

Activity Schedule

Welcome to Camp

Sunday

#DMFTC

| | | |
|------|--|---|
| 2:00 | | |
| 2:30 | | |
| 3:00 | 3:00 Registration (DH) Pick up your shirt/room assignment. | 3:00 Activity Fair (DHP) Meet the staff and learn about the activities. |
| 3:30 | | |
| 4:00 | | 4:00 Yoga (GY) Get the kinks out with MaryEsther |
| 4:30 | | |
| 5:00 | | |
| 5:30 | 5:30 Camp Orientation (GY) Meet the staff and board. Get fired up, and learn what you need to know! | |
| 6:00 | | |
| 6:30 | 6:30 - 7:30 Dinner (DH) (Line up outside the dining room door.) | |
| 7:00 | | |
| 7:30 | 7:30 Rookie Orientation for New Campers (Mandatory) (GY) Rookies grab ice cream early near (PL) and head to (GY) | |
| 8:00 | 8:00 Ice Cream Social (PL) Ice Cream for all! | |
| 8:30 | | |
| 9:00 | | |

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm
(NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule

Monday (Alpine Day)

#DMFTC

| | | | | |
|-------|---|---|---|--|
| 6:00 | | | | |
| 6:30 | 6:30 Alpine (Musquiz) Canyon Adventure Run (HP) Arrive by van; variable distance runs up to 6 miles. | | 6:30 Early Morning Yoga (TC) Led by MaryEsther | 7:00 - 9:30 Breakfast (DH) |
| 7:00 | | | | |
| 7:30 | | | 7:45 Ranch to Alpine - Out & Back (HP) 58 miles round trip. Long Ride | |
| 8:00 | 8:15 Hike at CDRI (HP) Arrive at 8:15. Rollout 8:30 sharp. Meet at the hitching post for vehicle transport to the Chihuahuan Desert Research Institute on the road to Alpine. This hike will cover about 2.6 miles and will descend into a canyon with unique geology and a spring. Hike is classified as moderately strenuous. SIGNUP REQUIRED | 7:45 Ranch to Alpine Kokernot baseball Park (HP) 29 Miles Medium Ride (Signup for van return) | | 8:30 Ranch to Musquiz Ruins - Out & Back (HP) 24 miles round trip. Medium Ride |
| 8:30 | | | | |
| 9:00 | | | | |
| 9:30 | | | | |
| 10:00 | | | | |
| 10:30 | | | | |
| 11:00 | | 11:00 -12:00 Swim Lesson - Drills & Skills (SP) Freestyle stroke drills: the catch, the pull and the finish - Led by Terri | | |
| 11:30 | | | | |
| 12:00 | | | | |
| 12:30 | 12:30 - 2:00 Lunch at Ranch (DH) | | | |
| 1:00 | | | | |
| 1:30 | | | | |

Monday

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|-------|---|--|--|---|----------------------------------|---|
| 2:00 | 2:00 Running Topic 1 (LLR) "Predicting Speed" led by Roger and Juka | | | 2:00 Strength Training (GY) Led by Barbara | | |
| 2:30 | | | | | | |
| 3:00 | 3:30 Bushwhacking Mt. Arabella (HP) Hike to the top of Michael's mountain and enjoy the 360-degree view. Bring water, and wear long pants. | | 3:00 Bike Class 1 (HP) "Basic Cycling Skills Workshop" | 3:00 Zumba (GY) Led by Barbara. | | |
| 3:30 | | | | | | |
| 4:00 | | | 4:00 Bike Class 2 (DHP) "Flat Tire Changing Clinic" led by bike staff | 4:00 Pilates (GY) Learn Control, Breath and Precision with Sara. | | 4:00 - 5:00 Swim Lesson - Swim Practice (SP) Led by Terri |
| 4:30 | | | | | | |
| 5:00 | 5:00 Trail Run (HP) Work your lunch off and work up a dinner appetite. | | | 5:00 Yoga (GY) Led by MaryEsther | 5:00 CPR (LLR) Don't be late! | |
| 5:30 | | | | | | |
| 6:00 | 6:00 - 7:00 Dinner (DH) | | | | | |
| 6:30 | If you signed up for the Bear Mountain bus Tuesday morning, leave your bike on Pool Lawn (for trailer loading). | | | | | |
| 7:00 | | | | | | |
| 7:30 | 7:30 - 8:30 A Random History of Fort Davis and How to Survive in a Small West Texas Village (GY) Larry Francell, retired Director of the Museum of the Big Bend at Sul Ross State University, Alpine, Texas | | | | | |
| 8:00 | | | | | | |
| 8:30 | | | | | | |
| 9:00 | | | | | | |
| 9:30 | | | | | | |
| 10:00 | | | | | | |

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm
(NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule

Tuesday (Scenic Loop Day)

#DMFTC

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|-------|---|---|---|-----------------------------------|
| 6:00 | | | | |
| 6:30 | 6:45 Ft. Davis Adventure Run (HP) Ride the van to Fort Davis and run back to ranch. Distances up to 6 miles. | | | 6:30 - 9:00 Breakfast (DH) |
| 7:00 | | 7:15 Forest Bathing in the Toab Canyon (HP) One of the more remote canyons on the Davis Mountains Preserve. Arrive at 7:15. Rollout 7:30 sharp. LIMITED SPACE - SIGNUP REQUIRED BRING A SACK LUNCH and plenty of fluids. Estimated time back to camp is between 1-2 PM. Mike is adding about 3/4 miles in trail distance to the hike and Texas Nature Conservancy Expert Interpretive Hiker Tara Poloskey will be joining the hike. Yoga session by MaryEsther during the hike. | 7:00 Scenic Loop Bike Ride (HP) 75 challenging miles. Full support including 4 water stops, snacks & sack lunch. See bike staff for details. Advanced & experienced riders only. Long Ride | |
| 7:30 | | | | |
| 8:00 | | | | |
| 8:30 | | | | |
| 9:00 | | 7:30 Back Side of Scenic Loop Bike Ride (HP) Van leaves with riders at 7:30. Bear Mountain to ranch, 42 miles. Leave your bike at PL by 6 PM MONDAY. Van leaves at 7:30. SIGNUP REQUIRED Medium Ride | 8:30 - 12:00 Madera Canyon Trail Run (HP) Led by Russell 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. | |
| 9:30 | | | | |
| 10:00 | | | | |
| 10:30 | | | | |
| 10:30 | 10:30 Video Tape Running (HP) Get your running style videotaped. Signup sheet by entrance to dining hall. | 9:00 Point of Rocks (HP) Out & Back ride, 35 miles. Short Ride | 11:00 - 12:00 Swim Lesson - Drills & Skills (SP) The kick: freestyle, breast stroke and backstroke kick drills. Sidestroke anyone?? - Led by Terri | |
| 11:00 | | | | |
| 11:30 | | | | |
| 11:30 | 11:30 Run Video Playback & Analysis (DH Foyer) See yourself on tape to gain insight on running form. | | | |
| 12:00 | | | | |
| 12:30 | 12:30 - 2:00 Lunch at Ranch (DH); Sack Lunch for Specific Groups | | | |
| 1:00 | Full Scenic Loop riders and support staff will have sack lunches provided at Valentine Rd water stop. Hikers will make their own sack lunches at breakfast to take with them. | | | |
| 1:30 | | | | |

Activity Schedule

Wednesday (Balmorhea/Boy Scout Ranch Day)

#DMFTC

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|-------|---|--|--|--|
| 6:00 | | | | |
| 6:30 | 6:30 Visitor Center at the Observatory Challenge (HP) Take the bus to the observatory and run back to the ranch or anything in between. | | | 6:30 Early Morning Yoga (TC) Led by MaryEsther |
| 7:00 | | | | 7:00 - 9:30 Breakfast (DH) |
| 7:30 | | | | |
| 8:00 | | | | |
| 8:30 | | | 7:45 Bike Ride to Balmorhea State Park and back to Boy Scout Ranch (HP) Down the mountains through Wild Rose Pass. Add some miles to this mostly downhill ride by riding into Balmorhea, turn around and ride into Boy Scout Ranch. Enjoy the pool and facilities at the Boy Scout Ranch when you get there - 54 miles ** All Boy Scout Ranch riders and people riding the bus - Be sure to put a change of clothes on the bus. ** | |
| 9:00 | | | | 9:00 Bike Ride from Ranch to Boy Scout Ranch (HP) Down...and down...and down the mountains through Wild Rose Pass, then add some miles - 41 miles. Medium Ride |
| 9:30 | | | | 9:30 Wild Rose Pass to Boy Scout Ranch Bike Ride or Boy Scout Ranch Bike Ride only (HP) By 9:00, leave your bike on the pool lawn so the bike staff can load trailer. Bus and trailer leave at 9:30, Wild Rose Pass to BSR - 24 miles. BSR Bike Ride only - 11 miles. Short Ride |
| 10:00 | | | | |
| 10:30 | | | 10:00 Drive to Boy Scout Ranch Maximize your time in the pool. No entry until Dick is there! | |
| 11:00 | | | | |
| 11:30 | | | 11:00 - 12:00 Aqua Time at Boy Scout Ranch Led by Terri and Barbara Boot camp, aerobics, play and games. Noodles provided. | |
| 12:00 | | | | |
| 12:30 | 12:30 - 1:30 Lunch Served in the Party Room at Boy Scout Ranch Look for DMFTC Sign | | | |
| 1:00 | | | | |
| 1:30 | 1:00 Pool Relays Join Dick at the pool for some after lunch fun!! | | | |

Wednesday

| | | | | | |
|-------|--|----------------------------------|---------------------------------|---|-----------------------------------|
| 2:00 | 2:00 Bus #1 leaves for ranch | 2:00 Bus #1 leaves for ranch | Bike back to Ranch if you dare! | 2:00 Bus #1 leaves for ranch | 2:00 Bus #1 leaves for ranch |
| 2:30 | | | | | |
| 3:00 | | | | | |
| 3:30 | 3:30 Bus #2 leaves for ranch | 3:30 Bus #2 leaves for ranch | | 3:30-5:00 Bike Class 3 (DH) "Eat, Drink, and Be Happy: Nutrition and Hydration on Bike Rides (and other athletic endeavors)" | |
| 4:00 | | | | | 4:00 Zumba (GY) Led by Barbara |
| 4:30 | | | | | |
| 5:00 | 5:00 Trail Run (HP) Work your lunch off and work up a dinner appetite. | 5:00 CPR (LLR) Don't be late! | | 5:00 Yoga (GY) Led by MaryEsther | |
| 5:30 | | | | | |
| 6:00 | 6:00 - 7:00 Dinner (DH) | | | | |
| 6:30 | | | | | |
| 7:00 | | | | | |
| 7:30 | 7:30 - 8:30 Keith Conrad and Nick Crafton - Tales of an Ironman Triathlon (GY) Join campers Keith Conrad and Nick Crafton as Keith entertains us with unique and unusual experiences and Nick recounts his first Ironman Triathlon | | | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | 8:30 Movie under the Stars - "Blues Brothers" (GY) Comedy icons John Belushi and Dan Aykroyd star in the outrageously funny musical comedy about Jake and Elwood Blues, two brothers searching for redemption with no money but a briefcase full of soul. | | | | |
| 9:30 | | | | | |
| 10:00 | | | | | |
| 10:30 | | | | | |

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm
(NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule

Thursday (Marfa Day)

#DMFTC

| | | | | | |
|-------|--|--|--|----------------------------|--|
| 6:00 | | | | | |
| 6:30 | | | | 6:30 - 9:00 Breakfast (DH) | |
| 7:00 | 7:15 Mount Livermore Hike (HP) Arrive at 7:15. Rollout 7:30 sharp. This hike offers an incredible opportunity to hike to the top of the States second highest peak outside the Guadalupe. LIMITED SPACE SIGNUP REQUIRED BRING A SACK LUNCH and a minimum of 100oz. of hydrating fluids. Total time away from camp is approximately 8 hours. | | | | |
| 7:30 | | | 7:30 Ranch - Marfa Day Rides (HP) Drive on your own to Marfa. Target start time for all rides - 8:30 | | |
| 8:00 | | | | | |
| 8:30 | | | | | |
| 9:00 | | | 9:00 - 10:00 Yoga (GY) Led by MaryEsther | | 8:00 - 12:00 Primitive Area Trail Run (HP) Led by Russell The scenic loop for trail runners. We will explore the primitive area trails with an 11 mile adventure run. A van will leave from the ranch and drive to the park. We will return to the ranch in time for lunch. Sign up on Sunday at the Activity Fair. |
| 9:30 | | | | | |
| 10:00 | 10:00 Strength Training (GY) Led by Barbara | | | | |
| 10:30 | | | | | |
| 11:00 | 11:00 Zumba (GY) Led by Barbara | | | | |
| 11:30 | | | | | |
| 12:00 | | | | | |
| 12:30 | 12:30 - 2:00 Lunch at Ranch (DH) | | | | |
| 1:00 | Hikers will make their own sack lunches at breakfast to take with them. | | | | |
| 1:30 | | | | | |

Thursday

| | | | |
|-------|--|--|---|
| 2:00 | | | |
| 2:30 | 2:30 Water Volleyball - (SP) Been a while since you've played water volleyball? Perfect! See you at the pool! | | |
| 3:00 | | | |
| 3:30 | | | |
| 4:00 | 4:00 - 5:00 Swim Lesson - Swim Practice (SP) Led by Terri | | 4:00 Pilates (GY) Full body integration. Discover how to use your body, not momentum. |
| 4:30 | | | |
| 5:00 | 5:00 Running Topic 3 (LLR) "Do All Training Schedules Work?" led by Roger & Juka | | |
| 5:30 | | | |
| 6:00 | 6:00 - 7:00 Dinner (DH) | | |
| 6:30 | | | |
| 7:00 | 7:00 Board Nominations (DH) | | |
| 7:30 | 7:30 Staff Meeting (GY) Staff Members only | | |
| 8:00 | 8:00 - 9:00 Book Discussion (GY) | | |
| 8:30 | "Rusch to Glory: Adventure, Risk and Triumph on the Road Less Traveled" by Rebecca Rusch Russel Hahn will lead the book discussion | | |
| 9:00 | | | |
| 9:30 | 9:30 Fitness Camp Star Party (PF) | | |
| 10:00 | Mark Cash will show us the constellations on the Prude Ranch telescope and answer questions | | |

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm, (NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule

Friday (Madera Canyon Day)

#DMFTC

| | | | | | | |
|-------|--|---|--|---------------------------------|---|--|
| 6:00 | 6:15 Madera Canyon Adventure Run (HP) One of the most beautiful places on Earth. Arrive by bus; variable run distances. One small hill & one big hill. | | | | | |
| 6:30 | | | | | | |
| 7:00 | | | | | | |
| 7:30 | | 7:45 Old Fort Davis Historical Site Hike (HP) Arrive at 7:45. Rollout 8:00 sharp. Start at Davis Mountain State Park Interpretative Center and hike over the mountain to Historical Ft Davis. This has been a treat for many campers. Bring a snack. Approximately 3 hour hike. | | 7:00-9:30 Breakfast (DH) | 7:00 Early Morning Yoga Led by MaryEsther at Madera Canyon | |
| 8:00 | | | | | | |
| 8:30 | | | | | | |
| 9:00 | | | | | | |
| 9:30 | | | 9:00 Prude Ranch to McDonald Observatory (HP) Ride to the Visitors Center, on to the Telescope Challenge, then return to Prude Ranch, 22 miles . Medium Ride | | 9:30 Prude Ranch to Visitor Center (HP) Out and back ride, up to 20 miles. Short Ride | |
| 10:00 | | | | | | |
| 10:30 | | | | | | |
| 11:00 | | 11:00 -12:00 Swim Lesson - Drills & Skills (SP) Bilateral breathing, body balance, high elbow drills and skills - Led by Terri | | | | |
| 11:30 | | | | | | |
| 12:00 | | | | | | |
| 12:30 | 12:30 - 2:00 Lunch at Ranch (DH) | | | | | |
| 1:00 | | | | | | |
| 1:30 | | | | | | |

Friday

| | | | | |
|-------|--|---|---|--|
| 2:00 | | | On your own: relax, skit preparation, basketball... | |
| 2:30 | | | | |
| 3:00 | 3:00 Video Tape Running (HP) Get your running style videotaped. Signup sheet by entrance to dining hall. | 3:00 Pilates To Go (GY) Pilates to take home! | | |
| 3:30 | | | | |
| 4:00 | 4:00 - 5:00 Swim Lesson - Swim Practice (SP) Led by Terri | 4:00 Run Video Playback & Analysis (DH Foyer) See yourself on tape to gain insight on running form. | | 4:00 Yoga (GY) Led by MaryEsther |
| 4:30 | | | | |
| 5:00 | | | | |
| 5:30 | | | | |
| 6:00 | 6:00 - 7:00 Dinner (DH) | | | |
| 6:30 | | | | |
| 7:00 | | | | |
| 7:30 | 7:30 Camp Meeting and Skits (GY) A short business meeting will precede the Camper Awards Ceremony followed by the light entertainment and skits born of your Camp experiences. | | | |
| 8:00 | | | | |
| 8:30 | | | | |
| 9:00 | 9:00 - 12:00 Camp Dance (GY) Shake your booty to DJ tunes. | | | |
| 9:30 | | | | |
| 10:00 | | | | |

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm
 (NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule

Saturday (Bon Voyage)

#DMFTC

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|-------|--|
| 6:00 | |
| 6:30 | 6:30 Traditional Last Runs (HP) |
| 7:00 | Get details from run staff or veteran camper. |
| 7:30 | 7:00 - 9:00 Breakfast (DH) |
| 8:00 | |
| 8:30 | |
| 9:00 | |
| 9:30 | Vaya Con Dios! |
| 10:00 | |
| 10:30 | Have a safe and pleasant journey home... |
| 11:00 | |
| 11:30 | |
| 12:00 | Run every chance you get! -Al Cumming |
| 12:30 | |
| 1:00 | |
| 1:30 | Fitness is not about being better than someone else...it's about being better than you used to be! |
| 2:00 | |
| 2:30 | |

