

# 2019 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.

### 2019 DMFTC Activities Staff

**Run/Walk**

Roger Boak  
Juka Smits

**Hiking**

Michael Schramm  
Rick Sutherland

**Biking**

Mark Weidner  
Keith Conrad  
Pedro Martin-de-Nicolas

**Swimming**

Terri Mitchell

**General Fitness**

MaryEsther Middleton (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)
- GYM** 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 (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.

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 its 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 Juka for details.

State Park Primitive Area Trail Run (7:00 a.m. Thursday - HP) The scenic loop for trail runners. We 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.

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

Running Apps for the Technically Challenged (2:00 - 3:00 p.m. Monday - LLR) Can your smart phone help you run? The young Juka will enlighten the old Roger and anyone else who is interested. Share your favorite apps with the group.

Racewalking (5:00 - 6:00 p.m. Monday - HP) The best cross-training for running is racewalking (low impact). It is also very cool.

Age Grading (3:00 - 4:00 p.m. Tuesday - LLR) Are you slowing down too quickly? Or are you holding your own? Roger and Juka will explain – it’s simpler than you think.

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

The Latest (5:00 - 6:00 p.m. Thursday - LLR) Are you training all wrong? Are those shorts still in style?

## Videotape Form Analysis

Videotape Running (3:00 p.m. Friday - HP) Come get your running style videotaped. There will be a sign-up sheet posted by the dining hall entrance to setup individual appointments.

Run Video Playback & Analysis (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.*

*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. 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. Mike is adding about ¾ mile in trail distance and a Texas Nature Conservancy Expert Interpretive hiker, Tara Poloskey will be joining the hike. MaryEsther will lead a guided 30-minute Yoga session

in the canyon. 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.

Try a Bike Mirror Workshop (3-4:00 p.m. Monday - PL) Bring your bike, helmet and sunglasses and try different types of mirrors. Once you use one, you will be hooked. They are particularly useful on wide open roads like in the Davis Mountains. There will be a limited number of free mirrors.

Riding Clinic (4:00-5:30 p.m. Monday - DHP) Want more of an enjoyable, exhilarating experience on the road and in the saddle? Come participate in our cycling skills class. We will cover many topics like starting and stopping safely, hill climbing, and pace line rules and etiquette.

Fix a Flat Clinic (3:30-5:00 p.m. Wednesday - DHP) Bring your bike and learn how to do it. Sign up so we know how many will be there.

#### 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, Ride to Balmorhea (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 at 12:30 pm – see notes below

- 7:45 am A-Balmorhea with Boy Scout Ranch (BSR) 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.

\*\*\*\*\*There are several low water crossings to BSR. These can be very slick and dangerous. You cannot tell if they are slick until you get on them. WALK YOUR BIKE THROUGH ANY WATER CROSSINGS THAT ARE WET.\*\*\*\*\*

### 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 Balmorhea before you do. 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 Balmorhea State Park at 12:30pm. Before and/or after lunch, enjoy activities and/or relaxation at the pool. Catch a bus back to the Ranch – see schedule.

### Thursday, Marfa Day

Take a van to the courthouse in Marfa with bikes trailered down – or drive on your own. Be at HP with bike by 7:30. Van and bikes will leave ranch at 7:45. Target start time for rides is 8:30. 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

Ride from the ranch to the McDonald Observatory visitor's Center or you can add the climb to the telescopes if you are brave. The climb to the telescopes is the highest and steepest paved road in Texas. Some riders drive to the visitors' center and just do the steep telescope climb. Please sign up if you plan to ride from the ranch so staff knows how many riders to expect. Water and restrooms are available at the visitors' center.

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)

## Important Information Regarding 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 Unsupported Independent Rides

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

Boy Scout Ranch (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.

## 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** (See schedule for dates and times) 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** (See schedule for dates and times) 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!

**Swim Videotaping** 9:00-9:45 a.m. Friday. Sign up for 15 minutes slots of swim videotaping and review. A sign up sheet will be at the Activity Fair and on the Bulletin Board. Don't miss out!

**Deep Water Running and Distance Swim** (See schedule for dates and times)

## 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 in the current moment – mind/body awareness. When we practice Yoga, we discover the body's amazing ability

to move, balance, strengthen, increase range of motion, and become more limber. In addition, Yoga assists in reducing stress and anxiety, decreases blood pressure and slows the respiratory rate. Let yourself become more comfortable in the Yoga postures (asanas), learn to breathe easily, and slow down!

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 – in Toab Canyon during hike 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.

4:00 pm Monday and Thursday

3:00 pm Tuesday and Friday

## Zumba, Weight Training and Aqua Aerobics

Zumba (3:00 p.m. Monday, 4:00 p.m. Wednesday, 11:00 a.m. Thursday - 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 (11:00 a.m. Wednesday – Balmorhea State Park) Barbara will led a fun deep water aerobics class at the pool. Whether you rode to Balmorhea or not, this is the perfect place to jump in the water and have some fun. DMFTC will provide noodles to play with!

## 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.

What's New at the McDonald Observatory (7:30 p.m. Monday - GYM) Speaker – Craig Nance has been the Superintendent of McDonald Observatory since January 2015. Craig worked at the Observatory from 1997-2000, serving as the facility manager for the Hobby-Eberly Telescope. In between his two stints in West Texas, Craig was director of the Mt. Graham International Observatory and operations engineering manager at W. M. Keck Observatory.

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

Bears in the Davis Mountains by Tara Poloskey (7:30 p.m. Tuesday - GYM) Tara Poloskey, with the Texas Nature Conservancy, will discuss bears in the Davis Mountains.

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

**Roger, Diane, Bob and Andrea Health Talk** (7:30 p.m. Wednesday - GYM) – Join campers Roger, Diane, Bob, and Andrea do their own “Ted Talk.”

Movie Night – The Rocky Horror Picture Show (8:30 p.m. Wednesday - GYM) Bring your chair, blanket and ice chest to watch the movie. IF RAIN OR MOSQUITOES ARE BAD MOVIE WILL BE IN GYM.

Water Volleyball (2:30 p.m. Thursday - SP)

Book Discussion of “Grandma Gatewood’s Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail” by Ben Montgomery (8:00 p.m. Thursday - LMR). Camper Katy Kappel will lead the book discussion.

DMFTC Star Party (9:30 p.m. Thursday - PF) Education and Outreach spokesman from the McDonald Observatory, will host this year's Star Party. We will meet at the slab on the Polo Field. IF INCLEMENT WEATHER STAR PARTY IN LODGE!!

End-of-Camp Program and Business Meeting (7:30 p.m. Friday - GYM) 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 - GYM) 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.

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.)

# 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 16 years, been on staff for ten, and served as a former board member. This is her third year as Activity Director. Barbara retired from the state last year and is teaching classes at LA Fitness as well as working with Aging is Cool! and It's Time Austin-Stronger Austin. Her passions include exercise, reading, gardening and helping others reach their goals of living a healthy and 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. A runner her entire adult life, she also did some self-contained bicycle touring with husband Mark, including their 1400 mile trek together in the Canadian Rockies. 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)).

Mark Weidner • This is Mark's 30th consecutive camp, and his 9th year on bike staff, most recently as Bike and Transportation Director. 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 bird activities at their Birdoasis when not running, biking, farming or working on his many projects. An on-going project is the recording of the life and loves of their resident Canyon Wrens, which can be seen in some new videos on their website, [www.birdoasis2.net](http://www.birdoasis2.net).

## 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. This will be Roger's 34<sup>th</sup> consecutive year at camp. Maybe he likes it. He has run every distance imaginable but is no longer a practicing vegan. Come to his talk on Wednesday and find out more. He would like Houston better if there were mountains nearby.

Juka Smits • Juka is very happy and excited to be part of the running staff for her third year. She started running about ten years ago, at age 42, as an anti-depressant and has found it to be very effective. It also turned out that she was pretty good at it. What she likes about running is that it is honest: You get out of it what you put into it. Running is also an equalizer. Once you put on a pair of shoes and get out, you're a runner. From 2009 through 2017 she was one of the coaches of a 5k training program and during this period she was also the director of the program for four years. Being the director has been one of the best experiences she's ever had. It is so rewarding to help people achieve their running goals. Being supportive and adding a lot of variety to the training schedule helped keep the participants motivated. As treasurer of a small local running club, her attention has shifted to helping with the organization of a cross country relay race that the

club puts on in the Fall every year. When she is not running, she likes to build things, do projects and she has recently discovered a passion for gardening.

## 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).

**Rick Sutherland** • Rick first attended camp in 2018. Born and raised in Austin TX, lives part time in Salida CO., and sometimes in a pickup truck down by the river. Retired after 29 years as a software developer in Austin. Enjoys brewing, camping, cooking, music, travel, welding, and most outdoor sports including cycling, hiking, paddling, running, skiing, and swimming.

## Cycling Staff

**Mark Weidner** • See Management Staff.

**Keith Conrad** • This is Keith's 14th consecutive year at camp, on bike staff. He has been competing in triathlons for the past 20 years. He has two very active daughters Madeline and Olivia; both will be attending camp this year. Keith is a trash man for Republic Services in Houston.

**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 an occasional triathlon. Pedro was a board member a few years back and has now decided to join the bike staff. He rides over 300 miles each year at camp without hardly being on his bike in Austin the rest of the year. Ask him how he does it!

## Swim Staff

**Terri Mitchell** • Terri Mitchell, BA, PTA, ATRIC has committed her livelihood to aquatic fitness, therapy and wellness for more than 26 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.

MaryEsther Middleton • Mary Esther is a Registered Yoga Teacher (RYT-200) and a computer scientist in Austin, TX. She first attended camp in 2018. After graduating UT Austin, she worked in the computer field. During that time she decided to attend a yoga teacher training program - the Living Yoga Program. She now spends half of her time teaching yoga and the other half organizing summer camps at UT Austin for the Computer Science Department. Yoga is an important part of her life and she loves to share all the benefits of this ancient practice - yoga creates the foundation for all other physical and mental activities. Mary Esther particularly enjoys: hiking, cooking, reading, kayaking, skiing (of any form), and being outside. Not necessarily in that order. She looks forward to meeting you all to help you stretch your body and mind in different ways!

**Barbara Martin** • See Management Staff.

## Support Staff

### Nurse

Zetta Smith Hackleman, (RN, BSN, CPAN) • Zetta has been a registered nurse for 39 years. Zetta has worked in Med/Surg, IMC, and Perioperative Services. Zetta is a Post Anesthesia Nurse (certified). She is CPR and ACLS certified. Currently, Zetta serves as a PFC (Patient Flow Coordinator/CN) for Seton Medical Center Austin (SMCA) Surgery Center. At SMCA as the PFC, she coordinates preop/preprocedure and postop/preprocedure care for surgical, Cath lab, EP lab, interventional radiology, and endoscopy patients. She has participated in sprint triathlons. Zetta is excited to attend and participate in Camp for the first time.

### 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 16 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 (27 years) and a massage therapist (14 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 trains with Austin Running Club and November Project. If you have an hour ask him about November Project (or just Google it). Russell ran the 2018-2019 Distance Challenge which finishes with the Austin Marathon. A 2019 50K run with alligators. 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!

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!

Dick Ruddell • On the leading edge of the baby boom generation, Dick graduated with a bachelors of arts degree, a Masters of Urban Studies and an MBA from Wichita State University. Dick was commissioned as a Lieutenant with the Signal Corp in the Army and served 1 tour in Viet Nam. Dick spent his professional career as a public transit manager and served as the CEO of transit authorities in Kansas and Ohio and retired from the job as CEO of the Fort Worth Transportation Authority. Dick continues as a part time transportation consultant in retirement. Dick is an avid swimmer, cyclist and hiker, swimming a mile 3 to 4 times per week and biking the Hotter’n Hell Hundred 8 times. This past January Dick hiked from the South Rim to the base of the Grand Canyon on the Kaibab trail and back up the Next morning on the Bright Angel trail. In addition to the DMFTC Board, Dick serves on several non-profit Boards in the Fort Worth area, including the Justice For Our Neighbors (providing legal assistance to low income immigrants), the Fort Worth Main Street Arts Festival, and Genesis United Methodist Church. Dick also works part time as a Lifeguard and Wellness Coach at the YMCA.

Michael Schramm • See Hiking Staff.

Larry Childs • Larry’s been at most camps since 2004 when he was awarded “Rookie Male Camper of the Year.” He was warned then that the award meant he would never come back, but he kept coming back anyway. In 2017 he was elected to the board of directors and now serves as the webmaster. He’s still trying to figure out how to do that job and welcomes any ideas, help or criticisms from fellow campers. Larry enjoys hiking, cycling, running and “fixing things” in his spare time. A veteran of many running events, he’s most proud of his finishes in the Pikes Peak Marathon, with a run across the Grand Canyon a close second. These days most of his running is out on the streets of Austin, Texas. “There’s a street right in front of my house, it is so convenient!” he’s been heard stating. Larry can be a tad shy or nerdy at times, enjoys helping others, and hopes to one day find the answer to that ultimate question: “Is it OK to eat pizza for breakfast?”

Nick Crafton • Nick started coming to camp in 2016. He has worked as a sales professional for almost 20 years and loves to give back to his community. He enjoys riding, running, hiking, and occasionally wearing a dinosaur costume. He completed IRONMAN Texas in 2018 and is looking for his next big challenge. He is very happily married to his gorgeous wife, Andrea, who also loves to stay active and challenges herself daily.