



2020 Empower Trek Registration

A life-impacting experience, Empower Trek is a charity challenge that connects female adults with our mission in a powerful and memorable way. Empower Trek is September 18- 20 and will be held at the Cadence Lodge in Wilmington, NY and is open to women, ages 21+.

Trek Fee: The Trek Fee is \$480 and includes two nights lodging at Cadence Lodge, two hot dinners, pre-packaged breakfast and lunch on the trail and a hot breakfast Sunday morning, custom designed Empower Camp programming sessions, a dry-fit long-sleeve Empower Trek shirt, a buff for each participant, park fees, and applicable local taxes. There is a [\\$100 non-refundable deposit due with this Registration](#). Deposits can be cash, check to 'Empower Camp,' paid via Venmo or PayPal.

Charity Challenge: As part of the experience, Trekkers will be asked to make a minimum commitment to fundraise \$320 for the Empower Camp Scholarship Fund which is the cost to send one young woman to our summer camp program. By giving back the gift of empowerment to young women in our community, it is our goal to add a driving PURPOSE to our hike. The fundraising goal is in addition to the Trek Fee. Fundraising will begin once your registration is accepted/completed, and we ask that you raise a minimum of \$320 by the start of the Trek Program.

Return completed Registration to info@empcamp.com or to Empower Camp, PO Box 231, Buffalo, NY 14207. For questions, contact Sarah Bachwitz, 716-906-2995 or sarah@empcamp.com.

Registration Process:

- (1) Complete this **Trek Registration Form**.
- (2) **Pay \$100 non-refundable deposit***. Pay via cash, check to "Empower Camp", Venmo or PayPal.
- (3) Start Fundraising! Each Trekker will have a goal to raise **\$320 for the Empower Camp Scholarship Fund**. We will provide you with support and guidance on setting up a fundraiser.
- (4) Remaining Trek balance due by **July 31, 2020**.

***Your registration for trek will not be accepted until this registration form is completed and returned AND the \$100 deposit is received.**

Other Important Information:

Trek Fees: The remaining balance of the trek fee is due on or before **July 31, 2020**. If payment is not made by this time, it is possible that you may forfeit your spot at Trek.

Refund Policy: Trek deposits are nonrefundable. Trek fees are refundable until August 1, 2020. After this time, no portion of the paid trek fee will be refundable. Additionally, no refund will be granted for late arrival, early departures, withdrawal, or dismissal from trek. Trekkers arriving late will not receive a prorated rate.

Arrival: The rolling arrival window for Trek is on Friday, September 18 from 3pm – 5pm. Please check-in with at the Cadence Lodge reception desk to obtain your room key. The program will formally kick off at 5pm.

Departure: The program will conclude on Sunday, September 20 by noon. Please do not plan to leave earlier than this time.

Carpooling: Please reach out to us if you would like to carpool. Please note that you carpool at your own liability and risk.

Medical Support: While Empower Trek has an RN on site 24 hours a day to provide first aid, Trekkers are still ultimately responsible for their own medical needs.

Physical Preparedness: While hiking experience is not a required pre-requisite for this program, trekkers should be in appropriate physical shape to take on this challenge both for their safety and enjoyment. Trekkers can expect to be on the trail for 8-12 hours and should be able to hike up to 13 miles including an elevation gain/loss of 3,000 feet. The trail we will be hiking will be communicated to you in Trek communication leading up to the program.

Contact Information: Feel free to call us at any time with any questions or concerns.

Sarah Bachwitz
Trek Director
(716)906-2995
sarah@empcamp.com

Cecilia Lima
Assistant Director
(716)706-9359
cecilia@empcamp.com



2020 Empower Trek Registration

Name: _____ Today's Date: _____

Street: _____ Town: _____

State: _____ Zip Code: _____ T-Shirt Size: S M L XL XXL

Birthdate: ___/___/___ Phone Number: _____ Email Address: _____

How did you hear about Empower Trek? Attended 2019 Trek Online Work
 A Friend _____ Other _____

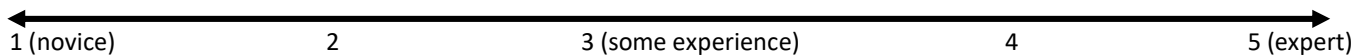
Empower Trek gives back to Empower Camp:

As part of the experience, Trekkers are asked to participate in the Charity Challenge to raise funds for the Empower Camp Scholarship Fund. Empower Camp is the primary program offered by our non-profit organization which exists to **ignite the inner power of young women, ages 13-18**. Attending summer camp provides these young women with the critical skills of building independence, confidence and being a part of a network of empowered women.

How much do you commit to fundraise? We ask each trekker to make a minimum fundraising commitment of \$320 which is the cost to send scholarship one young woman to attend our summer camp program.

My fundraising goal for Empower Trek is \$_____.

Hiking Experience: Rate your hiking experience on a scale of 1 (novice hiker) – 5 (expert hiker)?



Physical Preparedness: While hiking experience is not a required pre-requisite for this program, trekkers should be in appropriate physical shape to take on this challenge both for their safety and enjoyment. Trekkers can expect to be on the trail for 8-12 hours and should be able to hike up to 13 miles including an elevation gain/loss of 3,000 feet.

I confirm that I am in appropriate physical shape to take on the Empower Trek Challenge: Yes No

Exercise: Detail your current activity below -or- None

Activity	Frequency per week	Approx. time/distance	Intensity Level

Swimming Ability: Cannot Swim Can swim 200 ft Strong Swimmer

Why do you want to attend Empower Trek? (What do you hope to get from the experience?, What are you excited about?)

Tell us about yourself! (i.e. Favorite hobbies or interests, any nicknames, favorite food, TV shows, books, music, pets, etc.)



Empower Trek Medical History

Trekker Name: _____

Lodging/Nutrition:

1. Are you willing to share a room? [] Yes [] No *Note: There is an additional \$300 fee to book a single room.*
2. Roommate request: _____
While we cannot guarantee all requests will be granted, we will do our best to accommodate requests.
3. Please indicate any dietary restrictions, allergies or considerations: _____

Emergency Contacts: Who do you want us to contact in an emergency?

First Contact: _____ Phone: _____ Relationship to you: _____
 Alternate Contact: _____ Phone: _____ Relationship to you: _____

Medical History: Has/Does participant have....

- | | | | |
|---|--------|---|--------|
| 1. Recent injury or illness? | Yes No | 10. Physical/mental disabilities? | Yes No |
| 2. Chronic injury, illness or infectious disease? | Yes No | 11. Ever had an eating disorder? | Yes No |
| 3. Frequent headaches? Migraines? Head injury? | Yes No | 12. Ever had back or joint problems? | Yes No |
| 4. Been knocked unconscious? | Yes No | 13. Have any skin problems? | Yes No |
| 5. Wear glasses or contacts? | Yes No | 14. Bringing an orthopedic device to trek? | Yes No |
| 6. Pass out/dizzy during or after exercise? | Yes No | 15. Asthma? | Yes No |
| 7. Ever had seizures or convulsions? | Yes No | 16. Diabetes? | Yes No |
| 8. Ever had chest pains? | Yes No | 17. Mononucleosis in past 12 months? | Yes No |
| 9. Diagnosed with heart condition? | Yes No | 18. Emotional problem & sought professional help? | Yes No |

Explain "Yes" answers and describe anything we need to know about the participant's medical needs:

 # _____
 # _____

Immunization History:

1. Date (Month/Year) of your most recent tetanus immunization: _____
2. Have you completed the immunizations that were required for school attendance? Yes No

Medication: All medication required by the participant is their own responsibility at Empower Trek. Empower Trek is not responsible for dispensing medication to participants.

Paying for Health Care:

- There is usually no charge for first aid or health care provided by the Trek's Health Staff.
- You are financially responsible for healthcare provided by all other providers.
- If you will be using personal insurance while attending Trek, know how to access it and use it. Bring your insurance card
- I understand that Empower Camp carries liability insurance only and does not provide health insurance and that if I require medical care by a doctor or hospital, emergency service, prescription drugs, dental/orthodontic services and/or eye glass repairs, that I am financially responsible.

Authorization for Healthcare: This health history is correct. I am capable of performing the essential functions as a Trekker and participating in the program as outlined on this form. I understand that as an adult, I retain primary responsibility for managing my health status while at Empower Trek. I agree to inform Empower Camp of any changes that might impact my participation. I understand my health information will be used by the camp's health center staff in providing care to me and shared with camp staff on a "need to know" basis.

Signature of Trek Participant

Date



Commitment of Applicant

Your success in this program depends on your personal commitment to being an active, involved, and respectful member of the Empower Trek community. It is our expectation that you will attend the full trek session from September 18-20, 2020. I understand that the Trek Fee is \$480 and that the fee must be paid in full by July 31, 2020. Please make checks payable to Empower Camp, Inc. I understand that in addition to the Trek Fee, I commit to raising a minimum of \$320 for the Empower Camp Scholarship Fund which is due by the time Trek starts on Friday, September 18.

Signature of Trek Participant

Date

Release of Liability and Acknowledgment of Risk

I have chosen to participate in Empower Camp’s Trek (the “Trek”), which, among other things, involves camping and traveling out of doors, where participants are subject to numerous risks, environmental and otherwise. I understand that:

- the Trek is inherently hazardous, and I may be exposed to dangers and hazards, including some of the following: rapidly moving, deep, or cold water, insects, falling or rolling rock, lightning, avalanches, floods and unpredictable forces of nature, including weather which may change to extreme conditions without notice; and hypothermia, frostbite, sunburn, heatstroke, dehydration, and other mild or serious conditions;
- as a consequence of these risks, I may be subject to accidental injury, illness or in extreme cases, permanent trauma, disability or death, and possible loss or damage to my property or equipment;
- the Trek may occur in remote places, many hours from medical facilities, qualified medical care, and emergency medical evaluation.
- decisions are made by the instructor(s) and participants in a wilderness setting, based on a variety of perceptions and evaluations which by their nature may be imprecise and subject to errors in judgement. I am responsible for my own safety and for the safety of other members of their course.
- Empower Camp assumes no responsibility for providing medical care during the Trek, and I will have to pay for any medical care and/or evacuation that I incur.

Assumption of Risk. I hereby expressly agree, promise to accept and freely assume all the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with full knowledge of the inherent risks. I agree to be solely responsible for my own safety and to take every precaution to provide for my own safety and well-being.

Release of Liability. I hereby RELEASE Empower Camp and any of its employees, members, trip leaders, chapters, officers, directors, or agents from any and all liabilities, causes of action, claims and demands that arise in any way from any injury, death, loss or harm that occur to me or to any other person or any property during the Trek or in any way related to the Activity. I intend this release of liability to be as broad as permitted by applicable law, and to be effective whether or not any loss, damage, injury or death results, in whole or in part, from negligence of Empower Camp Trek, or any of its agents, employees, officers, instructors, guides, directors, trip leaders and/or members. I understand that negligence means a failure to do an act which a reasonable and careful person would not do, under the same circumstances, to protect himself/herself or others from injury or death.

I understand that Empower Camp discourages consumption of alcohol on this trip, due to the nature of the activity. I state that I do not intend to consume any alcohol while on this trip, and that any harm that may come to me if I do consume alcohol will be solely my responsibility, not Empower Camp’s.

Photo Release. I understand that during the Trek I may be photographed or videotaped. To the fullest extent allowed by law, I hereby give to and grant Empower Camp the unrestricted right and permission to use and publish any and all photographs and/or videos which its employees, assignees, licensee, or representatives may have taken of me for any purpose whatsoever, including (but not limited to) illustration, program promotion, publicity, and advertising, in any for, without restrictions, and for any purpose. I hereby release Empower Camp Trek from any and all claims and causes of action arising out of use of said photographs and/or videos of me, including any and all claims of libel.

I have fully informed myself of the contents of this agreement by reading it before signing it. No oral representations, statements or other inducements to sign this release have been made apart from what is contained in this document. I understand this is a contract that affects my legal rights and I sign it of my own free will.

Signature of Participant: _____

Printed Name: _____ Date: _____