

## Activity Schedule

# Welcome to Camp

**Sunday**

**#DMFTC**

2:00		
2:30		
3:00	<b>3:00 Registration (DH)</b> Register and pick up name tag inside	<b>3:00 Activity Fair (DHP)</b> Meet the Hike/Run/Bike/Swim/General Fitness STAFF and learn about their activities.
3:30	Sign Med Form if not already submitted	Sign up for limited-space events such as certain hikes, massages, etc.
4:00	Pick up your T-shirt/Room Key if ready (move in, if room ready).	<b>4:00 Yoga (GY)</b> Get the kinks out
4:30		
5:00	<b>5:00 Rookie Orientation for New Campers (GY)</b>	
5:30		
6:00	<b>Activity Fair Continues</b>	
6:30	<b>6:30 - 7:30 Dinner (DH)</b>	
7:00	(Line up outside the dining room door, north side of bldg.)	
7:30		
8:00	<b>7:30 General Meeting for All Campers (GY)</b> Meet the Board and Staff and hear about the exciting week ahead!	
8:30		
9:00	<b>Activity Fair Continues</b>	

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	Run	Hike	Bike	Swim	Gen Fitness	
6:30	<b>6:30 Run Alpine (Musquiz) Canyon (HP)</b> Arrive by van; variable distance runs up to 6 miles.					
7:00						<b>7:00 - 9:30 Breakfast (DH)</b>
7:30						
8:00		<b>8:15 Hike at CDRI (HP)</b> <b>Arrive at 8:15. Rollout 8:30 sharp.</b> 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. <b>SIGNUP REQUIRED</b>	<b>7:45 Bike: Ranch to Alpine - Out &amp; Back (HP)</b> 58 miles round trip. <b>Long Ride</b>  <b>7:45 Bike: Ranch to Alpine Kokernot baseball Park (HP)</b> 29 Miles <b>Medium Ride</b> <b>(Signup at Activity Fair or Monday for van return)</b>  <b>8:30 Bike: Ranch to Musquiz Ruins - Out &amp; Back (HP)</b> 24 miles round trip. <b>Medium Ride</b>			
8:30						
9:00						
9:30						
10:00						
10:30						
11:00						
11:30						<b>11:30 -12:30 Swim Lesson - Drills &amp; Skills (SP)</b> Focus on drills and skills to improve your freestyle stroke
12:00						
12:30						<b>12:30 - 2:00 Lunch at Ranch (DH)</b>
1:00						
1:30						



# Activity Schedule

## Tuesday (Scenic Loop Day)

#DMFTC

6:00	Run	Hike	Bike	Swim	Gen Fitness
6:30				6:30 - 9:00 Breakfast (DH)	
7:00		<p><b>7:15 Forest Bathing in the Toab Canyon (HP)</b> One of the more remote canyons on the Davis Mountains Preserve. Arrive at 7:15. Rollout 7:30 sharp.</p> <p><b>LIMITED SPACE - PRIOR SIGNUP REQUIRED</b></p> <p><b>BRING A SACK LUNCH</b> (make at breakfast) and plenty of fluids. Estimated time back to camp is between 1-2 PM. Campers will hike about 1.5 miles on the trail and stop to "forest bathe" on their own or a 30-minute guided Yoga practice with Cheryl.</p>	<p><b>7:00 Scenic Loop Bike Ride (HP)</b> 75 challenging miles. Full support including all-day SAG, 4 water stops, snacks &amp; sack lunch. See bike staff for details. Advanced &amp; experienced riders only. <b>Long Ride</b></p> <p><b>7:30 Back Side of Scenic Loop Bike Ride (HP)</b> Van leaves with riders at 7:30. <b>Cycle from</b> Bear Mountain to Ranch, 42 miles. Leave your bike at PL by 6 PM MONDAY. Van leaves at 7:30. <b>SIGNUP REQUIRED</b> <b>Medium Ride</b></p> <p><b>9:00 Point of Rocks (HP)</b> Out &amp; Back ride, 35 miles.</p>		
7:30					
8:00					
8:30	<p><b>8:30 Madera Canyon Trail Run - (HP)</b> Van/Drive to Madera Canyon and explore the beautiful loop trail. Will return to the ranch in time for lunch.</p> <p><b>Sign up at Activity Fair.</b></p>				
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30	<p><b>12:30 - 2:00 Lunch at Ranch (DH); Sack Lunch for Specific Groups</b></p>				
1:00	<p>Full Scenic Loop riders and support staff will have sack lunches provided at Valentine water stop. Toab Canyon hikers will make their own sack lunches at breakfast to take with them.</p>				
1:30	<p></p>				

# Tuesday

2:00		2:00 Strength Training (GY)	
2:30		2:30 – 3:00 Recovery Water Movement for cyclists (SP)	
3:00		3:00 - 4:00 Swim Practice (SP) Focus on structured sets for building own workout	3:00 - 4:00 Pilates (GYM)
3:30			3:00 Run Discussion (LLR) How to Improve Your Running: Running Form, Training, Stretching, Fueling, Hydration, Footwear & Adding Trails - LLR
4:00			4:00 Yoga (CSL)
4:30			
5:00	<b>5:00 Happy Hour (DHP)</b>		
5:30	Cold beer, wine, sodas and snacks courtesy of the Happy Camper Committee.		
6:00	<b>6:00 - 7:00 Dinner (DH)</b>		
6:30			
7:00			
7:30			
8:00	<b>7:30 - 8:30 Dr. Bryon Schroeder, Director, Center for Big Bend Studies (CSL)</b>		
8:30	Dr. Schroeder will be sharing the work he has been doing the last couple of years on the Spirit Eye Cave.		
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	Run	Bike	Bike	Bike/Swim	Gen Fitness
6:30	<b>6:30 5K/10K PR Run (HP)</b> Van to start line for 5K or 10K.* If you want to run from the Observatory to the Ranch notify run staff for transportation.				
7:00					
7:30			<b>7:45 Bike: Ride to Balmorhea State Park via Boy Scout Ranch (HP)</b> Down the mountains and over Wild Rose Pass to the desert oasis below! If you want some added miles turn off at Boy Scout Ranch Road for a moderate 22 miles in and out mostly downhill. There is often a cool creek pool at the BS Ranch turnaround – 58 miles. <b>Long Ride</b>	<b>7:00 - 9:30 Breakfast (DH)</b>	
8:00					
8:30				<b>9:00 Bike: Ranch to Balmorhea State Park (HP)</b> Down...and down...and down the Davis Mountains through Wild Rose Pass, then add some more downhill miles through the desert. Plunge into crystal clear water – 36 miles. <b>Medium Ride</b>	
9:00					
9:30		<b>9:00 Bike: Wild Rose Pass to Balmorhea State Park Bike Ride (HP) (20 miles)</b> Take the van to Wild Rose Pass with bikes trailered down. Be at HP with bike by 8:45 for bike loading. Van and bikes leave for Wild Rose Pass at 9:00.	<b>** All Balmorhea Cyclists and campers riding the van – Be sure to leave CLOTHES CHANGE at Ranch Hitching Post by 8:30 am. **</b>		
10:00					
10:30	<b>10:00 Drive to Balmorhea</b>				
11:00					
11:30					<b>11:30 - 12:00 Noodlemania at Balmorhea</b>
12:00			<b>Bikes Trailered to Ranch</b> (2 trips, if needed.)		<b>12:00 - 12:30 Pool Relays</b> Join Dick for pool relays!!
12:30	<b>12:30 - 1:30 Lunch Served in Balmorhea Park eating on the picnic tables</b> Look for DMFTC Sign				
1:00					

# Wednesday

2:00	2:00 Bus #1 leaves for ranch		Bike back to Ranch if you dare!	1:30 - 2:00 Swim Practice Triathlon sighting skills & other tips for "navigating" the swim portion of a triathlon	
2:30					
3:00					3:00 Pilates (GY)
3:30	3:00 Review video with runners - (LLR)	3:30 Bus #2 leaves for ranch			
4:00				4:00 Yoga (GY)	
4:30					
5:00					
5:30					
6:00	6:00 - 7:00 Dinner (DH)				
6:30					
7:00	7:00 - 8:00 - Ranger Rick/Bill Manhart - History Lessons (PL)				
7:30	Rick & Bill are rangers at the Fort Davis National Historic Site - Bring your questions. He might even bring his horse!!				
8:00	8:00 - 9:00 - Hands On CPR and Stop the Bleed Class with Camp Medic Cheryl (GY)				
8:30					
9:00	9:00 Movie under the Stars – "News of the World" (PL)				
9:30					
10:00					
10:30					

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# Activity Schedule

## Thursday (Marfa Day)

#DMFTC

6:00	Run	Hike	Bike	Swim/Other	Gen Fitness
6:30				6:30 - 9:00 Breakfast (DH)	
7:00	<b>7:00 Davis Mtns State Park Primitive Area Trail Run (HP)</b> A 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.  <b>Sign up on Sunday at the Activity Fair.</b>	<b>7:15 Mount Livermore Hike (HP)</b> <b>Arrive at 7:15. Rollout 7:30 sharp.</b> This hike offers an incredible opportunity to hike to the top of Texas' second highest peak outside the Guadalupe.  <b>LIMITED SPACE - SIGNUP REQUIRED - SIGN UP AT ACTIVITY FAIR</b>  <b>BRING A SACK LUNCH</b> and a minimum of 100oz. of hydrating fluids. Total time away from camp is approximately 8 hours.	<b>7:45 Bike: Ranch - Marfa Day Rides (HP)</b> Drive on your own to the Marfa Courthouse. Target start time for all rides - 8:30  <b>8:30 Bike: Marfa 2810 - out and back, 50 miles. Long Ride</b>  <b>8:30 Bike: Marfa 2810 - turn around at water stop, out and back. 24 miles Medium Ride</b>  <b>8:30 - Bike: Marfa Hwy 90 - out and back - ride the distance you want - no water stops Medium/Short Ride</b>	<b>8:30 - Alpine "Open" Golf Tournament (HP)</b> Tournament starts at 9:00 Alpine Country Club Golf Course	
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30	<b>12:30 - 2:00 Lunch at Ranch (DH)</b>				
1:00	Hikers will make their own sack lunches at breakfast to take with them.				
1:30					

# Thursday

2:00		2:00 - 3:00 Videotaped swim with coaching commentary (will use camper's phone). 15 minutes segments by sign-up		
2:30				
3:00		<b>3:00 Run Discussion (LLR)</b> Injuries - How to avoid them, treat them and recover from them		<b>3:00 - 4:00 Swim Practice (SP)</b> Focus on structured sets for building own workout
3:30				
4:00			<b>4:00 Pilates (GY)</b>	
4:30				
5:00			<b>5:00 Yoga (CSL)</b>	
5:30				
6:00	<b>6:00 - 7:00 Dinner (DH)</b>			
6:30				
7:00	<b>7:00 Board Nominations (DH)</b>			
7:30	<b>7:30 Staff Meeting (GY)</b> Staff Members only			
8:00	<b>7:30 - 8:30 BINGO (DH)</b>			
8:30	<b>8:30 - 9:30 Book Discussion (CSL)</b> "The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics" by Daniel James Brown Camper GG Ramirez will lead the book discussion			
9:00				
9:30	<b>9:30 Fitness Camp Star Party (PF)</b> Mark Cash will lead the Star Party. 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			
10:00				

Places to meet for activities:

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# Activity Schedule

## Friday (Madera Canyon Day)

#DMFTC

6:00	Run	Hike	Bike	Swim	Gen Fitness
6:30	<b>6:15 Madera Canyon Adventure Run (HP)</b> One of the most beautiful places on Earth.  Arrive by bus; variable run distances. One small hill & one big hill. Or do the trail run at the park.	<b>7:45 Old Fort Davis Historical Site Hike (HP)</b> <b>Arrive at 7:45. Rollout 8:00 sharp.</b> 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.	<b>9:00 Prude Ranch to McDonald Observatory (HP)</b> Ride to the Observatory Visitors Center and back – 20 miles. Add on the Telescope Challenge for a REAL hill workout – 1 more mile of climbing. <b>Medium to Strenuous Ride</b>	<b>7:00-9:30 Breakfast (DH)</b>	
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30	<b>12:30 - 2:00 Lunch at Ranch (DH)</b>				
1:00					
1:30					

# Friday

2:00			On your own: relax, skit preparation, basketball...		
2:30					
3:00					3:00 Pilates To Go (GY) Pilates to take home!
3:30					
4:00					4:00 Yoga (GY)
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  
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# Activity Schedule

## Saturday (Bon Voyage)

## #DMFTC

6:00	
6:30	<b>6:30 Traditional Last Run to Switchbacks (HP)</b>
7:00	Get details from run staff or veteran camper.
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
1:00	
1:30	
2:00	
2:30	

7:00 - 9:00 Breakfast (DH)

Vaya Con Dios!

Have a safe and pleasant journey home...

Run every chance you get!  
-Al Cumming

Fitness has nothing to do with age. Fitness is the mental exercise necessary to empower the body to action.