

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 Run Alpine (Musquiz) Canyon (HP) Arrive by van; variable distance runs up to 6 miles.		6:30 Early Morning Yoga (TC) Led by MaryEsther
7:00			
7:30			
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 Bike Ranch to Alpine - Out & Back (HP) 58 miles round trip. Long Ride 7:45 Ranch to Alpine Kokernot baseball Park (HP)
8:30			
9:00			8:30 Bike Ranch to Musquiz Ruins - Out & Back (HP) 24 miles round trip. Medium Ride
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

2:00	2:00 Running Topic 1 (LLR) "Running Apps for the Technically Challenged"			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 (PL) "Try a Bike Mirror Workshop"	3:00 Zumba (GY) Led by Barbara.	4:00 - 5:00 Swim Lesson - Swim Practice (SP) Led by Terri
3:30					
4:00			4:00 Bike Class 2 (DHP) "Riding Clinic"	4:00 Pilates (GY) Learn Control, Breath and Precision with Sara.	
4:30					
5:00	5:00 Racewalking (HP) The best cross-training for running is racewalking.			5:00 Yoga (GY) Led by MaryEsther	
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 What's New at the McDonald Observatory, Craig Nance, Superintendent, McDonald Observatory				
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

6:00					
6:30				6:30 - 9:00 Breakfast (DH)	
7:00	<p>7:15 Forest Bathing in the Toab Canyon (HP)</p> <p>One of the more remote canyons on the Davis Mountains Preserve. Arrive at 7:15. Rollout 7:30 sharp.</p> <p>LIMITED SPACE - SIGNUP REQUIRED BRING A SACK LUNCH and plenty of fluids.</p> <p>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. Campers will hike about 1.5 miles on the trail and stop to forest bath on their own or a 30-minute guided Yoga practice with MaryEsther.</p>	<p>7:00 Scenic Loop Bike Ride (HP)</p> <p>75 challenging miles. Full support including 4 water stops, snacks & sack lunch. See bike staff for details. Advanced & experienced riders only.</p> <p>Long Ride</p> <p>7:30 Back Side of Scenic Loop Bike Ride (HP)</p> <p>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</p> <p>Medium Ride</p> <p>9:00 Point of Rocks (HP)</p> <p>Out & Back ride, 35 miles.</p> <p>Short Ride</p>			
7:30					
8:00					
8:30				<p>8:30 - 12:00 Madera Canyon Trail Run (HP)</p> <p>Led by Russell</p> <p>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.</p>	
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30			<p>12:30 - 2:00 Lunch at Ranch (DH); Sack Lunch for Specific Groups</p>		
1:00	<p>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.</p>				
1:30					

Tuesday

2:00		2:00 – 2:30 Deep Water Running (SP)		2:00 Strength Training (GY) Led by Barbara	
2:30		2:30 – 3:30 Water Volleyball (SP) Led by Terri			
3:00	3:00 Running Topic 2 (LLR) "Age Grading" Roger and Juka will explain age grading			3:00 Pilates (GY) Led by Sara	
3:30		3:30 – 4:30 Swim Lesson – Drills and Skills (SP)			
4:00				4:00 Yoga (GY) Led by MaryEsther	
4:30		4:30 – 5:00 Distance Swim (SP)			
5:00	5:00 Happy Hour (DHP)				
5:30	Cold beer, wine, sodas and snacks courtesy of the Happy Camper Committee and Big Bend Brewing Company in Alpine.				
6:00	6:00 - 7:00 Dinner (DH)				
6:30					
7:00					
7:30	7:30 - 8:30 Bears in the Davis Mountains with Tara Poloskey (GY)				
8:00	Tara Poloskey, West Texas Education and Outreach Coordinator at The Nature Conservatory, Sul Ross State University Join Tara as she discusses the siting of bears in the Davis Mountains				
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

Wednesday (Balmorhea/Boy Scout Ranch Day)

#DMFTC

6:00				
6:30	6:30 Run 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			7:45 Bike Ride to Balmorhea State Park via Boy Scout Ranch (HP) Down the mountains through Wild Rose Pass. Add some miles to this mostly downhill ride by riding in and out of Boy Scout Ranch Road. If you do, there may be a cool surprise for you at the turnaround – 58 miles. Long Ride ** All Balmorhea Riders and people riding the bus – Be sure to put a change of clothes on the buss. **	
8:30				
9:00				9:00 Wild Rose Pass to Balmorhea State Park Bike Ride (HP) (20 miles) Take the van to Wild Rose Pass with bike by 8:45 for bike loading. Van and bikes leave for Wild Rose Pass at 9:00.
9:30				
10:00	10:00 Drive to Balmorhea			
10:30			9:00 Bike Ride to Balmorhea State Park (HP) Down...and down...and down the mountains through Wild Rose Pass, then add some miles. Plunge into crystal clear water – 36 miles. Medium Ride	
11:00	11:00 Open Water Swim at Balmorhea Led by Terri			
11:30	11:30 Deep Water Aerobics at Balmorhea Hit the pool, workout any soreness from your ride			
12:00			Bikes Trailered to Ranch (2nd trip will immediately follow 1st trip.)	
12:30	12:30 - 1:30 Lunch Served in the dining room at Balmorhea Look for DMFTC Sign			
1:00				
1:30	1:30 Pool Relays Join Dick for pool relays!!			

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 (DHP) "Fix a Flat Clinic"	
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 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 Roger, Diane, Bob and Andrea Talk (GY) Join campers Roger Boak, Diane Weidner, Bob Wuest and Andrea Crafton as they share current health information and personal revelations				
8:00					
8:30					
9:00	9:00 Movie under the Stars – "Rocky Horror Picture Show" (GY)				
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								
7:00								
7:30								
8:00								
8:30								
9:00	9:00 Yoga (GY) Led by Barbara	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.	7:45 Ranch - Marfa Day Rides (HP) A van and the bike trailer will take campers to the Marfa courthouse or drive on your own to Marfa. Target start time for all rides - 8:30 8:30 Marfa 2810 - out and back, 50 miles. Long Ride 8:30 Marfa 2810 - turn around at water stop, out and back. 24 miles Medium Rides 8:30 - Marfa Hwy 90 - out and back - ride the distance you want - no water stops Medium/Short Ride	6:30 - 9:00 Breakfast (DH)	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) "The Latest" Are you training all wrong?		
5:30			5:00 Yoga (GY) Led by MaryEsther
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	"Grandma Gatewood's Hike: The Inspiring Story of the Woman that Saved the Appalachian Trail" by Ben Montgomery Katy Kappel will lead the book discussion		
9:00			
9:30	9:30 Fitness Camp Star Party (PF)		
10:00	Rain or shine there WILL be a Star Party. If it is a clear night it will be held on Polo Field. If it is a cloudy night it will be held in the Lodge Living Room		

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				
8:00				
8:30				
9:00	9:00 – 9:45 Swim Videotaping (SP) Sign up for swim videotaping and review			
9:30				
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				
1:00				
1:30				

7:00-9:30 Breakfast (DH)				
7:00 Early Morning Yoga Led by MaryEsther at Madera Canyon				

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.				
--	--	--	--	--

9:00 Prude Ranch to McDonald Observatory (HP) Ride to the Visitors Center and back – 20 miles. Add on the Telescope Challenge for a REAL hill workout – 1 more mile of climbing. Medium Ride				
--	--	--	--	--

9:30 Prude Ranch to Visitor Center (HP) Out and back ride, up to 20 miles. Short Ride				
---	--	--	--	--

12:30 - 2:00 Lunch at Ranch (DH)				
---	--	--	--	--

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)			
8:00	A short business meeting will precede the Camper Awards Ceremony followed by the light entertainment and skits born of your Camp experiences.			
8:30				
9:00	9:00 - 12:00 Camp Dance (GY)			
9:30	Shake your booty to DJ tunes.			
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

6:00		
6:30	6:30 Traditional Last Run to Switchbacks (HP) Get details from run staff or veteran camper.	
7:00		
7:30		
8:00		
8:30	7:00 - 9:00 Breakfast (DH)	
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 has nothing to do with age. Fitness is the mental exercise necessary to empower the body to action.
2:00		
2:30		