

# Example: 2017 Davis Mountains Fitness & Training Camp

## ACTIVITIES

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

### 2017 DMFTC Activities Staff

#### **Run/Walk**

Roger Boak  
Juka Smits

#### **Hiking**

Michael Schramm

#### **Biking**

Mark Weidner  
Keith Conrad  
Jamie Mitchell

#### **Swimming**

Terri Mitchell

#### **General Fitness**

James Kelly (Yoga)  
Sara Kennedy-Mele (Pilates)  
Barbara Martin (Zumba,  
strength training)

## Terms & Abbreviations

- DH** Dining Hall (large room of tables next to the cafeteria serving area)
- DHP** Dining Hall Porch (covered area outside dining hall)
- HP** Hitching Post (located just outside Prude Ranch Office, near parking lot, at concrete steps)
- GY** Gymnasium (in the back portion of the dining hall building)
- LLR** Lodge Living Room (in building between the concrete pad and Hilltop Cabins)
- LMR** Lodge Meeting Room (opposite end of building from LLR)
- PF** Polo Field (the concrete slab near the Hilltop Cabins)
- PL** Pool Lawn (area in front of pool building)
- SP** Prude Ranch Pool 9 in a separate building, near office and parking area)

## RUNNING & WALKING

### ADVENTURE RUNS

All adventure runs/walks will leave from the HP. The DMFTC staff provides runs/walks of varying distances each morning. Water refill is provided at the end of each organized run and campers may also want to carry their own during the outing. Cool morning temperatures may warrant bringing warm clothes for the ride out and back. Check with staff as to whether items can remain on transportation.

Alpine (Musquiz) Canyon Run (6:30 a.m. Monday - HP) Hop aboard the bus and ride to one of our favorite runs to start the week of camp. A must do scenic run. Variable distance runs up to six miles.

Fort Davis Run (6:45 a.m. Tuesday - HP) Runners and walkers will be dropped off at a chosen distance (2, 4 or 6 miles from camp) along the road toward Fort Davis. The longest distance is 6.2 miles from Fort Davis Library (that's right, the converted jail) to the Ranch. If you wish to do more, go past the Prude Ranch entrance.

Madera Canyon Trail Run (8:30 a.m. Tuesday - HP) Runners, hikers, birders, all are welcome on a new activity run for DMFTC. We will drive to Madera Canyon and explore the beautiful loop trail. Runners may make several laps and loops practicing their back country skills. Hikers and birders will have time to enjoy the canyon and all it's beauty. We will return to the ranch in time for lunch. Sign up on Sunday at the Activity Fair.

Visitor Center at the McDonald Observatory (6:30 a.m. Wednesday - HP) Take the bus to the Observatory. If you dare, accept the "Observatory Challenge." Run to the ranch or anything in between. Talk with Roger and Keith for details.

Cook Flats Trail Run (7:00 a.m. Thursday - HP) Running with the Buffaloes. We will meet at the Hitching Post, board the bus and go up Sproul Road to the Cook Flats. It is a dirt road that eventually turns into a Jeep trail. Roger and Keith will explain the run as we ride the bus. They will probably do 2 to 4 miles or further if you wish.

State Park Trail Run (8:30 a.m. Thursday - HP) We will explore some of the many miles of trails in the state park. A van will leave from the ranch and drive to the park. There are many distances from which to choose. Hikers and birders welcome. We will return to the ranch in time for lunch. For those not wanting to run back, sign up on Sunday at the Activity Fair for a ride back.

Madera Canyon (6:15 a.m. Friday - HP) This is a beautiful run with breathtaking scenery. There is one small hill and one large hill. This classic run has another option with a new spectacular 1.5 mile single-track run/hike from picnic area. Visit with Roger or Juka for more information.

DMFTC Traditional Last Run (6:30 a.m. Saturday - HP) Greet the morning and say goodbye to camp friends on the last day of DMFTC. Participants run/walk or take their own transportation to Davis Mountains State Park overlook. Some camp transportation provided. Those who run or walk to the overlook, check with run organizers if you need transportation back to Prude Ranch/

## Running Seminars/Workouts/Events

Women's Running vs. Men's Running (2-3:00 p.m. Monday - LLR) What are the differences? Are there any? Who will be faster in 2137? This talk will address biomechanical, physiological, cultural and mental differences.

Trail Run (5-6:00 p.m. Monday - HP) Join Roger and Juka to work your lunch off and increase your dinner appetite with a rocky trail run. You will come back with a different attitude on trail running.

**Downhill Running** (2-3:00 p.m. Tuesday - LLR) Learn to fly down hills without killing yourself. Introduction and an EASY workout with Roger and Juka.

**Trail Run** (5-6:00 p.m. Wednesday - HP) Join the run again and see what this running team has mapped out today.

**The Warmup** (5-6:00 p.m. Thursday - LLR) What should you do? Why? Is it one word or two?

## Videotape Form Analysis

**Videotape Running** (10:30-11:30 a.m. Tuesday and 3:00-4:00 p.m. Friday - HP) Come get your running style videotaped. There will be a signup sheet posted by the dining hall entrance to setup individual appointments.

**Run Video Playback & Analysis** (10:30 a.m. – 12:30 p.m. Tuesday and 4:00 – 5:00 p.m. Friday - DH Foyer) See yourself running on the screen to gain some insight on running form. One frame of video is worth a thousand words.

## HIKING

**General Notes:** *All hikes meet at HP, Some of the DMFTC hikes cover land that is closed to the public; thanks to Hiking Staff Michael Schramm, DMFTC has negotiated access to these areas.*

*Because many hikes are limited to certain number of participants and DMFTC must plan various fee payments and lunch schedules, participation requires advance sign-up and confirmation (see Schramm the night before, at dinner, to verbally confirm attendance).*

*Note that the return time for hikes is a wild guess.*

*Please remain on established trails/roads at all times. If you bring it in, pack it out (do not litter, even if material is biodegradable).*

*Trail conditions vary; some are rough and strenuous while other are not. Trail shoes or light boots are adequate footwear. Brush is slight, so shorts are OK. Elevation of 6,000 ft. means continuous sun exposure; sunscreen for all exposed areas. Long sleeve shirts, loose-fitting clothes, and hat with a full brim (covering ears and neck) are recommended. Some wooden hiking sticks are provided by staff; campers may wish to bring their own.*

*Bring water plus a sports drink, energy bar or gels for all the long hikes (see individual descriptions for specific requirements). Before certain hikes, participants may pack sack lunches in the dining hall prior to departure.*

*What is “forest bathin”? Forest bathing is a literal translation of shinrin-yoku, a Japanese term that means “taking in the forest atmosphere.” Since its establishment in the 1980s, the practice has become a cornerstone of preventative health care and healing in Japanese medicine. The idea is simple: spending time in a natural area and walking in a relaxed way provides calming, rejuvenating, and restorative benefits, which can include reduced blood pressure, reduced stress and improve mood.*

*To learn more about any hike, please talk with the Hiking Staff.*

Hike at CDRI (8:15 a.m. Monday - HP) Meet at the hitching post for vehicle transport to the Chihuahuan Desert Research Institute on the road to Alpine. An interpretive guide will hike with our group to present information about flora, fauna, indigenous cacti and local geology. We will descend into a canyon with unique geology and a spring. This hike is classified as moderately strenuous; duration is 3-4 hours and is about 2.6 miles long.

Bush-Whacking Mount Arabella (3:30 p.m. Monday - HP) This has become a favorite hike within minutes of Prude Ranch. Catch the bus with Michael to his property, which is located in Limpia Crossing. Hike to the top of his mountain at your own pace and enjoy the 360-degree view. This two hour hike would be a good way to build your appetite for dinner or work off your lunch.

Forest Bathing in Toab Canyon (7:15 a.m. Tuesday - HP) Toab Canyon is one of the more remote canyons on the Davis Mountains Preserve. This is a new adventure in an isolated location. Come to a forest wilderness and create your own version of forest bathing. You will have an opportunity to “be in nature” on an accompanied, not guided, outing in a canyon that encompasses approximately four square miles. The group may disperse into pairs and roam the canyon or some may choose to follow the “out and back” trail and cover 2 to 3 miles. BRING A SACK LUNCH, snacks, 100oz of fluids (minimum) and your adventuresome spirit. We’re going to have FUN! This hike is classified as easy or as strenuous as you make it. Limited to 30 hikers; sign up required. Estimated time back to camp is between 1-2 PM.

Forest bathing isn’t the kind of bath where you strip down and hop in a tub. Forest bathing is a literal translation of *shinrin-yoku*, a term that means “taking in the forest atmosphere”. It was developed in Japan during the 1980’s and has become a cornerstone of preventative health care and healing in Japanese medicine. The idea is simple: if a person simply visits a natural area and walks in a relaxed way there are calming, rejuvenating and restorative benefits to be achieved. Benefits may include: reduced blood pressure, reduced stress & improve mood.

Mount Livermore Hike (7:15 a.m. Thursday - HP) We will take a bus to the trail head in the Davis Mountains Preserve. This hike offers an incredible opportunity to hike to the top of the States second highest peak outside the Guadalupe. The hike is 7 miles long with an elevation increase of about 2100 feet. BRING A SACK LUNCH, snacks and a minimum of 100oz of fluid. Hike will be approximately 8 hours. Sign up required.

Old Fort Davis Historical Site Hike (7:45 a.m. Friday - HP) 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 and is mildly strenuously. This has been a treat for many campers. You may be able to talk the driver and hike leader into getting ice cream afterwards.

# CYCLING

## BIKE HELMET REQUIRED ON ALL RIDES

### Bike Classes

Activity Fair (3:00-5:00 p.m. Sunday) On the lawn or in the gym during registration and after. Meet your bike staff and find out about rides and classes.

Eat, Drink and Be Happy: Nutrition and Hydration on Bike Rides (3-4:00 p.m. Monday - HP) Riding a bike for more than an hour requires as much thought into what you eat and drink as it does to fitness and skill. Learn how good nutrition and hydration go hand in hand to make long days in the West Texas sun more fun. Class will cover hydration and nutrition before, during and after your ride. By the way, salt and sugar can be your best friend out there.

Flat Tire Changing Clinic (4:00-5:30 p.m. Monday - DHP) Bring your bike to learn how to remove your wheels, change a tire/tube, emergency fixes and what you should carry with you on rides. West Texas has some Texas-sized thorns!

Triathlon – From thinking about it to Ironman and everything in between (3:30-5:00 p.m. Wednesday - DH) How do I get started, what are the time commitments, training plans, race prep/strategy? The latest and greatest gear and tools in triathlon. What you need and what is trendy. The mental side of triathlon training and racing.

### Organized Rides General Information

All rides start at the Hitching Post unless noted. Ride routes will be marked on poster on wall outside dining hall. A SAG vehicle will be sweeping the official route every day except Friday. There are no mass starts, so meet up with old or new friends and ride at your own pace. Plan your starting time based on your estimated pace and distance. Take at least two bottles of water, a snack, a spare tube, and a patch kit.

#### Water Stop Volunteers

This year some water stops will need volunteers. There are 4 water stops on Tuesday for the Scenic Loop. See bike staff to sign up and get instructions. Usually involves just a couple of hours to help campers on the longer rides. Please consider contributing to camp in this way if you can. We appreciate it!

### Organized Ride Summary

#### Monday, Alpine Day

Rest stop: Kokernot Ballpark-watch for the stadium lights on the left going into Alpine (9:00-10:30)

\*Sign up Sunday night for bus return and for bike to be trailered back- 30 max.

Bus will leave Alpine for the Ranch at 11:00, so plan your start time accordingly.

7:45 am A- Ranch to Alpine Out/Back (58 mi.)

see above B- Ranch to Alpine Kokernot baseball park (29 mi.)

8:30 am C- To Musquiz Ruins Out/Back- avoid the boring part of the Alpine ride (24 mi.)

Tuesday, Scenic Loop Day

Water/Rest stops: Madera Canyon (8:15-9:30), Bear Mountain (9:00-11), Valentine Rd. cutoff (9:30-12:30), Point of Rocks (9:30-1:30)

\*Full Scenic Loop riders: Sign up Monday for lunch -Valentine cutoff (.2 mi to right)  
Lunch stop open 10:00-12:30. All other riders: lunch served at Ranch 12:30-2:00

- 7:00 am A-Scenic Loop (76 miles) VERY hilly and challenging (see topo map).  
For experienced riders.
- 7:30 am B-Bear Mountain to Ranch (42 miles) Hilly. SIGN UP REQUIRED.  
\*Leave your bike MONDAY by 6:00pm on pool lawn to be loaded on trailer. Van leaves at 7:30 am for Bear Mt. drop-off.
- 9:00 am C-Point of Rocks Out/Back (up to 35 miles) No big hills.

Wednesday, Balmorhea Day (One-way, almost all downhill!)

Water/Rest stops: Wild Rose Pass (9:30-11:00), water at Boy Scout Ranch road (9:00)

All bikes trailered back to Ranch, campers bused back.

All-camp picnic lunch at Balmorhea State Park outside pool at 12:30pm.

- 7:45 am A-Balmorhea with Boy Scout Ranch In and Out (58 miles)
- 9:00 am B-Ranch to Balmorhea (36 miles)
- 9:30 am C-Wild Rose Pass to Balmorhea (20 miles)  
Trailer and bus leave at this time for Balmorhea, drop riders at Wild Rose Pass.

Balmorhea Ride General Commentary

Before you leave the Ranch, put your bag (swimsuit, fins, goggles, towel, soda money, change of clothes, etc.) on the bus. The bus should arrive at the State Park before you do. After your ride, have your bike trailered back to the ranch, unless of course you want to bike back (unsupported). A picnic lunch will be provided at 12:30pm. Before and/or after lunch, enjoy activities and/or relaxation at the pool. Check out the wetlands demonstration area behind the cabins. Catch a bus back to the Ranch – see schedule. No need to stop at park entrance; proceed directly to parking lot (we pay a group rate).

Thursday, Marfa Day

Drive on your own to Marfa and park near the courthouse. You may use restrooms inside the courthouse. Ride out/back on 2810 or on 90 toward Alpine. Water stops on 2810 at approx. 12 mi. out (8:30-1:00), and 25 mi. out (9:30-11:00). Sag vehicle will sweep 2810. No support on 90. 2810 ultimately turns into a dirt road and ends at the border. You may see 1 or 2 vehicles. It is a pretty ride and slightly hilly. The surface is new chip-seal and will be somewhat rough. 90 is very smooth with a shoulder and a fair amount of traffic.

8:30 am Target start time.

- A-Ride out/back on 2810 to water stop at Love Ranch corrals (50 mi.)
- B- Ride out/back on 2810 to first rest stop (24 mi.)
- C- Ride out/back on 90 unsupported.

Friday, Observatory Day

9:00 am A-Ranch to Telescopes (22 miles) Highest paved road in Texas.

9:30 am B-Ranch to Visitor Center Out/Back - Still a Challenge (20 miles)

Unsupported Independent Ride

Ranch-Marfa-Alpine-Ranch Loop (85 miles) Relatively flat and fast. Food and drink available in each town. Suggested start at 7:30 am.

## Independent Rides

Campers may organize independent rides 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 your own camper-arranged motorized vehicle support with water and food. If you take an independent ride over 15 miles or one hour, please tell a camp friend or roommate where you are going, so they can be looking for you to come back at the appointed time.

### Sample of Independent Rides

Boy Scout (22 miles) Drive to the Boy Scout cutoff road, park your car. Ride from the Boy Scout Ranch road cutoff to the Boy Scout Ranch entrance and back. Climb going in and descend coming back. Great beginner ride.

Marfa (54 miles round trip) Stop and tour the Chinati Foundation/Museum.

Marathon (60 miles one-way) See the Gage Hotel. Also traverses the Marathon-to-Marathon race route. Convenience stores are located in Alpine and Marathon.

**Ranch-Marfa-Alpine-Ranch Loop** (85 miles) Relatively flat and fast. Food and drink available for purchase in each town. Suggested start time: 7:30 a.m.

## Bike Ride Destinations and Distances

Route	Mileage
Ranch to Ft. Davis Courthouse	6.0
Ranch to Alpine (Kokernot Park)	29.2
Ranch to Marathon	60.2
Ranch to Marfa (Courthouse)	27.0
Ranch to Point of Rocks	17.6
Ranch to Valentine Cutoff 505	31.3
Ranch to Observatory (Visitor Center)	9.9
Ranch to Madera Canyon	18.3
Ranch to Kent	47.2
Scenic Loop	75.2
Ranch/Marfa Alpine Loop	85
Ranch to Balmorhea State Park	36.0
Boy Scout Road Cutoff to Ranch Entrance	11.2
Ranch to Davis Mountains Park Entrance	1.9
Ranch to Wild Rose Pass	16.4
Ranch to Boy Scout Road Cutoff 1832	28.8
Ranch to CDRI Entrance	10.3
Ranch to Musquiz Ruins Rest Stop	12.4
Ranch to Miter Peak Cutoff 1837	19.8

## SWIMMING

**Drills and Skills** (11:00 a.m. Monday, Tuesday, Thursday and Friday - Pool) Whether you want to swim faster, improve your stroke, or efficiency, stroke drills are the way to make quick gains with your swimming skills. This workshop is designed for swimmers of all abilities from beginners to advanced.

**Swim Practice** (3:00 p.m. Monday, Tuesday and Friday; 4:00 p.m. Thursday - Pool) Blowing bubbles, breathing skills, body balance, races and relays will be covered in swim practice. Training for a triathlon? Join us. Want to swim a mile? Come practice. Want to learn how to swim? Just show up!

**Open Water Swim at Balmorhea** (11:00 a.m. Wednesday - Balmorhea) Terri will lead an open water swim for those wanting to get in a longer swim.

## GENERAL FITNESS

### Yoga

Yoga uses slow movements and stretching to increase strength, flexibility and balance. It is also good for relieving stress and relaxing. Yoga, used as a mediation technique for thousands of years, focuses on what the body is feeling and becoming “one with the universe.” When we practice Yoga, we discover the body’s amazing ability to move, balance, lift and support, thus increasing the mind’s ability to focus and transcend to the place of being

Multiple classes. Early morning Yoga classes will be held on the tennis courts and mid-morning and afternoon Yoga classes will be held in the Gym (see schedule). These are informal, friendly, non-judgmental workouts (come as you are).

Sunday – 4:00 p.m.

Monday – 6:30 a.m. and 5:00 p.m.

Tuesday – 9:00 a.m. and 4:00 p.m.

Wednesday – 6:30 a.m. and 5:00 p.m.

Thursday – 9:00 a.m. and 5:00 p.m.

Friday – 7:00 a.m. (Madera Canyon) and 4:00 p.m.

### Pilates

Pilates is a total body/mind conditioning program that lengthens, strengthens and straightens your body. Learning the Method-flexion, extension, rotation and lateral flexion exercises in a controlled order will increase total strength, flexibility, coordination, balance, breath, agility, concentration and improve posture. Pilates will enhance and compliment your running, biking, hiking and swimming while helping you look, perform and - above all - feel better.

4:00pm Monday and Thursday

3:00pm Tuesday and Friday



## Zumba, Weight Training and Deep Water Aerobics

Zumba, Zumba, Zumba (3:00 p.m. Monday, 4:00 p.m. Wednesday, 11:00 a.m. Thursday and 10:00 a.m. Friday - GY) Every class feels like a party! You don't even have to know how to dance. Just move your body and follow the leader. It's easy!

Strength Training (2:00 p.m. Monday and Tuesday and 10:00 a.m. Thursday - GY) As we age, everyone needs to be lifting weights. Strength training reduces bone loss and muscle atrophy and improves cardiovascular health and sports performance. DMFTC will have some weights and resistance bands on hand; if the class is large, campers will share. Bring your own weights and resistance bands if you can. Preferred weight size: 5 and 8 pounds. Class is suitable for all—beginners and advanced alike.

Deep Water Aerobics (11:30 a.m. Wednesday - Balmorhea) Whether you rode to Balmorhea or not, this is the perfect place to rejuvenate after two days of workouts. DMFTC has noodles and aqua belts for use or try it with no buoyancy for a real challenge. Join the water fun!

## EVERYTHING ELSE

Registration & Activity Fair (3:00 p.m. Sunday - DH & DHP) Complete your registration in the Dining Hall and meet the staff on the lawn during the Activity Fair. Learn about events, and signup for a massage.

Orientation (5:30 p.m. Sunday - GY) Get fired up about camp, go over a few important things and welcome the new rookie campers. Mandatory for all campers!

Ice Cream Social (7:30 p.m. Sunday - DHP) A chance to eat ice cream and get reacquainted with last year's campers. New campers, grab your ice cream and head to the gym for mandatory Rookie Orientation.

Rookie Orientation for New Campers (8:00 p.m. Sunday - GY) Grab Ice Cream near (PL) and head to (GY). Staff will go over a few important things Rookies need to know about camp and answer any questions.

CPR Training (5:00 p.m. Monday - LLR) Join Liz Vinton, DMFTC nurse, to learn CPR. Video will start precisely at 5:00pm, so don't be late!

Explore the Solar System with Anita (7:30 p.m. Monday - LMR) Join Anita Cochran, Assistant Director of the University of Texas Astronomy Department for a talk about the Solar Systems, Comets and the upcoming Solar Eclipse in August.

Happy Hour (5:00 p.m. Tuesday - DHP) Unwind with a cold beer, glass of wine or soda, compliments of Big Bend Brewing Company and the Happy Camper Committee.

A Talk with Joe Mussey (7:30 p.m. Tuesday - LMR) Join Joe Mussey from the Chihuahuan Desert Research Institute as he regales you with mining stories, past adventures in the Davis Mountains and a history of the area.

CPR Training (5:00 p.m. Wednesday - LLR) Another opportunity to join Liz Vinton, DMFTC nurse to learn CPR. Video will start precisely at 5:00pm, so don't be late!

**Meet the Board** (7:00 p.m. Wednesday - LMR) Get to know the people who volunteer on the DMFTC Board of Directors.

**Fred Taylor Talks Geological Setting, Origin, and History of the Davis Mountains, West Texas** (8:00 p.m. Wednesday - LMR) – Join camper Fred Taylor for a talk and slide show on the creation of the Davis Mountains.

**Movie under the Stars** (9:00 p.m. Wednesday - PL) Bring your chair, blanket and ice chest to watch “Moonrise Kingdom” by Des Anderson. Quirky drama follows the frantic search that ensues in a small New England town when two 12 year olds fall in love and run away together. As the townsfolk hunt for the vanished kids, a storm causes even more profound communal upheaval.

**Water Volleyball** (2:30 p.m. Thursday - SP) Cool off and meet your fellow campers at afternoon water volleyball. This is not a competitive event. (Right!)

**Feeding Our Brains** (7:30 p.m. Thursday - LMR) – So much depends on what you eat, especially how you age, feel and focus. So why not feed your body and brain clean, high-octane fuel? DMFTC Board member and Food Staff Director Diane Weidner will talk about selected foods thought to give your brain a boost. Spoiler-alert: Two of them are dark chocolate and wine! (*May have samples.*)

**Book Discussion on “News of the World” by Paulette Jiles** (8:00 p.m. Thursday - LMR) Did you read the camp book selection? This fast paced historical fiction set in 1870’s Texas involves a craggy former Civil War captain and a young girl rescued from the Kiowas; their on-the-road adventure includes the culture and politics of frontier Texas in scenery you will surely recognize.

**DMFTC Star Party** (9:30 p.m. Thursday - PF) Mark Cash, former staff member with the McDonald Observatory, will point out star formations and share great stories about the sky above. We will meet at the slab on the Polo Field.

**End-of-Camp Program and Business Meeting** (7:30 p.m. Friday - GY) The first section of this two-part evening is the official membership meeting of DMFTC Inc., the non-profit corporation made up of this year’s campers (that’s you!). Next year’s camp dates are announced and new members to the Board of Directors elected. There will be a short Awards Ceremony and then the fun begins – camper skits! Watch for material all week, plan with your buddies and please—keep it clean (they don’t call it the Prude Ranch for nada).

**DMFTC Dance** (9:00 p.m. Friday - GY) The dance following the meeting and skits is a camp tradition you won't want to miss!

## 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, \$5 entry. The area includes the central arboretum, as well as surrounding natural habitat preserves. Located 10 miles from the Ranch on the way to Alpine. To confirm information, call (432) 364-2499.

Davis Mountains Scenic Loop - For spectacular scenery, drive the 76-mile loop.

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 - In addition to the historic fort, checkout the drugstore with a real soda fountain or the library in the old jail. The Old Fort, a National Historic Site, is open 8:00am to 5:00pm for a nominal charge. Call (432)-426-3224 to confirm information.

Hiking - You are welcome to explore the ranch and surrounding areas at times other than the scheduled group hikes, but please let a DMFTC staff or board member know. Observe signs – do NOT go on private property.

Horseback Rides - Tour the backcountry with a real cowboy. Inquire at the front desk.

Massage - Signup sheets will be kept outside the dining hall, \$65 per hour. Signup early because there are a limited number of appointments available. 24-hour cancellation is required. Bring your own sheets (do not use the sheets from your cabin).

McDonald Observatory - Call (432) 426-3640 for information about self-guided tours, solar telescope viewing and star parties.

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

Recreational Sports - Pickup games are always welcome (washers, basketball, volleyball, horseshoes, etc.). Work with Camp Manager TJ Green to announce games at mealtime or post on the white board.



**BIG BEND BREWING CO**

# CAMP STAFF AND BOARD

## Management Staff

Barbara Martin • Barbara is a Certified Personal Trainer, Group Fitness Instructor, Aqua Instructor and licensed Zumba instructor living in Austin. She's been coming to camp for 14 years, been on staff for nine years, and served as a former board member. This is her first year as Activity Director. Barbara works for the Texas Real Estate Commission as a Legal Assistant/Investigator and hopes to retire in a year and a half. Barbara also leads free weekly exercise classes for state employees in the Capitol Complex in Austin and teaches Boot Camp and BodyWorks at LA Fitness. Her passions include running, weight lifting, Zumba, reading, gardening and helping others reach their goals of living a healthy, balanced life.

Diane Weidner • Diane is a longtime camper, currently serving her fourth round on the Board and previously having served as Activity Director/Camp Manager for seven years. A picky eater, she has been Food Director for camp since 2003. She is retired from corporate life and now works a small organic farm/garden and wildlife preserve outside Fredericksburg with husband Mark and their Dachshunds ([www.birdoasis2.net](http://www.birdoasis2.net)). A longtime runner, this year Diane ran with her son in the Cap 10K to celebrate their having run the first one together 40 years ago. She placed second in her age group, with a time just a minute off their finishing time of 56 minutes in 1978.

Mark Weidner • This is Mark's 27th consecutive camp, and his 7th year on bike staff. Mark is a longtime runner, touring cyclist, and the Aggie engineer behind our camp bike trailer. A past "Mountain-Man Mo" award winner at camp, Mark has been known to finish each camp ride by biking up to the Observatory telescopes and back. He is in treatment for this condition. Mark left the high-tech world to direct Diane's activities on the farm. He is currently documenting the many unusual bird activities at their Birdoasis when he is not running, biking, farming or working on his many projects.

## Activity Staff

### 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 30 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.

Juka Smits • Juka is one of those people who likes to run. She loves to run for fun in the hot, hot sun.

### Hiking Staff

Michael Schramm • Michael discovered the Davis Mountains and Fitness Camp in 1999 and has attended consecutively since that time. Fourteen years on staff and eleven years on the Board of Directors for DMFTC has been a rewarding experience. A Houston general contractor building large single family homes and baby holding at Texas Children's Hospital keeps the days full of activity. Purchasing property in the mountains, getting to know local landowners, and volunteering with the managers of the Nature Conservancy has afforded the opportunity for Fitness Campers to enjoy hikes on

beautiful property that has no public access. After days on the trail, a favorite pastime is evening porch visits (as well as the Friday night dance).

## Cycling Staff

Mark Weidner • See Management Staff.

Keith Conrad • This is Keith's 10th consecutive year at camp, on bike staff. He has been competing in triathlons for the past 14 years. He and his fiancée Amy are currently training for the Kona IM world championships in Hawaii. Keith has two daughters Madeline and Olivia; both are active in running and triathlons. Madie will be working this year while Liv, Amy and Dad are playing at camp. Keith is a trash man for Republic Services in Houston.

Jamie Mitchell • Jamie enjoys all types of bike racing, open water swims, surfing and whitewater kayaking. He has been a trekking guide in the mountains of Bolivia, a bird watching guide in Costa Rica and an itinerant surfer up and down the Pacific Coast of Mexico. He races both mountain bikes and road bikes in races such as the Mas o Menos Mountain Bike Marathon in Terlingua and the Fort Davis Hammerfest Stage race based out of the Prude Ranch. When not racing bikes or playing in the water, Jamie enjoys good music, dancing and cold beer.

## Swim Staff

Terri Mitchell • Terri Mitchell, BA, PTA, ATRIC has committed her livelihood to aquatic fitness, therapy and wellness for more than 25 years with older adults, baby boomers and college students. Terri was previously on staff at The University of Texas at Austin where she taught swim conditioning, triathlon training and aquafitness to college students. She is a Physical Therapist Assistant, specializing in aquatic physical therapy. Terri is an international presenter for ATRI, (Aquatic Therapy and Rehab Institute) and the AEA (Aquatic Exercise Association). She is an Aqua Stretch Instructor and local aquafitness instructor in Austin, Texas. In her spare time she like to swim, kayak, hike and listen to live music.

## General Fitness Staff

Sara Kennedy-Mele • Sara moved to Alpine from Austin in October 2010. She operates her own Pilates studio in Alpine, "Pilates in the Barn," where she teaches privates, duets and mat classes. In Austin, Sara was the Pilates Director at the Hills Health & Fitness Center since 2003. Before that she was an Athletic Director at St Stephens. Sara has trained with Pilates elders and some of the top master teachers. In 2008, she shattered her right lower leg in a motorcycle blowout and attributes Pilates for a faster recovery.

James Kelly • Jim is a self-employed single parent. He is an accountant and a financial adviser. He ran his first marathon at age 50 and had his first child at 51, because "you don't want to rush into these kind of things". Even before he started distance running he was a Yoga enthusiast taking classes whenever and wherever he could. Then the same week he completed the Boston Marathon he began his Yoga instructor training at Yoga Yoga (they were great!) and received his 200 hour Teacher's Certification. He has taught classes at Inez Fitnez on S. Congress and at Austin Recovery Center. He has also given talks on the benefits of Yoga and meditation.

**Barbara Martin** • See Management Staff.

# Support Staff

## Nurse

Liz Vinton, FNP-BC, RN, RNFA, ONC, CLCP • 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, she has several years' experience as a paramedic with an ambulance unit. She is both a provider and instructor in ACLS and CPR. Recently, she was the senior nurse practitioner at main Baylor Hospital in Dallas and worked as first surgical assistant and nurse practitioner with four spine surgeons. Currently, she has her own independent clinic several mornings a week specializing in orthopedics in addition to work as an expert witness and consultant. Liz has competed in marathons and triathlons, including several treks to Leon's. For over twenty years Liz has been the Scoutmaster of BSA Troop 800 and is the 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.

## Massage Therapy Staff

Russell Seguin • Russell became a massage therapist because of injuries that responded best to deep tissue massage work and he wanted to learn how to help himself and others. He's fascinated with anatomy and structural bodywork and has taken over 700 hours of training primarily focusing on reducing pain, working with specific injuries and increasing flexibility and range of motion. Most of his experience is with conditions such as knee pain, whiplash and frozen hips and shoulders. He has been a team therapist for Round Rock Fit marathon training and an MS-150 cycling team since 2008.

Stacy Speciale • Stacy Speciale has been in the massage /bodywork profession for over 15 years his private practice is located in southwest Austin 78735 district. Stacy opened in 2005 and operates the Trinity Spa at the Austin Omni Hotel South Park providing services for hotel guest and Austin locals. Stacy's practice focuses on therapeutic rehab and pain relief including relaxation and stretching massage for his clients.

Lisa Mair • Lisa is both a registered nurse (26 years) and a massage therapist (13 years) specializing in neuromuscular/trigger point therapy, manual lymph drainage, stretching, deep tissue and myofascial release with healthcare givers and senior populations. Her passion lies in bringing body awareness and providing pain/anxiety relief, which will encourage increased mobility and a confident, positive mood. Due to orthopedic injuries throughout her life, Lisa has pursued and thoroughly enjoys hiking and "jalking" (jog/walking) along with Pilates, Yoga and solo dancing which provides both exercise and mental therapy and a source of amusement for bystanders.

## Camp Founder

Jack Jennings • Davis Mountains Fitness and Training Camp came into being after the Half Fast Track Club of El Paso utilized Davis Mountains for a Half-Marathon. In 1979 several Austin runners participated, including Jack Jennings. In those days of few races, runners traveled to almost everywhere to race: Mississippi, New Orleans, Arkansas, Arizona, etc. The Prude Ranch offered a facility similar to a running camp in Colorado. John Robert Prude and Jack planned the camp on a "yellow pad" and presented the first Davis Mountains Running Camp in 1980. The camp evolved into the present format with the invaluable help and participation of too many dedicated people to enumerate at this

time. Jack is a charter member of the Austin Runners Club. His racing experiences range from roads to cross country and from trails to altitudes of 14,000 feet at Pikes Peak.

## Board of Directors

**Russell Hahn • President.** Russell works as a software developer in downtown Austin and often cycles or runs his 5 mile commute. Russell trains with the Ship of Fools, which explains his running behavior. Russell has run races this year including a 50K with alligators and a 60K night race. Before becoming a runner, Russell was a long distance cyclist completing the 1200K Paris-Brest-Paris and Boston-Montreal-Boston. Russell learned about camp from the Deckers and sent his wife first to check it out. Thanks Laura! Look forward to seeing you soon!

**Diane Weidner • Vice-President.** See Management Staff.

**Max Langley • Treasurer.** Max lives in Houston and has attended camp each year since 2011. Max rides road bikes 1,000+ miles and hikes several hundred miles per year. He is active as an event leader and participant in numerous events with Bayou City Outdoors. He has dived over 1,000 scuba dives in oceans of the world. He travels extensively each year to participate in hiking, biking, diving, and fun activities in the US and internationally. He is a retired CPA and is a volunteer at Brazos Bend State Park and annually prepares personal income tax returns as an AARP volunteer. He worked for a big 8 accounting firm, was the CFO of an international semiconductor manufacturing company for 25 years and was a financial consultant for 10 years.

**Amy Holland • Secretary.** Amy loves to run, cycle and swim, preferably in the latest color-coordinated sport fashions. Having attended every year of camp since 2007, she has developed an affinity for all aspects of camp life, especially sunrise runs, porch sitting, and star gazing. Outside of camp, she participates in several half marathons and a couple of triathlons each year. She also travels extensively. A retired CPA from Houston, Amy now lives in Spicewood, just west of Austin, and volunteers with a variety of nonprofit organizations in the Lake Travis area. Her favorite part of camp is catching up with fellow campers while relaxing on the porch with a glass of wine.

**Sandy Raphael • Registrar.** Sandy is a veteran Fitness Camper from Austin, attending her first camp in 1998. Sandy loves cycling, swimming and running. She's especially fond of "destination" events. She has ridden her bike across the state of Iowa for the RAGBRAI ride; completed America's Most Beautiful Bike Ride around Lake Tahoe and last year completed the Disney Coast to Coast Challenge. This year she ran the Ragnar Relay, from Fredericksburg to Austin. When not racing or volunteering, Sandy enjoys time with her kids, 3 grandchildren and rescue pup.

**Jeff Henke •** Jeff has been attending camp since 2005 and was elected to the Board in 2015, and is just plain happy to be here! He is a cyclist and a hiker, mostly – but his knees and his hips tell him he is not a runner. Jeff has been in Austin for 32 years and grew up near Houston in Conroe, fishing, swimming, cycling, playing sports, and generally being a good son. He might be able to help you ID a bird or a rock formation or answer a question about how camp works, but it will cost you a hug or a little-known factoid about yourself in return. Welcome back to returning campers – and a special welcome to our new campers! HAVE FUN!

**Brian Hocker •** Brian lives and works in Fort Worth where he runs, bikes, swims and recovers with yoga. This is Brian and wife Theresa's fourth year at camp. Camp was

originally Theresa's idea, but both were immediately taken by how perfect the Davis Mountains are for summer running, cycling and hiking. Brian also discovered that camp doesn't just "happen," and that there is always an opportunity for campers to volunteer.

Michael Schramm • See Hiking Staff.

Leah Nyfeler • Leah is a native Austinite who loves writing and talking about an active lifestyle as much as she enjoys living it. A freelance writer and editor, Leah focuses on health and wellness in her blog, [Enjoying the Journey: Observations on the Fit Life](#), tackling topics from workout motivation to mid-life changes to the latest in current thought and research. As a DMFTC board member, the former editor in chief of *Austin Fit Magazine* focuses on everything related to communications: social media, website, newsletters, marketing. You'll find her at camp on the hikes and runs, as her sport of choice is marathon – and ultra-distance running (especially trail running). She's too much of a traffic weenie for camp cycling, having retired from biking and triathlon after completing Ironman Coeur d'Alene, but will gladly participate in yoga, swimming, and just about anything else, especially if friends are there, too. Leah will also talk a lot at the book discussion. (#youvebeenwarned).