

## WHAT PARTICIPANTS ARE SAYING ABOUT IOWA'S BOW PROGRAM:

"Knowledgeable instructors, friendly and patient!"  
48-year-old student

"Enjoyable! Nobody makes you feel like a dummy."  
47-year-old accountant

"This year I brought two friends and it was great to see them enjoy BOW as much as I do!"  
40-year-old occupational therapist

"I learned new skills and had a stress-free weekend."  
30-year-old chemist

"My favorite part was being with a large group of women, meeting new people, close-knit feeling."  
24-year-old genetic researcher

"Relaxing and fun!"  
25-year-old student

"Will try to get others to come in the future."  
64-year-old business manager

Other outdoor skills camps/workshops available through the DNR include:

**Outdoor Journey (OJ)** for girls 12 to 15 years of age

**Hunting and Conservation Camp (HACC)** for boys 12 to 15 years of age

**American Wilderness Leadership School (AWLS)** for teachers and outdoor educators

Visit our web site at [www.iowadnr.gov](http://www.iowadnr.gov) and click on "camps and workshops" for more information on these and other educational opportunities.

Iowa's Becoming an Outdoors-Woman program is sponsored by several of local and national organizations in partnership with the DNR. To learn more about the International BOW program go to [www.uwsp.edu/cnr/bow/](http://www.uwsp.edu/cnr/bow/)



IOWA DEPARTMENT OF NATURAL RESOURCES

502 East 9th Street  
Des Moines, Iowa 50319-0034  
515-281-6159

#### Equal Opportunity

Under Title VI of the 1964 Civil Rights Act, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title IX of the Education Amendments of 1972, federal regulations prohibit discrimination on the basis of race, color, national origin, or handicap. If you believe that you have been discriminated against in any program, activity, or facility as described above, or if you desire further information, please write to, Director, Iowa Department of Natural Resources, Wallace State Office Building, 502 E. 9th St., Des Moines, IA 50319-0034

# BOW

BECOMING AN OUTDOORS-WOMAN



[www.iowadnr.gov](http://www.iowadnr.gov)

## HISTORY

The Becoming an Outdoors-Woman program began in 1991, offered through the University of Wisconsin-Stevens Point. The first workshop, held near Tomahawk, WI, filled to capacity. Since then, more than 40 states, several Canadian provinces and New Zealand have adopted BOW. Each year, more than 80 weekend-long workshops are held all across North America attracting more than 20,000 women. The workshops introduce women to a variety of activities equally balanced between hunting and shooting, fishing, and non-harvest sports like canoeing and camping. Iowa held its first workshop in 1994 at the Springbrook Conservation Education Center near Guthrie Center and continues to hold an annual workshop each fall at the same facility. Iowa's workshop attracts women from all around Iowa as well as other states. Women range in age from 18 to 80 with the majority between 35 and 55.

## AGENDA

Women choose from more than 20 different skills classes which may include basic fishing, muzzleloading, fly fishing, birdwatching, archery, nature photography, beginning shooting, basic motor boat skills, orienteering and map reading, GPS, kayaking, canoeing, camping, Dutch oven cooking, dog handling, backpacking and much more. Participants arrive midday Friday and stay on-site through Sunday noon. BOW participants are also treated to a variety of evening entertainment, speakers and more. Each year, Iowa's workshop receives outstanding reviews by participants and interest in the program continues to grow.

## FACILITY

Springbrook Conservation Education Center is located an hour northwest of Des Moines, in Springbrook State Park. The diverse habitats and activities available at the facility make it an ideal location for this program.

## LODGING

Lodging is in modern, air-conditioned/heated dormitories with eight people per room. Bedding and towels are provided, with shower and lounge facilities in the dorms.

## TO REGISTER

Registration information and forms are available through the DNR web site at [www.iowadnr.gov](http://www.iowadnr.gov) (click on "camps and workshops"), by calling 515-281-6159 or e-mailing [julie.sparks@dnr.iowa.gov](mailto:julie.sparks@dnr.iowa.gov)

## COST

The workshop fee covers instruction, program materials, use of demonstration equipment, lodging and all meals. A limited number of scholarships are available to first-time participants, with preference given to full-time students, single-parent households and Iowa residents.

**Becoming an Outdoors-Woman (BOW) means becoming more competent, more confident and more aware. BOW is an outdoor skills program that offers women a chance to EXPLORE, LEARN AND GROW.**

