



Oklahoma 4-H Hike for Change

Are you ready to make a change? Join us **Saturday, April 24th, 2021** on the scenic Bison Pasture Loop Trail in the Chickasaw National Recreation Area. 4-H members from across the state will be coming together to explore, discover, and learn at the 2021 Oklahoma 4-H Hike for Change.

This event is open to **current enrolled 4-H members ages 8-18**. Registration is \$15 per person (includes lunch and a shirt) and \$45 max per family. A percentage of every participant's registration will go to support the Children's Hospital Foundation through the state service project, Change for Change. To ensure the absolute best experience for the kids involved, we ask that each participating county bring at least one adult volunteer or Extension educator. Activity insurance will be provided for this event.

New for 2021- There will be a hike from home option. If you cannot attend on April 24th, please consider hiking from home. By sending in your registration form and fee, you will receive a t-shirt (mailed to your home) and are asked to complete a 3 mile hike or walk and send in a short video clip of your hike/walk.

We will meet at 9 A.M. in the parking lot of the Murray County Extension Office in Sulphur, Oklahoma before driving together to the entrance point. Groups will hike together halfway around the loop trail and then stop for lunch and a brief educational/recreational program before hiking the rest of the way back to the entrance point. Plan for release around 2:30 P.M.

COVID-19 Guidelines

Social distancing, face masks and county/family grouping will be implemented to ensure the safety of all participants. Please bring a face mask for everyone in your group! Please make sure to bring completed health forms with you (youth and adult). Forms can be found at: <https://4h.okstate.edu/educators/forms-and-applications/index.html>

What to pack:

- Sunscreen -Comfortable Walking Shoes -A face mask -Health Forms
- sanitizing stations will be available

(PLEASE FILL IN THE REQUESTED INFORMATION BELOW)

Name: _____ Age: _____ County: _____

Address: _____

Email Address: _____

Phone Number: _____ Shirt Size: Adult sizes only: ____

Please choose one: **4-H member** **Adult**

Hiking live or hiking from home (Choose one): **Live** **Hike from home**

Extension Educator's Signature: _____ Date: _____

Registration and payment due April 9th, 2021. Mail to the address below:

JOHN HOLMAN, MURRAY COUNTY EXTENSION OFFICE, 3490 OK-7, SULPHUR, OK 73086