILES NORTH OF MARQUETTE)**

**WHEN**

**FEBRUARY 22-24, 2019  
REGISTRATION 3-5 PM ON 2/22**

**COST**

**\$200 INC. ALL EQUIPMENT**

**CANCELLATION  
DEADLINE**

**JANUARY 4, 2019  
TO RECEIVE A FULL REFUND**

**Scholarship Application is available on our website [www.michigan.gov/bow](http://www.michigan.gov/bow)**

Print or type. Use separate registration for each person; photocopy for additional registrants.

Name:		You must be at least 18 years of age or older to attend this workshop
Address:		
City, State, ZIP:		Meals may contain – Meat, gluten and dairy
Telephone (daytime)	E-mail	
Long Sleeve Performance T-shirt <input type="checkbox"/> MENS <input type="checkbox"/> WOMENS		if you have a special diet please let me know so I can email you the menu for the weekend so you can bring supplements if needed
Long Sleeve Performance T-shirt <input type="checkbox"/> MENS <input type="checkbox"/> WOMENS		Release Name for Carpooling Purposes? Parking is limited in winter© <input type="checkbox"/> No <input type="checkbox"/> Yes
Long Sleeve Performance T-shirt <input type="checkbox"/> MENS <input type="checkbox"/> WOMENS		SIZES: Please circle one SM, Med., LG, XLG, 2XLG, 3XLG (available in men's only)

### CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Make check or money order payable to **“State of Michigan”** and send with completed and signed registration to:

**MICHIGAN DEPARTMENT OF NATURAL RESOURCES  
5100 State Highway M-123  
Newberry MI 49868**

You need to send in both your registration and payment to the office/address above. We are not able to take credit cards currently. Questions: [DNRBOW@michigan.gov](mailto:DNRBOW@michigan.gov)

### FOR DNR USE ONLY

751F0DBOW

Loc: S170



**Please return this with your check & registration form**

**Department of Natural Resources**

**Attn: Michelle - BOW**

**5100 State Highway M-123**

**Newberry, MI 49868**

Name		Telephone (during day) (    )	
Class descriptions are listed on our website <a href="http://www.michigan.gov/bow">www.michigan.gov/bow</a> . Be sure to read the descriptions thoroughly prior to making class selections, to determine your own physical abilities. Classes are rated according to their difficulty, and several have very limited class size.			
Roommates (randomly assigned unless specified) (please limit to 4 names – some rooms do have 7 beds but not many – if you have too many names you may have to be split up in order to accommodate everyone)			
Select and prioritize the <b>top (8) class choices</b> you would like to attend, <u>ranking from 1 to 8</u> , from <u>most</u> desired to least desired. The organizing committee will do its best to ensure that as many participants as possible are enrolled in their <b>top three (3) choices</b> .			
<input type="checkbox"/> Dog Sledding	<input type="checkbox"/> Self Confidence	<input type="checkbox"/> Wilderness First Aid	<input type="checkbox"/> Backcountry Cooking
<input type="checkbox"/> Ice Fishing	<input type="checkbox"/> Fish Identification	<input type="checkbox"/> Winter Shelters & Winter Camping <input type="checkbox"/> Sleeping in quinzee overnight? (optional)	<input type="checkbox"/> Hand & Power Tools
<input type="checkbox"/> Intro to GPS/ Geocache	<input type="checkbox"/> Basic Snowshoe	<input type="checkbox"/> Advanced Snowshoe	<input type="checkbox"/> Woods, wildlife & woodburning
<input type="checkbox"/> Perennial Gardening	<input type="checkbox"/> Intro to Winter Biking	<input type="checkbox"/> Archery	<input type="checkbox"/> Walking Stick
<input type="checkbox"/> Fly Tying	<input type="checkbox"/> Winter Bike Challenge (counts as 2 choices)	<input type="checkbox"/> Arrow Building	
<input type="checkbox"/> Cross Country Skiing Do you need skis? Y or N _____ Shoe Size _____ Height _____ Weight _____	<input type="checkbox"/> Skijoring		

## MUST BE 18 YRS OF AGE OR OLDER TO ATTEND

The Bay Cliff Health Camp is a **non-smoking, alcohol free facility** and features a sauna. Participants will need to bring their own personal items. Bathrooms/showers and rooms will be shared with other participants. Upon receipt of your registration and full payment, a confirmation will be sent via e-mail. Your class schedule along with a map of the area/class locations may be sent as late as two weeks prior to the workshop via email. **Demonstration equipment will be provided by the instructors, unless otherwise noted.**

### SUGGESTED ITEMS TO BRING FOR THE WEEKEND -

Bedding/pillow  
Bath Towels/Wash Cloth  
Shampoo/Soap  
Sunglasses/Sunscreen  
Chapstick/Lip Balm  
Hat/cap (bring an extra if you have one)  
Earmuffs/neck gaiter/headband  
Warm Winter Jacket  
Waterproof Pants/outdoor pants  
Short/Long sleeved shirts  
Wicking type shirts (if you have)  
Warm Winter Boots  
Socks - bring extra for layering  
(might bring a few light pairs as well)  
Slipper/camp shoes for inside  
Long/thermal underwear  
Gloves/mittens (bring an extra pair or two)  
Alarm Clock (battery or electric)  
Bathroom Cup  
**Flashlight or Headlamp** - for nighttime walking/activities  
Swimwear/Shower Thongs/Extra Towel for Sauna  
Earplugs (if you're a light sleeper - **dorm style rooms**) (we will have some on hand)  
Pen/Notebook - taking notes for some classes  
Winter sleeping bag & pad - if camping out overnight (Winter Shelter class)  
**WATER BOTTLE** - You need to keep hydrated while doing outside activities☺

**NOTE:** We encourage you to pack breathable, synthetic material clothing, socks and underwear for your weekend at Bay Cliff. Blue jeans are not a good choice when you are outdoors. Cotton tends to get wet (from sweat or wet snow) and lowers your body temperature, making you cold and uncomfortable. Find clothing that will not trap moisture next to your skin and you can layer so your skin can breathe. Ask experts at your local ski shop or sporting goods store for ideas or research "winter clothes" on the web. Numerous light layers are much better than two or three heavy layers. Be prepared to add or take off layers while taking part in your activities outdoors. Contact us if you have questions or concerns.

### OPTIONALS

Hand/or feet warmers (disposable)  
Binoculars/Compass/Camera  
Personal items/Kleenex/medications/toothbrush/hair dryer  
Deck of cards/books/games to share over the weekend!  
Money for gifts or purchases from the Bay Cliff store, for the Silent Auction and fashion show products!!  
If you have your own snowshoes or skis feel free to bring them but (please mark them in some way so they do not get mixed up with our rentals!!  
**\*\*FOLLOW THE ORANGE SIGNS** that say "**BOW**" and the map that will come with your registration packet to help guide you to Bay Cliff Health Camp.

**\*\*Agenda activities are subject to change prior to the workshop\*\***

**FRIDAY, FEBRUARY 22, 2019**

3 - 5 pm	Check in/Registration
3 - 5 & 7 - 9:00 pm	Laser Shot (Hunting Simulator)
5 - 5:30 pm	Welcome & Introductions
6:00 - 6:45 pm	Dinner
7 - 8:00 pm	Fashion Show with Downwind Sports
8 - 9:00	Participant led Book Read or Night Snowshoe Book: Dear Bob and Sue, traveling adventures through National Parks
8:30 pm	Bonfire - Sauna open Relax, take a hike, play a board game, star gazing

**SATURDAY, FEBRUARY 23, 2019**

8:00 - 8:45 am	Breakfast
<b>9:00 - Noon</b>	<b>SESSION I</b>
12:30 - 1:15 pm	Lunch
<b>2:00 - 5:00 pm</b>	<b>SESSION II</b>
5:45 - 6:30 pm	Dinner
6:30 - 7 pm	Check out Silent Auction items & bid
7 - 7:30 pm	Talk on Isle Royale ~ Frida Waara
7:30 pm	Silent Auction Final Bids in
7:35 - 8 pm	Silent Auction items passed out/money collected
8:30 pm	Bonfire - Sauna Open Relax, take a hike, play a board game, star gazing

**SUNDAY, FEBRUARY 24, 2019**

8:00 - 8:45 am	Breakfast
<b>9:00 - Noon</b>	<b>SESSION III</b>
12:30 pm	Lunch and Wrap-up Remarks