

Example Document

July 8, 2017

Hello, campers!

The Davis Mountains Fitness and Training Camp Board of Directors welcomes you. We're just a month away from our annual August camp and another amazing year of fitness, fun, and fine folks in beautiful West Texas. The DMFTC activity staff has organized a wonderful array of things to keep you busy, and the amazing kitchen staff will keep you fueled and happy for the entire week. So let's talk camp prep!

Important DMFTC Information

Activity Book & Schedule: This is every camper's course guide. Peruse in advance and *print your own copy* so you can map out your week of fun.

Cycling/Food Letters: These have information about bicycling and meals.

Your First Day at DMFTC

Check-In: Please arrive at Prude Ranch on Sunday, August 6, 2017, to attend registration between 3:00–5:00 p.m. Pick up your DMFTC nametag and room assignment at the Prude Ranch front desk; touch base with the DMFTC nurse. Then, cruise the Activity Fair to sign up for massages, volunteering at water stops, and other assorted camp fun. Staff and BOD members will be there to say hello and answer questions.

Camper Orientation: Everyone meets in the Gym at 5:30 p.m. to get the latest scoop on this year's camp.

Dinner: Your first meal! Campers line up outside the Dining Hall; food is served cafeteria-style. As you come inside, look for posted sheets to track miles ridden and run. See the white board? Announcements and changes to the DMFTC schedule will be written here. The table by the white board is where special fixings for bag lunches will be available prior to all-day activities. Mix and mingle at meals—get to know your fellow campers. Find someone new every day. Please clear dishes and trays by 7:30 p.m. so the kitchen staff can wash up in a timely fashion (they've got a lot of work to do!).

Ice Cream Social: Stop by the Dining Hall Porch (DHP) window to pick up a cold treat (after dinner, approximately 7:30 p.m.).

Rookie Orientation: New campers—"rookies"—return to the Gym at 8:00 p.m. for a mandatory meeting (don't make us come find you!).

Lights Out: Head back to lodgings. The stars at night are big and bright, so look up

and walk carefully (bring a light to navigate the dark). Pick tomorrow's activities, set your alarm, and sweet dreams—rest up for fitness fun, DMFTC-style!

Good To Know Before You Go

Book Talk: Even if you haven't finished reading this year's book discussion pick (News of the World by Paulette Jiles <https://www.amazon.com/News-World-Novel-Paulette-Jiles/dp/0062409204>), come join the discussion.

Camper Contact: Need a ride to camp? Want to connect with, say, fellow birders or golfers? The private DMFTC Facebook group (<https://www.facebook.com/groups/dmftc/>) is the best way to reach out to others. Not on Facebook? Contact a board member and we'll post for you.

Cell Phones/Internet: Connectivity at Prude Ranch is limited (Ft. Davis, several miles away, has reliable service). Set an away message telling people you can't be reached. Do bring your phone as a safety precaution on long rides, runs, and hikes.

Cycling: No helmet, no ride. Have a DMFTC jersey? Please wear it, especially on the ride to Balmorhea State Park. Before you arrive, review road safety tips:

<http://drivekindridekind.org/bicycle-safety/>

Food/Drink: While DMFTC provides some supplemental food for activities, you'll need to pack your own bike/run/hike nutrition. The days are hot and dry; bring an ice chest to keep beverages cold. (Ice for water bottles is available in the Dining Hall, but you'll need to purchase ice for ice chests in Ft. Davis.) Fancy an adult beverage? If you were to bring wine to dinner, you wouldn't be alone.

Massage: You'll want one. Sign up at Sunday's Activity Fair, because DMFTC therapists' schedules fill quickly. Hour massages cost \$65—and bring your own set of twin-sized sheets (top and bottom) to your session. For an extra \$5, the massage therapist can supply sheets. **Do not** use any Prude Ranch sheets.

Packing: A comprehensive list is posted on the DMFTC website (www.fitnesscamp.org) and Facebook group page. When not exercising, camp dress is casual and outdoorsy. Campers often rinse and line-dry items (bring line and clips—it's windy). Pack some party duds for the dance on the last night!

Porch Sitting: Many find relaxing while sky watching is a favorite activity. Bring a chair and bug spray/fly swatter for sitting outside.

Prude Ranch: Accommodations are charmingly rustic. Information about housekeeping services will be given at registration. No TVs (except in Dining Hall foyer) or phones. Maintenance needs and facility issues should be reported to the Prude Ranch office.

Social Media: Share your fun! Connect with DMFTC on Facebook, Twitter, and Instagram via #DMFTC.

West Texas Weather: Evenings and mornings can be quite cool. Expect the occasional afternoon thunderstorm, too, so pack accordingly. Elevation at nearby Davis Mountains State Park is between 5,000 and 6,000 ft., so sunburn and dehydration are of concern. Check out this article on adjusting for exercise in these hot, dry conditions: <http://www.highaltitude.com/dehydration.htm>

Be sure to get acquainted with the folks who make DMFTC happen. Take a look at the bios in your Activity Guide and photo albums on the private Facebook groups so you can match faces and names with staff and BOD members. Think about how you'd like to volunteer to help with DMFTC.

Questions or concerns not answered here? Please contact the BOD and we'll work to get you get the answers you need.

We'll see you at camp—happy trails!

Sincerely,

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DMFTC, Communications