

WOW Event FAQs

Lake Metigoshe State Park

September 13-15, 2024

What is WOW?

Wild Outdoor Women events are primarily for ladies ages 16+ looking to learn or improve upon various outdoor recreational skills in a safe, hands-on setting. WOW also creates an opportunity to try out gear and equipment related to various outdoor recreational activities. Ladies travel from all over the region to attend this event, making it a great place to meet other outdoor enthusiasts.

How and when do I register?

Registration will open on August 5, 2024 at 12pm via <https://bit.ly/LMSPShowClix> and will close September 4, 2024 at 11:59pm unless sold out. Participants register online by purchasing tickets that represent the number of sessions and activities for which you want to participate in addition to optional lodging and meal options.

How much does this event cost?

It depends upon how many sessions for which the participants register. Most sessions are either two hours or three and a half hours in length. Registration fees are determined by factoring in overall costs affiliated with planning and hosting this event. The base cost for a two-hour session is \$25, the three and a half hour sessions are \$35. Fees are increased with additional costs.

Are meals included?

Optional meals include Saturday's breakfast, lunch and supper as well as Sunday's breakfast. These meals will be served out of the Lake Metigoshe State Park Dining Hall, located near the entrance of the park. Those interested in meals need to purchase a ticket to represent the meals in the registration process. Meal prices are listed with associated tickets. Anyone interested in or needing to bring their own meals due to dietary restrictions can do so as there is a refrigerator, freezer and microwave to utilize onsite. Please have all your food items/containers labeled with name and date. For additional information on where to eat in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com>.

What are the options for lodging?

The Lake Metigoshe State Park dorms facilities will be available for the upcoming event at the rate of \$12/night. Those interested in staying within the dorms need to purchase a ticket to represent the night(s) lodging, in the registration process. For additional information on where to stay in the Bottineau-Lake Metigoshe area, please visit <https://bottineau.com>.

Do I have the option to camp?

To make onsite campsite reservations at Lake Metigoshe State Park, please call 1-800-807-4723 or visit <https://reserveNDparks.com>. Modern (electricity and water) and primitive (no electricity or water) campsites will be available for \$20-\$25/night and \$15/night respectively. Reservations should be made prior to the event. Comfort stations will be open and available for those looking for restrooms and/or showers throughout the event weekend. Comfort stations with flushing toilets, sinks and showers are located adjacent to the kitchen/dining hall and dorms and within the modern campground loops. The comfort station near the beach, having flushing toilets and sinks, may be available.

How do I know what to expect for the activities?

All activities have a description that includes a fitness level rating. Descriptions also indicate as to if the activities are indoors, outdoors or both. Activity fitness levels include Easy, Moderate and Arduous. Some activity ratings may vary as they depend upon the level you choose to do them, an individual's physical condition or the trail or activity may vary in difficulty throughout the session itself. In addition, participants can establish how to dress for their activities by the indication of where each activity takes place within its description. Descriptions are tied to each ticket description on ShowClix and are also included in the full registration booklet.

What is the cancellation policy?

All sales are final, no exceptions. If you have registered, but are no longer able to attend, you are able to send a replacement as long as prior notification is given AND necessary liability waivers have been completed and sent back via email to aschimetz@nd.gov prior to **Wednesday, September 11th at 5pm**. Any participants that do not attend will waive their full registration amount. If, for whatever reason, Lake Metigoshe State Park needs to cancel a portion of the event or the event in its entirety, refunds will be provided.

Is there event insurance?

Any optional insurance that was purchased through the registration process is between registered participants that opted for it and the insurance company; LMSP/WOW is not involved with processing any optional insurance claims or affiliated documentation. To get information, please visit their website at <https://help.requestmyrefund.com/general/>; it does route you to a list of covered scenarios, exclusions and provisions.

Is there a North Dakota State Park entrance fee?

Entrance fees apply to all motorized vehicles that enter any North Dakota State Park. Entrance fees are \$7/vehicle/day, annual passes are available for \$35 and family passes (two for those in same household) are \$55; all 2024 annual permits are valid through April 30, 2025. Annuals are available onsite or via <https://bit.ly/NDPRDEntrance>. **Thanks to Souris River Telephone (SRT) and our local Starion Bank, WOW participants will get their entrance fees waived while they are here for this event.** Please be prepared to indicate the days for which you be at Lake Metigoshe State Park, if you already have a 2024 annual permit or if you are riding with someone in their vehicle.

Where do I go upon arrival?

Since participants can register to the participation level they choose, participants are coming and going all weekend long. There is not a standard check-in process. Simply go to the meals, activities and lodging locations for which you registered during the scheduled times. Lists representing all activities, meals and lodging will be displayed in the dining hall for reference all weekend long.

How do I know where to go for the activities for which I am registered?

Activity locations will be communicated to registered participants prior to the event via email – please provide the email address you plan to reference for event information and announcements within the registration process. It is crucial for registered participants to check their email, including junk or spam folders, to ensure emails are received. Most of the sessions will take place within the state park boundary but may require a short drive. A few activities will meet and take place outside of the state park, requiring a bit longer drive (up to 10 miles). Activities that take place more than one mile outside of the state park indicate the location and distance within its activity description. A map of the state park

can be found at <https://bit.ly/LMSPmap>. If there are any further questions as to where the locations are once they are announced, please contact aschimetz@nd.gov prior to the event as it may be difficult to find staff during the event.

What if weather becomes an issue?

Should weather forecast not be ideal, the event will go on to the best of its ability. What's a wild outdoor woman that can't take a little rain and/or cold? Please plan and pack appropriate gear as well as a positive attitude for this North Dakota outdoor event.

What should I plan to bring?

Items to consider bringing include confirmation and emails to reference, camping chair, lip balm, sunscreen, various clothing layers to adjust to changing weather conditions, ball cap, sunglasses, bug spray, good hiking shoes and any gear described within activity descriptions for which you are registered. Everyone staying within the LMSP dorms need to bring their own bedding as well as towel, wash cloths and personal toiletries. Ear plugs and slip-on shoes come highly recommended for those staying in dorms. Participants are asked to carefully read activity descriptions to reference valuable information related to items to bring and/or what to wear. Most gear and materials are provided unless otherwise noted in activity descriptions. Although items such as field guides, binoculars, life jackets, etc. will be available, ladies are welcome to bring their own should they feel more comfortable.

Can registered participants bring their own gear?

Participants are welcome bring their own gear to the sessions for which they are registered unless otherwise stated – please read session descriptions carefully. Participants are welcome to bring their own items to include, but not limited to, fishing rods, life jackets, kayaks, field guides, binoculars, bikes, etc.