

2009 Davis Mountains Fitness & Training Camp

ACTIVITIES

Camp activities are divided into six categories: Run/Walk, Hiking, Bike, Swim, General Fitness and Everything Else. The following sections provide a more detailed explanation of each activity contained on the composite schedule. Updates and changes to this schedule will be posted on the announcement board in the dining hall.

RUNNING & WALKING

Adventure Runs/Walks/Power Walks

All runs/walks will leave from the Hitching Post (HP) outside of the office. Each morning, runners (and those who would like to take a shorter walk along the same route), led by Roger Boak, Keith Dowland and Celeste Hamman, will have runs/walks of varying distances. Cool morning temperatures may warrant bringing warm clothes for the bus ride out and/or back. Water will be provided at the end of each organized run.

6:30am Monday, Adventure Run, Alpine (Musquiz) Canyon (by bus) Back after one year hiatus. A must do and favorite scenic run. The only way I know to start the day as well as the week. Variable distance runs up to six miles.

6:45am Tuesday, Cook Flats Trail Run (Running with the Buffaloes) Meet at the Hitching Post for a run on Sproul Road to the Cook Flats. It is a dirt road that eventually turns into a Jeep trail. Up to 15 miles long, round trip, for some. Perhaps as little as 2-4 miles round trip for others.

6:30am Wednesday, Morning Tempo Walk (Nurses Station) Join Celeste for this favorite crisp paced, brisk and challenging walk from McDonald's Observatory Visitor Center to top of hill and back. Celeste will work out the logistics of getting campers to the Visitor Center. Lasting 1-2 hours and approximately 4 miles.

6:30am Wednesday, Run on your own or Observatory Challenge No bus ride today. Leave the ranch, go left or right and turn around and come back. If you dare, accept the "Observatory Challenge." Run from Ranch to the Visitor's Center (UPHILL!) or vice versa. Staff will coordinate carpools. About 10 miles.

6:30am Thursday, Wild Rose Pass Run (by bus) This run is starting to be a favorite of several campers. It is a local landmark, so stop at the top and check it out. It's a nice hill climb. This route was part of Wednesday's Bike Ride; view it up close and personal. Variable distance runs up to six miles.

6:15am Friday, Madera Canyon A beautiful run with breathtaking scenery. There is one small hill and one large hill (which, hopefully, the bus can get back over). This adventure run is one of our favorites. This classic run has another option with a new spectacular 1.5 mile single-track run/hike from picnic area. Visit with Roger or Keith for more Information.

6:30am Saturday, Traditional Last Runs Run or walk on your own or in a group of your own making. Old stand-by favorites for past campers include **The Switchback Sunrise**. One last Davis Mountain sunrise and watch it come up from the State Park overlook!

Running Seminars/Workouts/Events

2:30 – 3:30pm Monday, The Lydiard System (Lodge Meeting Room) Join Roger and Keith as they discuss their own takes on the system created by Arthur Lydiard, a legend. Who provided the world with theories of Coaching.

2:30pm – 3:30pm Tuesday, Core Strength for Runners (Pool Lawn) An essential and under-appreciated part of training for running smoother and faster with fewer injuries.

5:00 – 6:30pm Wednesday, Trail Run Join Keith and Roger and work your lunch off and increase your dinner appetite with a trail run. Some call it a trail; others call it a pile of rocks. You will come back with a different attitude on trail running. See what this running team has mapped out today.

2:30 – 3:30pm Thursday, Crash Training (Lodge Meeting Room) Learn what to do when you absolutely and positively have to get in shape overnight. Bring your questions such as, “How can I run forever, stay healthy and still keep my legs and other parts of my body in working order?”

11:00 Friday, Cow Pasture Relays (Polo Field) A cowboy track meet/relays which was resurrected from the old favorite Alpine Games and Relays.

Videotape Form Analysis

3:30pm – 4:30pm Monday, 11:00 – 12:00pm Tuesday & Thursday, Videotape Running (Hitching Post) Come get your running style videotaped. See what you look like to the rest of us. There will be a signup sheet posted by the dining hall to set up individual appointments. Taping will be done in the mornings with play back and analysis immediately afterwards or when time permits.

4:30pm – 5:30pm Monday, 12:00 – 1:00pm Tuesday & Thursday, Run Video Playback & Analysis (Dining Room) See yourself running on tape and gain some insight on running form. One frame of video is worth a thousand words.

HIKING

All hikes meet at the Hitching Post. Some hikes are on land that is not available to the general public. We have negotiated use for campers this year, thanks to Michael Schramm. It is very important that we do not litter and that we remain on established trails/roads at all times. Because of the need to plan various fee payments and lunch schedules, you must sign up for MOST hikes the night prior to that hike at dinner. Several of these hikes have limits on the numbers of campers that can go.

(Note: the return time for hikes is a wild guess.)

Special Note from Hike Staff: Not all of the trails are rough and strenuous. Trail shoes or light boots should be adequate footwear. There is continuous exposure to sun at 6000ft. and we recommend long sleeve shirts, loose-fitting clothes and a hat with a brim all the way around to cover the ears and neck. Sunscreen is suggested for all exposed areas. Shorts will be OK in that little brush should be encountered. Bring water, plus a sport drink for all the long hikes. You also might want to bring an energy bar or energy gels. Early hikers will be able to grab stuff for breakfast in the dining hall prior to departure. If you would like to learn more about a particular hike, please ask our Hike Leader, Michael Schramm. Sign up is required and each hike has a limit. Except for Primitive Area each hike has a limit.

8:30am Monday, Primitive Area This is a chance to explore undeveloped nature in the hills above Limpia Creek. Hikers will depart on the bus, but hike back to camp. Lots of natural wildlife and plants to keep you entertained for approximately 3 hours.

8:00am Tuesday, Wolf Den Canyon Hike Arrive at 7:45am for vehicle assignment & roll out 8:00am sharp. On the Davis Mountains Preserve of the Nature Conservancy the Wolf Den trail goes 1.9 miles to the closed end of a box canyon. The last third of a mile is a steep trail climb out of the canyon to Crest Trail where great overlooks can be appreciated. We traverse the Crest Trail on Crest Ridge for 1.3 miles to connect with Road Canyon road. We then descend into Road Canyon and hike 2.8 miles on fire line road that connects to Madera Canyon Road. On Madera Canyon Road we hike ½ mile to our vehicles. This hike is classified as strenuous. Hike is limited to 30 hikers and sign-up is required. BRING A SACK LUNCH. Total time away from camp is approximately 5-7 hours.

7:45am Thursday, Historical Site Hike (Old Fort Davis) Start at Davis Mountain State Park Interpretative Center and hike over the mountain to Historical Fort Davis. You will be bused to the Park and back from the Old Fort. Bring a snack. Duration is approximately 3 hours. This has been a treat for many campers; I know you will enjoy it. Perhaps you may be able to talk the driver and hike lead into getting some Ice Cream afterwards.

8:30am Friday, Hike at CDRI Meet at the hitching post for vehicle transport to the Chihuahuan Desert Research Institute on the road to Alpine. Institute employee James Saunders, an interpretive guide, will hike with our group to present information about flora, fauna, indigenous cacti and local geology. This hike will cover about 2.6 miles and will descend into a canyon with unique geology and a spring. The hike is limited to 25 hikers and is classified as moderately strenuous. We will be back at the ranch for lunch. Hike duration 3-4 hours.

CYCLING

ALWAYS WEAR YOUR BIKE HELMET. YOUR SKULL WILL THANK YOU FOR CARING (and we won't have to clean up the mess).

Development of Cycling Skills

3:00-5:00pm Sunday, Bike Fit (Dining Hall Porch) On the lawn during registration. We will fit you to your bike to better meet your cycling needs. Whether you want comfort or speed for performance, the bike staff will give you new options to consider. Make sure your bike is ready to go for the week! Bring your helmet and shoes

2:00-3:00pm Monday, Cycling Basics Refresher (Hitching Post). Review the basics of cycling: how to properly fit your helmet; cycling clothes and shoes; proper way to cleat and un-cleat, seat height, where to put your hands, shifting, etc. Learn basic cycling terminology - ever wonder what a pace line or peloton is?

2:30-5:00pm Monday, Hill Climbing and Cadence Clinic (Pool Lawn) First a short lecture, then head for a hill for actual practice. Staff members will ride with you to teach you good cadence and hill climbing technique, with the goal of making you more efficient.

3:00-5:00pm Monday, Flat Tire Changing Clinic (Dining Hall Porch) Bring your bike and receive tips on how to remove your wheels, change a tire/tube, emergency fixes and what you should carry with you on rides. You need to know this stuff!

4:30-5:30pm Tuesday, Gear Shifting Refresher (Hitching Post) Ever wonder what all those gears are for and when they should be used? If so, this class is for you. Learn how to determine what the proper gears are for any terrain, road, and wind condition in addition to your own conditioning.

8:00am Wednesday, Pace Line Basics (Hitching Post) Pace lines are great for going faster and becoming less tired. Skill is required to do so safely. First, attend a short lecture before you start the Balmorhea-Boy Scout Ride. During this clinic, you will be given the preliminary information on how to draft someone and how to participate in a pace line. After the lecture and the rider meeting, ride as a group to the tee at Highway 17, then form the pace line, receiving instruction as you go.

Organized Rides - General Information

Organized rides include some level of support by the cycling staff. Most rides are sagged with support vehicles. Rides over 50 miles and selected shorter rides have water stops that include water, electrolyte powder, fruit, and snacks.

Many rides will have turn-around/gate times. You must depart the checkpoint/gate or turn around and head back on or before the gate time in order to continue to receive bike staff support. The times will be announced at the Rider Meeting.

All rides start at the Hitching Post unless noted.

Rider meetings will start 10 minutes before the ride start time. These meetings are very important for you to attend and receive information about the route, road conditions, hazards, construction, and support (water stops, sag vehicles, riders, gate timing). The meeting leader will be available for questions.

Please sign up for all rides and water stop support. Sign-up will be at the Dining Hall entrance at the evening meal before the ride.

Organized Ride Descriptions

8:30am Monday, Boy Scout Cutoff Road Out and Back

Distance – 60 miles

Description – Go through the pretty canyon that you just drove your car through on the way to camp, climb up to Wild Rose Pass, then on to the cutoff road. This ride is generally downhill out and uphill back.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 toward Balmorhea - don't go into Ft. Davis. Turn around when you get to the cutoff road to Boy Scout Ranch.

Water Stop – Boy Scout Ranch Cutoff Road (30 miles), Wild Rose Pass (42 miles). The water stop at Wild Rose Pass is not expected to be open on your way out.

9:00am Monday, Wild Rose Pass Out and Back

Distances – Up to 36 miles

Description – Ride through the canyon and on to the top of Wild Rose Pass. Since this is an out and back ride, you can ride whatever distance you would like up to 36 miles by turning around before the Pass. There are several rest stops on the left as you approach the Pass.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 - don't go into Ft. Davis. Stay on 17 until you turn around.

Water Stops – Wild Rose Pass (18 miles)

9:00am Monday, Ft. Davis Out and Back/Ft. Davis Tour

Distance – 12 miles

Description – Also known as the “Save Your Legs for Scenic Loop” Ride. Ride to town and back. This ride is appropriate for both Skinny-tired and Fat-tired bikes. If you like, after you arrive in town, stay for the town tour on the mostly hard packed dirt roads. You'll easily be back to the ranch in time for lunch. Caution to those riding road bikes on the Ft. Davis back roads: many of the roads in Ft. Davis are hard packed dirt and are not paved. They SHOULD be okay - make your own decision whether to ride them or not.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn right/south where 118 joins Highway 17. Turn around or congregate at the Limpia Hotel for the tour.

Water Stops – None

7:45am Tuesday, Scenic Loop

Distance – 76 miles – for advanced/experienced riders only

Description – Ride the famous Scenic Loop. Those doing this extremely challenging ride (equivalent to a 100 mile ride) will need to grab breakfast early. Start by pedaling in the Mountains, up past the Observatory, on to Madera Canyon and then to Bear Mountain. Have lunch at the cutoff road to Valentine, and then ride the flatter desert backside past Bloy's Camp and on to the Point of Rocks. Go through Ft. Davis then back to the Ranch. If you like, stop in Ft. Davis for ice cream.

Directions – Turn right at the Ranch gate onto Highway 118. After ~24 miles, turn left onto Highway 166 – don't go straight on 118 to Kent! Stay on 166 until it intersects Highway 17. At that intersection, go straight/north – don't go to Marfa. Bear left when Highway 118 joins 17. After you go through Ft. Davis and past the Historic Fort site, turn left on Highway 118 and on back to the Ranch

Water Stops – Bear Mountain (34 miles), Valentine Cutoff Road (lunch) (45 miles), Point of Rocks (59 miles). No water stop at Madera Canyon (19 miles)

10:00am Tuesday, Point of Rocks

Distances – Up to 35 miles

Description – Ride to the Point of Rocks Park, also known as the Rock Pile. Generally flat, with a steady, low-grade climb from Ft. Davis to the park. You can ride whatever distance you would like up to 35 miles by turning around before you get to the Point of Rocks. One possibility is to turn around at the 166/17 intersection for a 17 mile ride.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear right and stay on 17 toward Marfa. Don't bear left on 118 to Alpine. At the next intersection ~8½ miles from the Hitching post, take Highway 166. Don't veer left on 17 to Marfa. The Point of Rocks will be on your right.

Water Stops – Point of Rocks. CAUTION: Depending on your speed, if you leave earlier than 10am, the water stop may not be set up when you get there.

Balmorhea Rides: General Commentary Before you leave the ranch, put your bag (swimsuit, fins, goggles, towel, money, change of clothes, etc.) on the bus. The bus should arrive at the park before you. If not, swim naked. After your ride, have your bike trailered back to the ranch, unless of course you want to bike back (unsupported). There will be a picnic lunch at the State Park. Possibly before and definitely after lunch, enjoy activities and/or relaxation at the pool. Catch a bus back to the Ranch – see Schedule for times

8:00am Wednesday, Balmorhea with Boy Scout (bus/trailer back)

Distance – 58 miles

Description – This is a combination of the Balmorhea and Boy Scout Rides. Ride toward Balmorhea. When you get to the cutoff road to the Boy Scout Ranch, turn left onto it and pedal to the Boy Scout Ranch entrance. Reverse course. When you arrive again at Highway 17, turn left and cycle up and over those two wonderful hills then pretty much flat all the way to the Park.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 to Balmorhea - don't go into Ft. Davis. After ~30 miles, turn left at the cutoff road to the Boy Scout Ranch. Turn around at the Ranch entrance back to Highway 17, and then turn left. Proceed into the park past the guard shack. No need to stop there – they count us going in. Ride to the back of the parking lot where the bikes will be trailered

Water Stops – At the cutoff road to Boy Scout Ranch (30 miles, 52 miles). No water stops at the Boy Scout entrance. The water stop at Wild Rose Pass is not expected to be open when you pass that point.

9:00am Wednesday, Balmorhea (bus/trailer back)

Distance – 36 mostly downhill miles

Description – This classic ride is a high point in the week for many campers. Many newcomer and/or novice riders pleasantly surprise themselves by doing this ride. You will cycle from the Davis Mountains to the low altitude desert oasis - the San Solomon Springs of Balmorhea State Park.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 to Balmorhea - don't go into Ft. Davis. 17 makes a right hand turn just before the Park, which you will see on your right. Proceed into the park to the back of the parking lot where the bikes will be trailered for the ride back to the ranch

Water Stops – Wild Rose Pass (18 miles) and the cutoff road to Boy Scout Ranch (30 miles)

Wednesday, Wild Rose Pass to Balmorhea (bus/trailer back)

Distance – 18 mostly downhill miles

Description – Not up for a 30+ mile mostly downhill ride? Then consider starting your ride at Wild Rose Pass and ride the second half of the Balmorhea ride. See Balmorhea Ride description above for more details

Directions – **by 9:00am** – Leave your bike on the pool lawn so the bike staff can put it on the trailer. **9:30am** – Bus and loaded trailer leave for Balmorhea. **~10:00am** – Rider Meeting, followed by ride to Balmorhea State Park, all on Highway 17.

Water Stops – Wild Rose Pass (0 miles), the cutoff road to Boy Scout Ranch (12 miles)

8:30am Thursday, Alpine Out and Back

Distance – 60 miles

Description – This ride returns after not being offered last year due to road construction. Ride from the ranch through Ft. Davis, past the entrance to the Chihuahuan Desert Research Institute (CDRI) down into beautiful Musquiz Canyon, past Miter Peak, then on to Kokernot Municipal Park in Alpine, where you turn around and go back to the Ranch

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear left and stay on 118 to Alpine. Don't bear right on 17 to Marfa. Proceed into Alpine. Turn left at Stockton Street and proceed to the Park. The turnaround and water stop will be on the south end of the park.

Water Stops – Kokernot Park/Alpine (30 miles) (Turn left at Stockton Street), Miter Peak cutoff road (40 miles). The water stop at Miter Peak is not expected to be open on your way out.

9:00am Thursday, Miter Peak Out and Back

Distances – Up to 39 miles

Description – Ride from the ranch through Ft. Davis, past the entrance to the Chihuahuan Desert Research Institute (CDRI) down into beautiful Musquiz Canyon to the cutoff road to Miter Peak. If you want to add a few more miles, you can ride in and between to the Girls Scout Camp at the base of Miter peak. You can ride whatever distance you would like up to 39 miles by turning around before you get to the Miter Peak cutoff road. Options to consider

Musquiz Ruins, 24 miles. Turn around where the Alpine morning run ends. The rest stop is on the left/east, ruins on the right/west as you approach from Ft. Davis

CDRI Entrance, 20 miles. Entrance is on the left going out. You will have passed the entrance if you start going down a huge hill.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear left and stay on 118 to Alpine. Don't bear right on 17 to Marfa.

Water Stop – Miter Peak cutoff road (20 miles)

8:30am Friday, Observatory Out and Back

Distance – 20 miles

Description – Need some more hard riding? Need to warm up for the Cow Pasture Relays? Ride to the Observatory Visitor Center and back. Gentle uphill for 5 miles followed by steep uphill riding. Don't let the first part of Mile 9 just past the rest stop intimidate you! You can do it. When you get to the Visitor Center, turn around and go back, OR stay and see or participate in the Observatory Challenge!

Directions – Turn right at the Ranch gate onto Highway 118. Turn right where you see the signs to the Visitor Center

Water Stops – None

9:30am Friday, Observatory Challenge.

Distance – Immaterial. Short

Description – Start the clock at the Visitor's Center and end when you touch the observatory dome on the right. This road has the steepest grade of any road in Texas.

Directions – Drive or cycle. Turn right after you go under the Ranch gate and proceed to the visitor center on Highway 118, about 10 miles from the Ranch.

Water Stops – None

9:00am Friday, PRR Half Marathon Out and Back.

Distance – 13 miles

Description – This ride is mostly uphill going out, mostly downhill coming back. It gets pretty hilly right around mile 5. The ride to the half marathon turnaround and back is 13 miles. If your legs still feel good at the turnaround, keep going! If you still feel strong when you get to the Prude Ranch entrance road on the way back, try pedaling into Ft. Davis and back to add another 12 miles. Get back in time for the Cow Pasture Relays!

Directions – Turn right at the Ranch gate onto Highway 118. Use your odometer or follow the distances sprayed onto the road's shoulders from Sunday's Prude Ranch Race.

Water Stops – None

Independent Rides

Independent rides are rides that you do on your own without "official" DMFTC support, water stops, sag support, or sanction. These rides should always include at least two riders that maintain visual and/or vocal contact with each other at all times. Some of the rides listed below will need camper-arranged motorized vehicle support with water and food. If you take an independent ride over 15 miles or one hour, you are required to sign out on the clipboard near the Ranch Office so that we can come look for you if necessary.

Sample of Independent Rides

Routes of any of the above Organized Rides

Boy Scout – 22 miles. Drive to Boy Scout cutoff road, park your car. Ride from the Boy Scout Ranch road cutoff to Ranch Entrance and back. See and feel the illusional downhill which is really uphill. Climb going in and scream coming back. Great beginner ride.

Marfa-Alpine Loop - 84 miles. Go by the famous Marfa Lights viewing area. Shop at convenience stores in Marfa and Alpine to replenish food supplies

WARNING - The Alpine to Marfa road may be under construction, affecting the above ride. Actual conditions will be broadcast sometime Sunday

Marfa – 54 miles round trip. Stop and see the Chianti Foundation/Museum.

Observatory-Alpine (out and back) - 80 miles. The route made famous by former campers Alan Tennant and Gary Schmidt.

Presidio (1-way) - 87 miles one way. Cross the border and eat authentic Mexican food in Ojinaga before you and your support team head back to the Ranch. Take your passport! The route made famous by Joey Monzo

Kent (1-way) - 46 miles. No services between the Ranch and Kent

Marathon (1-way) - 60 miles. See the Gage Hotel and home of the famous Alan Tennant. Also traverses the Marathon to Marathon route. Convenience stores are located in Alpine and Marathon.

Bike Ride Destinations and Distances

DESTINATION	APPROX. RIDE TIME	DISTANCE	DIFFICULTY
Ranch to Observatory	2 hours	20 RT	Hard
Boy Scout Ranch – in and out from the cutoff	2 hours	22 RT*	Moderate
Ranch to Madera Canyon	2 hours	19 OW	Hard
Madera Canyon to Ranch (counterclockwise)	5 hours	58 OW	Hard
Ranch to Marfa	5 hours	54 RT	Moderate
Ranch to Alpine	2.5 hours	30 OW	Mod-Hard
Ranch to Balmorhea	3.5 hours	36 OW	Easy
Ranch to Point of Rocks towards Valentine	2 hours	35 RT	Moderate
Ranch to first incline towards Observatory	45min-1hour	12 RT	Easy
Ranch to Ft. Davis	1 hour	12 RT	Easy
Scenic Loop	5-7 hours	76 loop	Hard

* RT denotes Round Trip, OW denotes one-way distances.

+ A "Yes" means that turning around early can shorten the ride.

Based on 12 - 14 miles per hour.

SWIMMING

Swim Clinics

Are you looking for that special attention as a beginner or intermediate swimmer? How about an individualized session? Want to learn to swim? Want to have your stroke videotape and have it analyzed? Sharon will instruct each session and give advice on all aspects of swimming tailored to the swimmers in the group. The clinics are self-contained, so you can attend just one or all.

Swim Training Sessions, 1-4 people at a time. Duration: 30 minutes each. Videotape analysis available. Signup during Sunday afternoon activity fair or the chart just inside the Pool Building.

8:00 and 8:30 am Monday and Thursday, Swim Training Sessions

Two timeslots for personalized training in the morning, 30-minute sessions, videotape analysis available.

3:00 and 3:30 pm Monday and Friday, Swim Training Sessions

Two timeslots for personalized training in the afternoon on Monday and Friday, 30-minute sessions, videotape analysis available.

3:00, 3:30, 4:00 and 4:30 pm Thursday, Swim Training Sessions

Four timeslots for personalized training in the afternoon on Thursday, 30-minute sessions, videotape analysis available.

Group Swimming Classes

Group Lessons are 60 minutes long, no sign-up required.

11:30am Wednesday, Open Water Swim at Balmorhea

Sharon will provide individualized workouts, based on the abilities of the swimmer. This may include breathing, navigating and what to expect in triathlons. Balmorhea provides a great opportunity to practice your open water swim techniques.

8:00 – 9:00 am Friday, Everything You Need to Know About Swimming on your own.

Class will include intervals, workout design and question and answer session.

Swim Stroke Videotape Analysis

Have your stroke analyzed at any of the 30-minute individual clinics, or drop in on Friday afternoon for an analysis without the swimming lesson!

4:00 – 4:30 Friday, Swim Stroke Videotaping

Sharon will videotape and review with swimmers their style & strokes, offering individual and general suggestions for increased efficiency. If you didn't do this during a lesson, feel free to drop in!

GENERAL FITNESS

Yoga

4:30 Sunday, Yoga Join Duane in the Gym after registration to get the kinks out. It's a great way to relax mentally and physically and to release those tight hamstrings, back and buns that are often the by-products of long road trips.

5:00pm Monday, Yoga for a Better Back Come join Duane and learn how to do routines that gently stretch and lengthen the back muscles. Learn how to do a yoga class while protecting your back. Learn routines to help you recover when your back starts hurting.

4:30pm Tuesday, Yoga for the Bike Come learn poses and breathing techniques you can use while on the bike or at rest stops to counteract the tensions that build up on a ride. Learn what postures will be helpful in stretching out the muscles you have tightened up riding. These techniques will be helpful for hikers and runners also.

5:00pm Wednesday, Yoga for Runners and Cyclists Tired of tight hamstrings and quadriceps and stiff aching legs? Enjoy a class that focuses on loosening up those tight leg muscles. Learn some postures that will help you maintain and increase your lower body flexibility. No matter how much or how little you ride or run, you will enjoy the wonderful stretching. As always, the class ends with a nice relaxation.

5:00pm Thursday, Yoga and Breath Come join Duane in focusing on coordinating your breath with your movements in the yoga poses and see how this can deepen your yoga practice. Experiment with some breathing techniques that can relax you when you need it or energize you when you need that.

4:30pm Friday, Relaxation Yoga Relax with gentle yoga postures geared to release tension. Learn how to relax areas of your body, such as the shoulders, which tend to accumulate a lot of tension. Top off your day feeling re-energized and relaxed.

All Yoga classes are in the Gym

Pilates

Pilates is an approach to total body conditioning and physical/mental fitness created by Joseph H. Pilates. Join Melanie and learn the Pilates system which engages your mind while you use your body's natural weight to lengthen and strengthen your muscles. Explore how creative, sustained movement can increase abdominal strength, flexibility, coordination, concentration, and breath control and improve posture.

4:00pm Monday, Pilates 101/Principles of Pilates (or why would I want to do this???) (Gym) Core before core was cool! Here it is: Control, Breath, Flowing Movement, Precision, Centering, Stability, Range of Motion, and Opposition? Could any or all of these improve the quality of your life? You Betcha'!

3:30pm Tuesday, What the Hips Lack Hurts the Back (Gym) A key player in the “core” unit are your glutes (yep, we’re saying it – your butt)... Discover how increasing your strength and flexibility can improve your athletic performance.

11:30am Wednesday, Poolates!! (Balmorhea) As part of deep water aerobics, take stability to a new level with hydro training. That’s right, Pilates in the pool. Let the healing of water and Pilates unite. This is a perfect way of relaxing those muscles from the Scenic Ride. Please join and give “Poolates” a try.

4:00 pm, Thursday, FBI Pilates. (Gym) Full body integration--pelvic and shoulder girdle stabilization, core recruitment--put it all together to find your center.

3:30 pm, Friday, Pilates To Go. (Gym) How to integrate Pilates into your real life!

Deep Water Aerobics & Cardio and Weight Training

9:00 – 10:00am Monday, Tuesday and Wednesday, 3pm Thursday Weight Training (Gym) This is an hour long class designed to provide strength training instruction for a total body workout. Five & ten pound weights will be provided, but if you have your own weights, please bring them. We will warm up for approximately ten minutes and then go straight into the strength training. Weight training is essential for everyone.

10:00 - 11:00am Monday, Tuesday and Thursday, 2:00 – 3:00pm Friday Cardio Class (Gym) This hour long cardio workout is a low impact aerobics class designed for all fitness levels. The class will entail basic cardio moves and abdominal work. Come expecting to have fun and get ready to sweat!!

11:30am – 12:30pm Wednesday, Deep Water Aerobics (Balmorhea) After the bike ride to Balmorhea and the week of exercise, this is the perfect place to rejuvenate. If you’ve never felt the healing power of cold water on sore muscles you are missing out! We will have some

noodles, but this workout can be done without buoyant assistance. You work harder, but it is very doable. Expect to have a lot of fun with fellow campers.

EVERYTHING ELSE

3:00pm Sunday, Registration & Activity Fair (Dining Hall & Dining Hall Porch) Complete your registration in the Dining Hall and meet the staff on the lawn during Activity Fair. Learn about events and signup for the all-important massages.

5:30pm Sunday, Orientation (Pool Lawn) A chance to get fired up about camp, go over a few important things and welcome the new rookie campers. **Mandatory for all Campers!!**

8:00pm Sunday, Ice Cream Social (Pool Lawn) A chance to eat ice cream, get reacquainted with last year's campers and a **mandatory orientation for all rookie campers**. **DON'T MISS IT!**

4:30pm Monday, Get off the Couch and Tri (Dining Room) Bike staffer Cindy will present motivating tips to get you off the couch and out the door—how to ease into regular activity and how to stick to those New Year's resolutions. She'll present some tools, strategies, and mindsets that work for just getting active in general. And then she will talk about some ways to specifically get into triathlons. These tips can truly take you from the couch to the finish line of a triathlon!

7:30pm Monday CPR – Part One (Lodge Living Room) Join our camp Nurse, Liz Vinton. Part One of the CPR course will be the viewing of the videotape along with the written test. Video must start precisely at 7:30pm to certify participants. **Don't be late!**

8:00pm Monday, Swing Dancing, (Gym) Become a swinger in one easy lesson! We will cover the basic steps of single step swing, also sometimes called Jitterbug. Dance to the hits from the "big band" era, Asleep at the Wheel, Jerry Lee Lewis, The Big Bad Voodoo Daddies and more! The gym's gonna be rockin' tonight!

8:30pm Monday, Chihuahuan Desert Research Institute. Speaker, Dr. Cathryn Hoyt, Executive Director (Lodge Meeting Room) The Davis Mountains are a "mountain island" in the vast Chihuahuan Desert region. Being on foot or on two wheels is truly the best way to discover the details of the mountains. In this presentation, you'll be introduced to some of the fascinating plants and animals that occupy this region and what to watch for. You'll discover how many hummingbird species have been seen in the mountains, why a javelina isn't a pig, which plants are in bloom, and where to go to learn even more!

9:30pm Monday, Fitness Camp Star Party (Polo Field) Appears this is going to be continued favorite for Fitness Camp. It's back again, our very own Star Party. Please join Mark Cash, staff member with the McDonald Observatory and who will point out star formations & share great stories. We will meet at the slab on the Polo Field.

7:00am Tuesday & Thursday, Bird Walk (Hitching Post) For those of you whose identification skills are limited to “little bird”, “brown bird”, and “dead bird”, Nancy Decker – long time bird watcher, will point out some of the birds that inhabit the Fort Davis Mountains. This early morning bird walk will be just that – a walk around the ranch, not too far, to look for some of the special birds of the Davis Mountains. The Hummingbirds should be migrating and we might see several varieties. Binoculars will be very helpful.

9:30am Tuesday, Radio Telescope Tour Meet at the Hitching Post and carpool or mountain bike to the Radio Tower. Limit 20. Guided tour onsite. Telescope open 8-5 weekdays, but antenna tours are only available on Tuesdays in groups of six. On your own.

5:30pm Tuesday, Happy Hour (Dining Room Porch) Don Cadden will be providing welcome relief from the heat. Don’s friendship with Shiner of Austin has led to them donating beer.. Please give a “toast” and tell Don thanks for having Shiner Beer.

8:00pm Tuesday, Two Step (Gym) If you're in Texas, you must learn how to Two Step! It's the state dance of Texas. We will teach the basic step and ladies turn. If you know those moves, come anyway and we'll give you more! Dance to some old country classics like "Trashy Women" and "All My Ex's Live in Texas." Put those boots on and get down to the gym for a good old Boot Scootin' time!

8:30pm Tuesday, A Walk In The Woods by Gary Decker. Part Two (Lodge Meeting Room) Gary is continuing his hike North on the Appalachian Trail, from Harpers Ferry, West Virginia this year. What did he find? It is rumored that Pennsylvania grows rocks. It is rumored that he had to leave a little earlier than anticipated. Join him and he will inform you on what he brought back with him.

5:00pm Wednesday, CPR – Part Two (Lodge Meeting Room) Liz will check off your skills on the mannequins to see if you actually paid attention on Monday. If you want your card, plan on attending or speak with Liz.

7:30pm Wednesday, Never Mind... (Lodge Meeting Room) Join Diane (Food Director) and take a closer look at maximizing our health and fitness through food choices. Diane has some new revealing information that inquiring minds need to know. Good handouts, some recipes, and maybe samples....

8:00pm Wednesday, Hot & Sultry Latin Night (Gym) We're heading South of the Border for some spicy Latin dancing tonight. We'll start with the Meringue, one of the easiest Latin dances, and progress on to the sassy Salsa and finish with the sultry Rumba. You'll be moving parts of your body you didn't know you had! Who's bringing the Margaritas?!

8:30pm Wednesday Yoga as a Lifestyle (Lodge Meeting Room) Join Duane and explore yoga as way of life. Find out how yoga goes beyond just doing postures. Learn about yoga’s guidelines (called the Yamas and Niyamas) for leading a good life. Learn about yoga’s tools to help you relax, concentrate better and lead a healthy life. Learn about key resources for home study and some of the key places in Austin and other parts of Texas where you can learn more about yoga. See slides of the Kripalu Center for Yoga and Health in Lenox, MA.

4:30pm Thursday, Being a Woman, Being a Athlete (Dining Room) Sports have traditionally been a men's arena. More and more women are finding the 'inner athlete' in themselves. It can be a challenge to balance being a woman and an athlete. This talk/discussion forum will be a chance to highlight ways for each of us as women to come to terms with our own inner athlete. Whether we are trying to get involved in our husband's activities, become a role model for our children or just extend our life through an active lifestyle, let's talk about what being a woman athlete today really means. Let's share tips, advice, insights, funny stories, etc. in support of making us successful women athletes. Cindy will facilitate the discussion. She has some insights and stories to share but would love to learn from you as well! Come join in on our informal, intimate discussion.

7:30pm Thursday, Body Mechanics & Awareness (Lodge Meeting Room) Come and join Michelle, one of our Massage Therapist & Liz the Camp Nurse. The theme of this class will be about body mechanics, body awareness, athletic training issues and solutions. Learn how body massage and awareness can change your training and overall continued health and well being.

8:30pm Thursday, Book Discussion In Defense of Food, by Michael Pollan, discussion led by David Turner. (Lodge Meeting Room)

Pollan provides another shocking yet essential treatise on the industrialized Western diet and its detrimental effects on our bodies and culture. Here he lays siege to the food industry and scientists' attempts to reduce food and the cultural practices of eating into bite-size concepts known as nutrients, and contemplates the follies of doing so. As an increasing number of Americans are overfed and undernourished, Pollan makes a strong argument for serious reconsideration of our eating habits and casts a suspicious eye on the food industry and its more pernicious and misleading practices.

9:30pm Thursday, Marfa Lights Scouting Party and Snipe Hunt An unofficial road trip for those of you with remaining energy. The gullible will caravan to the general location near Marfa and wait for a close encounter of the second kind. On your own.

9:30am Friday, Zumba Join Kathleen in the Gym and experience "ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. The cardio-based dance movements are easy to follow steps that include body sculpting, which targets areas such as the glutes, legs, arms, core, abdominals and the most important muscle in the body- the heart."

11:00am Friday, Cow Pasture Relays (Polo Field) Meet Roger, Keith, Barbara, Corrie and Ernie for team field events and who knows what they will cook up. Before there were official entities, such as IAFF, people made up their own events. This one will have a camp flavor. There were some rumors about team medicine ball throwing, Standing over-the-cow-patty jump, egg toss, team frisbee for distance & accuracy, along with other exciting team events. Don't miss it!!!!!!

7:30pm Friday, End-of-Camp Program and Business Meeting (Gym) A **short** business meeting will precede the light entertainment and skits born of your camp experiences. This is an official meeting of the membership of the non-profit corporation made up of current year campers (that's you!), which produces Camp each year. We will discuss next year's Camp and elect members to the Camp's Board of Directors. A very short Camper Awards Ceremony follows the business meeting, followed by skits. Remember to watch for material all week and please keep it clean (they don't call it the Prude Ranch for nada). **Keep 'em clean and short. Did we say Short!** We have the gong ready!

9:00pm Friday, Camp Dance ('til Ya Drop) (Gym) Tunes to move your feet and sweat by. Group dancing at its best. Come lead the Macarena and shake your booty! It's a camp tradition you won't want to miss! Can you spell Y-M-C-A?

DANCE LESSONS by the PROFESSIONAL Our very own Kathleen and her husband, Stewart will provide private dance lessons at camp. She is qualified to teach: Swing, Two Step, Triple Two Step, Night Club 2 Step, Waltz, Cha Cha, Rumba, Polka, Fox Trot, Tango, Salsa and Line Dancing. I am just worn out by imagining all of this. Please contact her on prices and times. She will not steer you wrong!

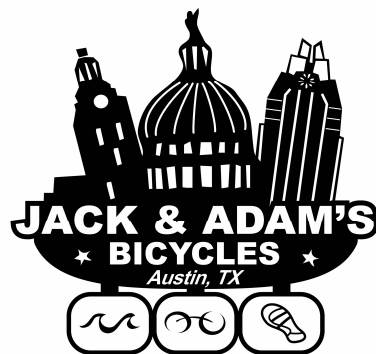
Special

The 1st Annual Prude Ranch Swim Challenge!!

Sharon will offer a new workout each day Monday – Friday for three levels, beginner, intermediate and advance (approximately, 1000, 1500 and 2000 yards respectively). These Workouts can be done on an independent basis or with a friend.

There will be a training log to sign in and record your yards after every swim. Great prizes will be awarded to the top three with the most yards in each division!

We thank Jack and Adam's Bicycles for their support of Fitness Camp. Please consider them for your next bicycle-related purchase.



THINGS TO DO

Balmorhea State Park - A real oasis with its beautiful spring-fed pool. Campers will be there on Wednesday.

Chihuahuan Desert Research Institute (CDRI) Arboretum is open Monday through Saturday 9:00am to 5:00pm for self-guided tours. The area includes the central arboretum, as well as a surrounding natural habitat preserves. Located between Ft. Davis and Alpine. Cost of entry is \$5 fee. To confirm information, call (432) 364-2499

Davis Mountains Scenic Loop - For spectacular scenery, drive the 75-mile loop. This is one of the best drive/rides in Texas.

Davis Mountains State Park - Visit the historic Indian Lodge and its gift shop. Bird watching activities are available. Get a great view of the area at the top of the switchbacks, especially at sunup or sundown.

Fort Davis - Besides the Old Fort, there's the drugstore with a real soda fountain, a doll museum, and the library in the old jail. The Old Fort, a National Historic Site, is open from 8:00am to 5:00pm for a nominal charge. Call (432)-426-3224 to confirm information (Camp hike to the Fort on Friday).

Hiking - You are welcome to explore the ranch and surrounding areas at times other than scheduled group hikes, but please leave a note in the office with an approximate destination and time of return for your own safety. **OBSERVE SIGNS – DO NOT GO ON PRIVATE PROPERTY.**

Horseback Rides - Tour the backcountry with a real cowboy. For current prices and times, consult the office.

Massage - The massage staff offers extraordinary therapeutic touch during camp at the bargain fee of \$60.00 per hour. Appointment signup sheets will be kept on the bulletin board outside of the dining hall. Signup early because there are a limited number of appointments available and they go fast. Please be considerate - a 24-hour notice of cancellation is required. **BRING YOUR OWN SHEETS (DO NOT USE THE RANCH CABIN SHEETS)**

McDonald Observatory - The Visitor's Center is open daily from 10am to 5:30pm for self-guided tours. Guided tours of the Observatory are held at 11:30am and 2:30pm, solar telescope viewing at 11:00am and 2:00pm, and Twilight (\$5) and Star Party (\$10) on **Tuesday**, Friday, and Saturday start at 8:00pm and 9:30pm, respectively. Call (432) 426-3640 to confirm information.

Museum of the Big Bend - Located at Sul Ross University in Alpine, the museum is open for self-guided tours from Tuesday - Saturday from 9:00am to 5:00pm and on Sunday from 1:00pm to 5:00pm. Admission is free. Call (432) 837-8143 to confirm information.

Recreational Sports - Recreational sports games will just sort of happen from 5:30 to 6:30 each evening. Pickup games are always welcome (washers, basketball, volleyball, horseshoes, etc.) Work with Camp Manager Glenn Beck to announce games at mealtime or post white board.

CAMP STAFF AND BOARD

Camp Director

Glenn Beck • Glenn first came to camp in 1998 and was excited to find others as crazy about fitness as he. This is his 4th year as the Activity Manager after serving as the camp's Swim Coach for 4 years. Glenn started running in the late 80's and has subsequently become a veteran of several ultra runs and numerous marathons. He jumped into the pool in 1993 and one year later completed his first triathlon. He joined the Austin Triathletes, serving on their Board for four years, two years as the President. Since then, Glenn has competed in numerous triathlons ranging from sprint to IronMan distance. He directs the "Open Water Swim Clinics" at Lake Pflugerville, and is the Race Director for the Lake Pflugerville Triathlon. He is currently training with fellow triathlete and good friend, Keith Conrad to do the IM Louisville, Kentucky in August 2009. To help and keep his perspective are his two sons and veteran campers, Grayson and Ethan.

Food Director

Diane Weidner • Diane has been a camper for 20 consecutive years, previously serving on the Board, as Board President, and as Camp Manager for seven years. She left corporate management for the rural life outside Fredericksburg with her husband Mark (see cycling staff) and their family of Dachshunds. Diane and Mark are organic growers of all things edible and nurture a wildlife habitat filled with songbirds, turkeys and assorted critters. Diane has been a dedicated runner for 38 years, tries to cycle with Mark, does volunteer work, and is a committed environmentalist. Diane and Mark invite you to visit their website, www.moonranch.net and come visit with them in the Hill Country.

Running Staff

Roger Boak • Roger likes to run. He would probably run to excess were it not for the slacker gene that he carries. After 23 consecutive years at camp, Roger has learned to race walk, dabbles in Pilates, runs ultra marathons, no longer eats meat, and has a serious respect for buffaloes. He would like Houston better if there were mountains nearby.

Keith Dowland • Keith returns again this year after being a camper in '95 & '97, and on staff for several years. His camp claim to fame was winning the ugliest feet competition in '97 and he'll take on all challenges to his title. He came over to the U.S. from New Zealand in 1979 on a track scholarship. He's been running for over 30 years and is a 4-time masters champ at the Capitol 10k. After a few injuries, he is now back to serious training. He lives in Austin and has occasionally been spotted on a bicycle.

Hike Staff

Michael Schramm • Michael has served on the DMFTC Board for seven years, five years as president and this year as vice-president. A Houstonian, general contractor of large single-family residences and volunteer baby-holder at Texas Children's Hospital, he also co-chairs the finish line at the Chevron Houston Marathon. After retiring from marathoning in 1997 he came to camp in 1999 and has enjoyed all aspects of camp for 11 consecutive years. Getting to know local land owners and the managers at the Nature Conservancy has offered opportunities to make arrangements for Fitness Campers to enjoy hikes on privately held land in these beautiful Davis Mountains. After a busy day of camp activities, porch visiting is a favorite pastime.

Gary Decker • Gary and his wife Nancy have been coming to the "family" reunion since 1989. Gary was on the cycling staff in the mid 1990's when he was enjoying long distance cycling. Now he is on the hiking staff while enjoying long distance backpacking. When this was written in April, Gary planned on hiking 500 miles of the Appalachian Trail before camp.

Swim Staff

Sharon Sander • This is Sharon's second year at camp and on staff. Sharon resides in San Antonio, Texas. She is an accomplished triathlete and currently a USA Triathlon Level 1 Certified Coach. She is a multi-sport athlete who specializes in helping athletes customize training programs to their schedule and skill level. She has completed and been champion in numerous events. She was the 2001 US Modern Pentathlon National Champion. She is a graduate of Cal State Hayward where she was on the swim team. She currently coaches triathletes and local swim teams. We are pleased she is with us. She is quite familiar with Fort Davis, Prude Ranch and surrounding areas. Please visit her website, www.sharonsander.com.

Medical Staff

Liz Vinton, RN, ANP • Liz is a Family Nurse Practitioner (certified) and a certified orthopedic nurse. She has worked as an OR, ER and ICU nurse and supervisor in addition to several years of paramedic duty with an ambulance unit. She is both a provider and instructor in ACLS and CPR. Currently, she is the senior nurse practitioner at Baylor Hospital in Dallas and works as first surgical assistant and nurse practitioner with four spine surgeons. Liz has competed in marathons and triathlons including several treks to Leon's. For over ten years Liz has been the Scoutmaster of BSA Troop 800 and recipient of several national awards including Lifesaving and the Silver Beaver. She has attended Camp since 1988, and is known internationally for her skills with a cravat.

Cycling Staff

Jerry Barrett • Jerry started running in 1980 to support his eating habit. He switched to cycling only in 2005 when his legs said “no mo” running!” He particularly likes to do weeklong tours with his two brothers. Jerry has attended camp since 1992 and joined the cycling staff in 2007. He has been actively involved with camp activities since the mid 90’s, acting as the dance instructor, business manager, registrar, board member, and board president. Jerry retired from IBM in January 2008 after 37 years of employment. Since then, he exercises more, spends more time with his four grandkids, and volunteers his time to Toastmasters, Junior Achievement, Discover Engineering, and Davis Mountains Fitness & Training Camps, Inc.

Ed Cisler • This will be Ed’s 5th year at camp and 3rd on the cycling staff and cycling is his passion. He started racing Duathlon in the 80’s and Tri’s in the 90’s. He started cycling clinics for friends and neighbors to get them involved in the sport and has paced many through their first century. He gets the most enjoyment working with novice/beginning cyclist. Working with them on shifting, cadence, pace lines and bike etiquette. Ed says, “I’m really excited to be able to work with the returning campers and to meet the new campers. Be ready to bike”

Keith Conrad • This will be Keith’s third year at camp and third year on the bike staff. A lot has changed in the last couple of years. He has accepted a new position with his company, moved to Marble Falls, TX and talked Glenn into another Ironman. He has been competing in triathlons for 6 years, Sprint to Ironman distance. He is eagerly waiting for the day when his daughters are old enough to attend camp. When he’s not swimming, biking or running, Keith is a trashman for Allied Waste.

Ernie Duffy • Born and raised in New Orleans, currently residing in Metairie, Louisiana, Ernie has gone to camp 7 times since 2001, counting this year and is currently on a 5 camps in a row. He likes to jog, swim, cycle and lifts weights. Well 3 out of 4 activities at camp isn’t bad. Ernie wants to thank his mom for convincing him to go to camp. He doesn’t think he would have ever competed in the New Orleans Half Ironman Competition if it weren’t for all he learned at camp, so for that he is grateful to all the staff that has helped him through the years.

Tonya (TJ) Green • Tonya’s passion for athletics started in high school with track, basketball & tennis. She began to take training seriously and challenged herself with triathlons. She has competed in several triathlons throughout Central Texas. Tonya is a USAFIT certified marathon coach and an accomplished cyclist, having completed several ultra rides. She finds that coaching and helping others reach their athletic goals can be life-affirming for everyone and life-changing for many. TJ looks forward to meeting and working with you.

Cindy Burton • Once the aerobic craze hit Cindy got swept up into that scene and took it to the level of becoming AFAA certified in teaching aerobics and personal training. Then while living in a small town, she got active in the running community and turned it into a love of running and the completion of numerous marathons including Boston. She is now a USAFIT certified marathon coach and a trail leader for AUSTINFIT. In 1997, some of her friends became interested in triathlons so she trained with them and completed Danskin. It was such a rewarding experience that she worked up through the ranks of the Tri Zones organization and became a Team Leader, Assistant Coach and then Head Coach. She is a USAT Level I certified triathlon coach and has completed numerous triathlons up to the Half Iron distance. She is currently (gulp) training for her first Ironman triathlon. For her day job, she is a GPR (Ground Penetrating Radar) consultant and part time substitute for AISD (Austin Independent School District). We welcome Cindy to her first camp and first year on bike staff.

Mark Weidner • This is Mark's 20th consecutive camp, and his first year on staff. Mark is longtime runner, self-contained touring cyclist, and the Aggie engineer behind our camp bike trailer. A past Mountain Mo award winner, Mark has been known to finish camp rides by biking to McDonald Observatory and climbing to the telescopes every day. He is in treatment for this condition. Mark recently escaped cubicle life, and is now involved in wildlife management, organic farming/gardening and, along with wife Diane, keeping their three Dachshunds out of trouble at their place on spring Creek outside Fredericksburg. Mark is currently gathering and recording data on a Canyon Wren pair that have nested in the big insulated cave (Mark's shop) and raised four sets of young. He has about 20,000 pictures that he will gladly show you if you ask.

General Fitness Staff

Melanie Barnes • It is hard to know where to start. She has certifications as a Cancer Exercise Specialist, Yoga Teacher, Aquatic Fitness Instructor and of course a Pilates Instructor. A graduate of the University of Texas with a Secondary Education Certification, she teaches at the University in the Department of Kinesiology and health Education. A personal trainer over 20 years, she finds time to instruct at The Hills Fitness Center. She believes that if you move, you will feel better and enjoy a higher quality of life. Success is helping people to find fitness, well-being and to have fun! Being a Coach, Teacher and Educator is the best job to have.

Duane Hendricks • is returning to camp for his fifth year. Duane is a retired corporate lawyer who has been studying yoga for over 25 years. He is a certified professional – level Kripalu Yoga teacher. He frequently travels to the Kripalu Center in Lenox, MA to assist yoga teacher training programs. He teaches yoga in YMCAs and health clubs around Houston. He is a long time competitive racquetball player and enjoys bicycle touring in the US and around the world. His newest interest is photography so expect to see him taking lots of pictures. Visit his website at <http://www.yogaduane.com/>.

Barbara Martin • Barbara has been coming to Davis Mountains Health and Fitness camp for over eight years. She is an AEA and ACE certified personal, aqua and group fitness instructor. She currently teaches at the Hill's Fitness Center in Austin, Texas and leads the exercise portion of the Wellness Program at the Office of Attorney General. Her main goal is to provide campers a fun and exciting workout session to improve overall health and fitness levels. Barbara says, "I can't wait to see everyone at camp!"

Dance/Aerobic Staff

Kathleen Stegall • Studio Manager and Ballroom, Swing & Country Dance Instructor. Kathleen enrolled in ballet and piano classes at age three. She began running and competing in local races when she was in her twenties. This led her to aerobic dancing, where her love of fitness, music, and dancing were united. She has trained aerobic dance teachers all over the US and Japan and performed with them at Madison Square Gardens, New York City. She is currently teaching Zumba Gold and Zumba Toning and is an ACE certified personal trainer. In 1999 she won the World Championship as a Pro Am Newcomer in country western dancing. She and along with her husband, Stewart Edgington have won numerous titles. In 2004 Kathleen retired after 30 years as a elementary school teacher and began devoting herself to fitness and teaching dance professionally. Currently she teaches country, swing and ballroom dancing at Austin Uptown Dance Studio. She plans to compete in dancing in the future. Kathleen strives to spread her love for dance and fitness to as many people as possible.

Massage Therapy Staff

Ginie Weber • Ginie enjoys camp and she always has a smile on her face. She has been a massage therapist for about 20 years and continues to be interested in learning. Her works include sports massage, kinesiotaping, NMT, structural bodywork, training, lymphatic drainage and other therapeutic bodywork. Her favorite sports are swimming, road biking, mountain biking, kayaking, rafting (most things outdoors and body powered). Ginie is a certified Kinesiotaping Practitioner and ACSM Certified Personal Trainer

Stacey Speciale • Stacy has been in the massage/bodywork profession for 11+ years and has opened and operated the Trinity Spa at the Austin Omni South Park Hotel. Stacy continues his ongoing private practice located at 1015 BeeCaveWoods in the Westlake area which started in 2003. Stacy's practice focuses on therapeutic rehab and pain relief including relaxation and stress relief massage for his clients.

Teresa Ritter • Teresa has been going to camp for 7 years now and doing massage since 1999. Started working with Body Therapy in Austin and have been on her own since 2001. Her practice is a good mixture of working with athletic people and relaxation/stress reduction. She is very familiar with runners and cyclist and what their bodies go through. She has helped several runners get through their 1st marathon and beyond. She works with the UT Women's Athletic Department's swim, soccer, tennis and softball teams. In her down time, she enjoys trail running, cycling, swimming, yoga and knitting. Teresa also does lymph drainage in addition to regular massages.

Michelle Heller • Michelle has been a Massage Therapist for over 6 years, specializing in therapeutic sport and injury massage. She loves working with people and the outdoors. Along with her profession, she enjoys cycling, outdoor activities and camping. She returns for her third year and would not miss it.

Kelly Kruyshoop • Kelly is our newest member to the Massage Therapist. Let us welcome her to Davis Mountains Fitness & Training Camp, 2009

Board of Directors

Ann Marie Olson • President– AnnMarie's first year at camp was 2002. She enjoys camp because she can do yoga twice a day, cycle, hike and horseback ride...or just take a nap. A former age group swimmer, she enjoys Cycling, Pilates, Yoga, Swimming, Weight Training, Gyrotonics and the Janes Boot Camp. Although she hates to run (sorry Roger), she completed the Danskin Triathlon in 2002, 2003 and 2005. Ask AnnMarie about her Aerobic Gardening routine. A Cosmetic Dentist in Austin, AnnMarie was the first woman president of the Capital Area Dental Society, and has been involved in organized dentistry on the state and national levels

Michael Schramm • Board Vice President. See Hike Staff.

John Holloway • Secretary. John is a veteran DMFTC camper from San Saba where is known as the Pecan Man. John is retired from the 'ol bidness.' He attended his first camp in 1986 and is the very talented creator of the John G. Prude Memorial Spur near the corral.

Tonya (TJ) Green • Treasurer. See Cycling Staff.

Corrie Fuquay-Cobb • Camper since 2001, this is her second year to serve on the board of directors. She is the President/owner of Fuquay, Inc., a construction company. In business since 1985, she currently employs about 150 people with offices in the Austin and San Antonio areas. She has two sons who work in the business and eight grandchildren. She and husband Jimmy like to travel with her “Go Girl” friends and their husbands in their motor homes. A teacher of aerobic dancing for thirteen years, she now enjoys running, hiking, snow skiing, cycling, weight training and yoga to maintain fitness.

Pedro Martin de Nicolas • Pedro's first year at camp was in 2000. Because of his love for exercise, nature, serene environment, and not being at work, he keeps coming back year after year. After twice falling victim to knee injury while playing soccer, his competitive juices are now appeased by riding century rides and participating in a occasional triathlon. Pedro lives in Austin and can be seen regularly at Town Lake Hike and Bike Trial, Shoal Creek bike lanes and riding the country roads East and West of Austin.

Eva Quearry • Eva learned of Camp through Duane Hendricks, who teaches yoga at her neighborhood fitness center in Houston. She first attended Camp in 2006 and keeps coming back for the variety of activities and interesting, active participants. She and husband Mike are cyclists, who also enjoy hiking, paddling Texas Rivers, and generally being outdoors. At home, Eva takes Yoga and Pilate's classes, lifts weights, and uses spin classes to stay in bike shape when it's too hot to ride outside (all summer, she says). She has participated in 9 MS-150 Houston-Austin bike rides and the Alamo challenge ride to San Antonio, and looks forward to someday feeling confident enough to do the Scenic Loop ride.

Katy Kappel • After many years of Jazzercise and aerobic social work, Katy and her sister, Chris came to camp in 2002. They thought it was a spa. They rode (and walked) with borrowed bikes to Balmorhea. She went back to Austin and bought a real bike. Now she rides regularly with the Austin Cycling Association. This year she and her husband have started running and he is coming to camp for his third time. Be sure to ride the horses!

Melanie Barnes Turner • See General Fitness Staff