

2022 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.

2022 DMFTC Activities Staff

Hiking

Michael Schramm

Biking

Mark Weidner (Lead)

Keith Conrad

Christopher Lea

Running

Clarisse Profflet-

Roquemore

Kent Muhlbauer

Swimming

Celeste Hamman

General Fitness

Barbara Martin

Camp Medic

Cheryl Bakhtiari

Terms & Abbreviations

- CSL** Covered Slab
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 slab 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, across gravel parking from office/dining hall)

RUNNING & WALKING

ADVENTURE RUNS

All adventure runs/walks will leave from the HP. The DMFTC staff provides runs/walks of varying distances each morning. A 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.

MONDAY

Alpine (Musquiz) Canyon Run - 6:30 a.m. Monday – HP. Hop aboard the van 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. Option: Drive to the Musquiz Canyon rest area, run out and back for the desired distance.

Discussion – How to Improve Your Running: Form, Cadence, Stretching and Training Cycles - 2:00 p.m. Monday – LLR. The beauty of running is its simplicity. Since your body is the machine, good maintenance (stretching) and technique (form and cadence) can enhance your speed and endurance and even mitigate injury. Incorporating training cycles rounds things out by ensuring you load your body for the best results without risking overtraining. Join us for a discussion on baseline techniques and tips to keep your body primed. No single algorithm fits every runner so please feel free to share your own experiences.

Trail Run - 4:00 p.m. Monday – HP. Get to know the trails on the historic Prude Ranch. We will run through the back pastures and up the hill onto Sproul Road for a downhill return to camp. About four miles.

TUESDAY

Madera Canyon Trail Run - 8:30 a.m. Tuesday – HP. Runners, hikers, birders, all are welcome on this run. We will drive to Madera Canyon and explore the beautiful loop trail. Runners may make several laps and loops practicing their backcountry 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. Option: Drive your own vehicle or carpool to Madera Canyon, 18 miles.

Discussion – The Aging Runner - 2:00 p.m. Tuesday – LLR. Studies indicate that running on a regular basis slows the effects of aging, although the desire to race begins to fall off in your 50s. Join us for a discussion on balancing the natural physiological challenges of aging with the undeniable benefits of running forever.

WEDNESDAY

Downhill Run to Ranch - 6:30 a.m. Wednesday – HP. Van will take campers to their desired distance on Highway 118 for a downhill run to the ranch. *If you want to run from the Observatory (10 miles), please notify the run staff to set up transportation.

Discussion – Running, Hydration & Nutrition: From the Streets to the Trails - 2:00 p.m. Wednesday – LLR. Whether running on the road or on trails, nutrition and hydration are key. Join us for a discussion on the impact of elevation, altitude and aerobic vs. anaerobic effort and the impact those factors have on the necessity for electrolytes, glucose, water and carbo loading when tackling these runs.

Trail Run - 4:00 p.m. Wednesday – HP. A trail run on the historic Prude Ranch. About four miles.

THURSDAY

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 a 5-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. Option: Drive your own vehicle/carpool, bike or run to the start. *Option to run 11 miles unsupported. Notify run staff if you do the longer run.

Discussion – Injuries: How to Avoid Them, Treat Them & Recover from Them - 2:00 p.m. Thursday – LLR. Running injuries are often inevitable even though we may stretch, run with good form and balance our training. Join us for a discussion on the physical and mental effort required to properly navigate a running injury.

FRIDAY

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. Option: Drive your own vehicle/carpool to Madera Canyon, 18 miles.

Discussion – Running and Stress – Surprising New Findings Plus: Videos and snaps from the week’s runs – 2:00 p.m. Friday – LLR. Running is an incredibly effective and immediate stress-reducer as it clears the mind, stimulates the release of “happy” hormones, raises energy levels and improves overall fitness. Join us for a discussion on running for stress relief and mental health and learn surprising new findings related to running and stress.

SATURDAY

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 (2 miles to entrance), check with run organizers if you need transportation back to Prude Ranch.

RUNNING ON YOUR OWN

Want more or different run options? Ultra or Marathon training and need some miles? Trails? Get with run staff for help on mapping out a perfect extra run. Always let someone know about your run plans. Below are most popular.

Sproul Road – The gravel road begins at the Ranch gate and goes uphill for about 2 miles ending at a ranch gate. Out and back for a selected distance.

State Park - There are many great running and hiking trails in the state park. Run staff will have maps and suggestions, or available on-line. The drive or run to DMSP is about 2 miles to entrance.

Boy Scout Road - Run from the highway to the Boy Scout Camp or from the Camp to the highway (10 miles). Marathon/Ultra training run out and back. Buffalo Trail Scout Ranch turnoff (RR 1832 at Hwy 17) is about 36 miles from Ranch.

HIKING

General Notes: *All hikes meet at HP, Some of the DMFTC hikes cover land that is closed to the public. Special thanks to Hiking Staff Michael Schramm, DMFTC has negotiated access to these areas for a limited number of hikers.*

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 confirm availability and 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 (CDRI) off Hwy 118 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 van with Michael to his property, which is located in Limpia Crossing. Hike off-trail through moderately steep terrain 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, a Japanese tradition**. 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. Cheryl 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 (30 minute ride). 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 take a van to the Park and a van back from the Old Fort. Bring a snack. Duration is approximately 3 hours and is mildly strenuous. 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

Organized Rides - General Information

All rides start at the Hitching Post unless noted. Ride routes will be marked on a poster on the wall outside the dining hall. A SAG vehicle will be sweeping the official route every day except Friday. There are scheduled start times, so meet up at the hitching post and ride with others. You can, of course, start a ride any time you prefer, but these times will guarantee you have company, and that the sweep vehicle can pick you up if you have any trouble. 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. Camp rides will have water stops.

Water Stop Volunteers

This year some water stops will need volunteers. There are 4 water stops on Tuesday for the Scenic Loop (75 miles+). See bike staff to sign up and get instructions for volunteering. 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

- A. Depart 7:45 am - Ranch to Alpine Out/Back (58 mi.)**
- B. Depart 7:45 am - Ranch to Alpine Kokernot baseball park (29 mi.)***
- C. Depart 8:30 am - Musquiz Ruins Out/Back- avoid the boring part of the Alpine ride (24 mi.)**

*For Option B – Sign up Sunday night for van return and for bike to be trailered back – 30 bikers max. Van will leave Alpine for the Ranch at 11:00, so plan your start time accordingly.

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. Van will leave Alpine for the Ranch at 11:00, so plan your start time accordingly.

MONDAY, DAVIS MOUNTAINS WARM-UP – 9:00 am (HP)

This bike staff led ride starts at the Prude Ranch front gate and heads west, with a gradual climb and one real hill. You can go as far as you wish and turn around. It is 6 miles to the start of the Observatory pass. There is a nice 2 mile coast back to the gate after going over one small hill.

MONDAY, HILL CLIMBING AND PACE LINE CLINIC – 3:00 pm (HP or drive 2.5 miles to the flat past the small hill) Learn the best techniques for climbing hills or mountains and how to cruise in a pace line. Bikers will turn right leaving the Ranch and go 2.5 miles to the flat past the small hill.

TUESDAY, SCENIC LOOP DAY

A. Depart 7:00 am - Scenic Loop (76 miles) VERY hilly and challenging (see topo map). For experienced riders

B. Depart 7:30 am - Bear Mountain to Ranch (42 miles) a.k.a. “Back Side of Scenic Loop Ride” Hilly. VAN AND TRAILER SIGN UP REQUIRED.

- Leave your bike MONDAY by 6:00pm on pool lawn to be loaded on trailer by staff.
- Van leaves at 7:30 am for Bear Mt. drop-off.

C. Depart 9:00 am - Point of Rocks Out/Back (up to 35 miles) No big hills, but false flats and wind.

Water/Rest stops: Madera Canyon (Mile 18: 8:15-9:30); Bear Mountain (Mile 30; 9:00-11:00); Valentine Rd. cutoff (LUNCH) (Mile 44; 9:30-12:30); Point of Rocks (HAWAIIAN LUAU) (Mile 60; 9:30-1:30)

*Full Scenic Loop riders: Sign up Monday night for lunch at Valentine cutoff, SH 505). Lunch stop (bike food) open 10:00-12:30. All other riders will return to the Ranch for lunch opened 12:30-2:00.

WEDNESDAY, BALMORHEA DAY

(One-way, almost all downhill!)

A. Depart 7:45 am – Ranch to Balmorhea with Boy Scout Ranch (BSR) In/Out Add-on (58 miles)

B. Depart 9:00 am – Ranch to Balmorhea (36 miles)

C. Depart 9:30 am – Wild Rose Pass to Balmorhea (20 miles)

- a. Trailer and vans leave from Ranch at this time for Balmorhea, drop riders at Wild Rose Pass and continue to Balmorhea State Park.

Water/Rest stops: Wild Rose Pass (9:30-11:00), water at Boy Scout Ranch Road (RR 1832) (9:00-11:00)

All bikes trailered back to Ranch, campers will van or carpool back.

All-camp picnic lunch at Balmorhea State Park at 12:30 pm – see notes below

*******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 bike from the Ranch, put your bag (swimsuit, fins, goggles, towel, soda money, change of clothes, etc.) at sign outside ranch office. The van 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) or load it on your personal vehicle.

There will be a DMFTC picnic lunch at Balmorhea State Park at 12:30pm. Before and/or after lunch, enjoy activities and/or relax at the pool. Catch a van back to the Ranch – see schedule.

WEDNESDAY, DISCUSSION WITH BIKE STAFF – 4:00 pm (DH) Anything you would like to discuss pertaining to biking – technique, basic maintenance, bike skills & tips, new bike technology, nutrition, etc.

THURSDAY, MARFA DAY

Drive on your own to the Marfa Courthouse. 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. RR 2810 ultimately turns into a dirt road and ends at the border. You may see 1 or 2 vehicles, antelope, hawks and jackrabbits. 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 W.E. Love Ranch 9 corrals (50 mi.)**
- B. Ride out/back on 2810 to first rest stop (24 mi.)**
- C. Ride out/back on SH 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. No DMFTC water on either ride.

- A. Depart 9:00 am - Ranch to Telescopes (22 miles).** Highest paved road in Texas.
- B. Depart 9:30 am - Ranch to Visitor Center Out/Back - Still a Challenge (20 miles)**

Important Information Regarding Independent Rides (No DMFTC Support)

Campers may organize independent rides without "official" DMFTC support, water stops, SAG support or sanction. We recommend that these rides should include at least two riders that maintain visual and/or vocal contact with each other at all times. Cell phone coverage can be very spotty. 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

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

third leg can get really hot and windy by 11:00 am. Don't stop in Alpine for enchiladas or you will never finish!

Boy Scout Ranch (22 miles) Drive to the Boy Scout cutoff road (RR 1832 at SH 17) and park your car. Ride from the Boy Scout Ranch Road cutoff to the Boy Scout Ranch entrance and back. "False flat" climb going in and descend coming back. Great beginner ride. Look out for slick low water crossings. If it has rained there will be a clear water creek pool near BSR gate for a quick dip.

Marfa (54 miles round trip) Stop and tour the outdoor portion of Chinati Foundation/Museum. To make reservation to tour the full museum they can be reached Thurs-Sat. (432) 729-4362 (COVID hours). It's a very busy road and hot and windy in afternoon, but beautiful in the mornings!

Marathon (60 miles one-way) See the Gage Hotel. 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 Baseball Park)	29.2
Ranch to Marathon	60.2
Ranch to Marfa (Courthouse)	27.0
Ranch to Point of Rocks (SH 166 west of Ft. Davis)	17.6
Ranch to Valentine Cutoff (RR 505 @ SH 166)	31.3
Ranch to McDonald 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 BSA Camp Entrance	11.2
Ranch to Davis Mountains Park Entrance	1.9
Ranch to Wild Rose Pass	16.4
Ranch to Boy Scout Road Cutoff (RR1832 & SH17)	28.8
Ranch to CDRI Entrance (off SH 118)	10.3
Ranch to Musquiz Ruins Rest Stop (SH 118)	12.4
Ranch to Miter Peak Cutoff (RR 1837 & SH 118)	19.8

SWIMMING

Tri Transitions – 11:00 – 12:30 pm Monday at Fort Davis County Park. You work hard to get faster on your swim, bike and run, and a few minutes can often move you up in rank. You can also practice smart transitions and cut your race time by minutes as well! Learn tips that I learned from Andrea Fisher when she was racing professionally that I have incorporated into my training, transition set-up, and race day implementation. Some of the tips are small things, and some are more complicated, like putting your shoes on your bike, but all of them have contributed to a smoother feel to my races, and once you practice them, to yours too! For this class, all you need is your bike and helmet. I'll be talking through the transition plan and we can practice some of the on-bike tips if there is interest. *If you're riding Monday morning, plan an out and back so you end up at the Fort Davis County Park by 11:00 a.m. SIGN-UP for this class at the Activity Fair!*

Private Swim Coaching and Swim Videotaping - 2:30 – 4:00 pm Monday and 2:00 – 3:00 pm Thursday. Sign up for sessions at the Activity Fair on Sunday. This is most useful for the person who already swims regularly but would like some feedback on their stroke from a coach. Please come early and warm-up in a free lane so that you are ready with your best form. Bring your own phone for recording your video.

Recovery Water Movement for Cyclists - 2:30 – 3:00 pm Tuesday. A great way to quicken your body's recovery from long rides, experience the effects of stretching and moving in cool water. If you haven't showered after your ride, please do so in the bathhouse before entering the pool.

Noodlemania at Balmorhea – 11:30 – 12:00 pm Wednesday, at Balmorhea. Grab a noodle and come join the fun!!

Pool Relays at Balmorhea – 12:00 pm Wednesday at Balmorhea. Join Dick for pool relays!

BYOSW: Build Your Swim Workout – 3:00 – 4:00 pm Thursday. Let's talk about different kinds of "blocks of swimming" that you can put together to create interesting workouts that increase the effectiveness and efficiency of your swim skills. Wear your suit so we can get in the water to play with drills, the very BEST thing you can do for your swim technique.

Tri Brick Workout – 10:30 -12:00 pm Friday. We'll talk about the importance of including bricks in your schedule and then practice creating your own brick workout, focused on short distances for this one. You'll have an opportunity to practice the smart transition tools you learned on Monday. This is NOT a race! More like a fun group workout.

GENERAL FITNESS

Yoga - See Schedule for times and locations

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! All levels of experience and flexibility are welcome! You can make it as challenging or as easy as you need.

Strength Training – 2:00 pm Monday and Thursday

As we age, bearing weight in exercise is important to maintain healthy bones and muscles. Strength training reduces bone loss and muscle atrophy and improves cardiovascular health and sports performance. DMFTC will have some light to moderate 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.

EVERYTHING ELSE

Registration & Activity Fair - 3:00 pm – 9:00 pm Sunday - DH & DHP/lawn. Complete your registration in the Dining Hall and meet the Activity Staff on the lawn during the Activity Fair. Learn about events, and signup for limited-availability events and massages. *The Activity Fair will still be open after the General Orientation Meeting.

Rookie Orientation for New Campers - 5:00 - 6:00 pm Sunday – GY. As a new camper, it might be overwhelming at first, so we want to make your first day at camp easy. There will be a quick review of the Activity Book and Schedule, general procedures, and a Q&A session with staff. We will also be handing out an Ice-Breaker game for rookies to play!

General Orientation Meeting - 7:30 - 8:30 pm Sunday – GY. Get fired up about camp, go over a few important things and welcome the new rookie campers. **Mandatory for all campers!**

SPEAKER: Friends of the Jeff Davis County Library - 7:30 pm Monday - GY. The Friends of the Jeff Davis County Library (FJDCL) was formally established as a 501(c)3 nonprofit organization in 2009 to support the Jeff Davis County Library, a county facility. Over the years, the library has moved from the historic jail building, recently renovated, to the equally historic mercantile building where it is today. FJDCL has provided more than \$100,000 in upgrades to the building, most significantly the terrace, which now serves as the main entry. Through fundraising and grants, the Friends have provided 1000s of books, DVDs, and other collection development items. FJDCL operates a bookstore inside the library where a curated offering is available for purchase by donation. FJDCL has also been active in the community with scholarships for graduating seniors, a \$15,000 renovation of the high school library, and many events, from Shakespeare in the garden to holiday tours of historic homes and churches of Fort Davis. FJDCL also supports the small privately funded library in Valentine.

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

Billy Moore Photography Talk - 5:30 pm Tuesday – DHP. Bring your “camera” and learn about how to take the photos you want, not ones that happen to you. We will talk about how cameras work, how we work as perceivers of the world and how to get those two things to work together for better photographic results.

SPEAKER: Dr. Bryon Schroeder, PhD, Director, Center for Big Bend Studies - 7:30 pm Tuesday – GY. Dr. Bryon Schroeder received his Ph.D. in archaeology from the

University of Montana in 2015 focused on high-altitude hunter-gatherer sites in the Wind River Range of the Middle Rocky Mountains. He also holds both a B.A. and M.A. in archaeology from the University of Wyoming where he studied hunter-gatherer conflict, violence, and identity. He has worked throughout Wyoming, Colorado, Utah, New Mexico, Montana, the Central Coast of California, and Texas. In Texas, his research interests focus on collector collaboration, ancient human and plant DNA, and the distribution of ancient maize and he has ongoing excavations at several of the large rock shelters and caves in the Big Bend region.

Happy Hour 2.0 - 5:00 pm Wednesday – DHP. Come help us drink the rest of the beer!

CPR and Stop the Bleed – 7:30 pm Wednesday – GY. Cheryl will demonstrate how to respond in emergency situations and campers will get an opportunity to practice CPR

Book Discussion of “Who Owns the West by William Kittredge - 8:30 pm Wednesday - DH. Camper Billy Moore will lead the book discussion. Essay one describes growing up in the highland desert country of eastern Oregon, a “Heaven on Earth...an ancient horseback world that is mostly gone.” Essay two “Lost Cowboys and other Westerners” is comprised of a series of portraits of inhabitants of the region. Then in “Departures” Kittredge turns his observations a to the West of today, a “new heartland nation” being formed from the glory and pain of the past and the struggles and anger of the present.

Movie Night – FANDAGO - 9:30 pm Wednesday – PL. Bring your chair, blanket and ice chest to watch the movie. **IF RAIN OR MOSQUITOES ARE BAD MOVIE WILL BE IN GYM.**

BINGO, BINGO, BINGO! - 7:00 – 9:30 pm Thursday – DHP. Monica will host the greatest BINGO games in Jeff Davis County! Come out, play and win prizes!

DMFTC Star Party - 9:30 pm Thursday – PF. Professional astronomer Mark Cash will host this year’s Star Party. We will meet at the slab on the Polo Field. **IF INCLEMENT WEATHER, STAR PARTY WILL BE IN THE LODGE!!**

End-of-Camp Program and Business Meeting - 7:30 pm 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 three new members to the Board of Directors will be elected. There will be a short Recognition and Awards Ceremony and then the fun begins – camper skits! Be on the watch for funny and creative skit “material” all week and plan some skits with buddies, but please keep it clean (they don’t call it the Prude Ranch for nada).

DMFTC Dance - 9:00 pm Friday – GYM. The dance following the meeting and skits is a camp tradition you won't want to miss! Cowboy boots, hiking boots and flip flops are all welcome! We will rock, swing, scoot, sway, hop, and jitter until around 11 pm.

OTHER 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 Harvard Hotel 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** (usually, but not always marked by a fence or gate).

Horseback Rides - Tour the backcountry with a real cowboy. Inquire at the front desk.

Marfa museums, hotels, etc. – never been to Marfa? It's funky and cool in spots! The world-famous Chinati Museum (Donald Judd, et al) will have limited access in 2021 due to COVID, open outside Thur-Sat; call for reservations and details (432) 729-4362.

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.) Maybe even pickle-ball...it's all the rage!

CAMP STAFF AND BOARD

Food Directors

Diane Weidner - Diane first came to camp in 1990 at the encouragement of founder Jack Jennings. Fitness Camp and Prude Ranch have become a yearly tradition for her, only missing one camp in the subsequent years. She and Mark retired from corporate life to a lovely spot in the Hill Country outside Fredericksburg with their own little creek and pond. A life-long runner, age group competitor, and touring cyclist, she became interested in food after a close encounter with Nathan Pritikin back in the day. Much of what we think of as healthful eating has changed, and she now advocates a kind of Mediterranean diet with lots of dark chocolate. She has served on the board two six-year sessions, and as board VP and President. Diane was Camp Manager for 7 years and has been Food Director since 2003. She also has designed many of the camp t-shirts over the years. These days she keeps fit on her spin bike in her home gym and outside with the never-ending gardening and habitat restoration chores. She is Doggie Mom to three marginally-demanding Dachshunds. Diane is excited to be back at camp and to have Kristen as her partner-in-crime this year.

Kristen Wollard – Kristen first heard about camp when some mutual friends told her that Nick and Andrea were "going to some camp or something out in West Texas...where they just run and workout and stuff?" She was immediately intrigued and, being "only" a runner, decided to check out cycling in preparation for this mythic camp. She first attended camp the next year in 2017. Kristen loves road running, trail running, road biking, and mountain biking (or hiking her bike on a trail when needed). She spends much of her free time practicing and studying Yoga and Ayurveda outside of Houston, where she lives with Cody and their dog, Disco. Kristen was impressed and relieved by the food options her first year at camp and is excited to now be a part of the food staff. Her qualifications include a lifelong consumption of food, being a vegetarian, and a willingness to eat just about any dessert. Kristen looks forward to the challenge of making sure many hungry athletes are satisfied and everyone's dietary needs and preferences are well met. FOOD IS IMPORTANT!

Transportation Coordinator

Mark Weidner – Mark is the Aggie Engineer behind the camp bike trailer apparatus. Primarily a runner since college (he was in a running class with Lyle Lovett at A&M), Mark has done several long self-contained bicycle tours. He says he was able to get his gear perfectly balanced in his panniers by the end of each tour. His honeymoon with Diane was a two-person 1400-mile bike and tent-camping trip through the Canadian Rockies. They are still married. When Mark retired from cubicle life designing those little chips in cars and things, he decided he wanted 40 years of "projects" out at their place in Fredericksburg. Boy, did he get what he wanted. He and Diane have developed "Birdoasis" on the creek where they manage the property for songbirds, turkeys, and all sorts of critters. Their website, birdoasis2.net, is a treasure trove of pictures, videos and other information. They have identified 133 bird species at Birdoasis, with the favorites being their 1000 hummingbirds (5 lbs. of sugar per day in 10 feeders) and many pairs of nesting Painted Buntings (see website). Mark likes to run fast, bike long, and work hard. He is devoted to his little pack of Dachshunds as well.

Activity Director

Barbara Martin • Barbara is a Certified Personal Trainer, Group Fitness Instructor and Aqua Instructor living in Austin. She's been coming to camp for 18 years, been on staff for eleven, and served as a former board member. This is her fifth year as Activity Director. Barbara is retired from the state but still teaches Yoga and Pilates at LA Fitness. Her passions include exercise, reading, rock painting, gardening and helping others reach their goals of living a healthy and balanced life.

Activity Staff

Hiking Staff

Michael Schramm • Michael discovered the Davis Mountains and Fitness Camp in 1999 and has attended consecutively since that time. Eighteen years on staff and fourteen years on the Board of Directors for DMFTC has been a rewarding experience. A Houston general contractor building large single-family homes and NICU 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).

Cycling Staff

Mark Weidner • Bike Leader – see Transportation Coordinator

Keith Conrad • This will be Keith's 14th year at camp on bike staff. He has been competing in triathlons for more than 20 years. When he's not training for an Ironman he's working for Trash Butler to help pay for two daughters in college.

Christopher Lea • Although Chris Lea did not manage to ride a bike on his own until age 12, he has been making up for lost time since his senior year at Boerne High School and the subsequent 18 years. Now that he has spent more than half of his life on the roads around Texas (and places beyond!), Chris has logged in well north of 100,000 miles. After racing on the collegiate circuit at St. Edward's University, real-life demands have translated to riding for enjoyment at a slightly less frantic 200 mile a week basis. 2021 brought significant challenges, as Chris suffered several debilitating and compound injuries including a collision with a Mack truck. Ever the persistent optimist, he has been back on the road in excess of 3,000 miles in his recovery and wants to spread the gospel of safe riding enjoyment to all who will tolerate his preaches. A chance meeting with Bob Wuest and Cindy Samok in the fall of 2018 led to Chris' introduction to DMFTC and he has been thrilled to be in attendance for each subsequent session. Chris is honored to be invited to the staff in 2022 and looks forward to riding with you!

Run Staff

Clarisse Profflet-Roquemore • A lifelong runner, Clarisse has just qualified for the 2023 Boston Marathon after running a 3:28:26 Eugene Marathon. This lightning-fast pace shattered the time goal for her age group by a healthy six-plus minutes. While her excellence in running dates back to her days at Georgetown University and her preceding time at Bishop Lynch High School in Dallas, Clarisse is quite accomplished on two

wheels as well. After hurdling the obstacles of buying a road bike during the COVID-19 pandemic, Clarisse has found great delight in the relatively less impactful benefits of road cycling. She adds this discipline of bicycling to her outdoor repertoire, as she frequently goes on mountain bike excursions with her two kiddos and their Scout troops. In her third year of attending DMFTC, Clarisse is thrilled to literally and figuratively fill the shoes of past run staff personnel to help you achieve your Camp goals!

Kent Muhlbauer • Kent Muhlbauer is a long-time camper and sometimes-staffer, having served on bike staff (mountain biking), yoga instructor, and (unofficially) trail run organizer. He is the guy who knows the Prude Ranch trails (see map in dining hall) and adjacent properties and is best known as the leader of impromptu off-pavement expeditions on foot or mountain bike on the ranch. He lives in Austin and Bastrop, has done pacer duties in over 10 marathons, and used to do lots of run races. Still learning and looking forward to meeting folks and exchanging ideas on how to avoid pavement!

Swim Staff

Celeste Hamman • Celeste Hamman is a “long hauler” camper. She has participated multiple years as staff, served on the Board for a short stint and filled in as Camp Manager here and there as needed. Celeste currently lives in Kerrville, and though retired, she still loves to teach people “stuff she knows.” In past camps that’s included things like racewalking, stretching, goal setting to dance steps. This year it is swimming! In Kerrville Celeste works mainly with triathletes to improve their swim segment, and with adult clients who never learned to swim or have a fear of water. Celeste holds a M.Ed in Exercise Physiology, became a Personal Trainer in 1985, enjoyed a Life Coaching practice for about 20 years and started coaching swimming in 2018.

General Fitness Staff

Barbara Martin • See Activity Director.

Camp Medic

Cheryl Bakhtiari, EMT-P • Cheryl recently retired after 40 years as a paramedic. A sometime 5K, triathlon, and camp participant in past years, that might change with retirement. Cheryl has ridden as a bike medic for MS150 and other local rides. While working for the City of Austin, Cheryl often had extra duty as a bike medic during the marathon, half-marathon, Cap 10K, as well as SXSW, ACL, and any crazy 6th Street night. How many people have taken their bikes into the Driscoll, Coyote Ugly, Stubbs, and Emos??

Massage Therapists

Catherine Wright, Licensed Massage Therapist, Guild Certified Feldenkrais Practitioner, Certified Lymphedema Therapist • Massage was a hobby of Cathy’s long before she studied to become a massage therapist. Cathy spent 23 years working with plants prior to attending massage school. She learned of the Feldenkrais Method® (FM) in massage school in 1997 in Utah. Upon graduation she returned home to Alaska and worked as a massage therapist. As a massage therapist her emphasis is on Clinical Massage, Manual Lymph Drainage & Complete Decongestive Therapy, Neuromuscular Therapy and Craniosacral Therapy. Cathy continued to study the FM with Dr. Ruthy Alon’s Bones for Life® in 2006. She graduated from the Houston Feldenkrais training in 2013. Cathy teaches Awareness Through Movement® classes, Movement Intelligence

classes and Functional Integration® lessons. Cathy worked as an educator/teacher throughout her life. Massages, classes and lessons are designed to meet the individual's needs.

Ceil Drucker, Licensed Massage Therapist, Therapeutic Massage & Bodywork Certified, Registered Yoga Teacher • Ceil completed her initial massage training at Crestone Healing Arts Center in Crestone, Colorado in 2004. It was a rigorous and multi-disciplinary training rooted in the idea of being fully present with the work at hand, recognizing that all things are connected and being open to work on many levels at once, with compassion and skill. Ceil is a dedicated student of yoga and completed her 200 hour RYT teacher training with the Seven Centers Yoga Arts school in Sedona, Arizona in 2007.

Bob Sutherland, Licensed Massage Therapist, Therapeutic Massage & Bodywork Certified, Board Certified Structural Integrator • Bob has intensive basic massage training from the Crestone Healing Arts Center in Crestone, Colorado. After graduation, Bob pursued advanced studies in several areas of bodywork, finding himself drawn to deeper work that addresses the restructuring and reorganization of the muscles and skeletal system through myofascial release. After experiencing the Rolfing "10 Series" himself and discovering the profound changes it can create in the physical as well as the emotional and psychological bodies, Bob decided to pursue certification through the Rolf Institute of Structural Integration in Boulder, Colorado.

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. Jack attended camp and danced on Friday night up into his 80s. We are so grateful that Jack got all this started!

Board of Directors

Jeff Henke • President. 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 36 years and grew up near Houston in Conroe, fishing, swimming, cycling, playing competitive 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! Let me know how I can help to make your Camp great!

John Preston • Vice President. John was a trail guide informally with friends from high school and college days mostly in the Sierra Nevada Mountains. John has scaled about 8 peaks using the Sierra Mountain Guide with maps. John was part of a training camp into the early 2010. John also likes to cycle, play golf baseball and log split. John has been in Austin for about 30 years and appreciates the good music and food.

Karen Downing • Treasurer. Karen Downing, Treasurer. Karen is that rarity among the Board members—a total non-athlete! She lives in Austin with her husband, Jack, who is the cyclist in the family. Karen has dabbled in running, swimming and cycling but now finds enjoyment in strolling around Lady Bird Lake and working out at the gym with her personal trainer. She has an MBA from the University of Texas and is a retired CPA. She worked in public accounting for several years before moving to the private sector where she worked for several years, mostly for non-profit agencies.

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.

Monica Lambert • Registrar. Monica first attended camp in 2017. Monica was aware of camp and wanted to attend for year's but was unable to take off work. After retiring in 2016, there was nothing holding her back. She was ready for the adventure that laid ahead. After attending camp, Monica fell in Love with all camp has to offer. Monica has completed nine marathons, several triathlons and three half Ironman. Her goal is to complete a full ironman in the coming year. At camp, Monica enjoys the cooler weather, front porch visits, sunrises/sunsets, cycling through the mountains and running from the Observatory back to camp. Why you ask? Because She Love's Camp!

Max Langley • 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. 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.

Michael Schramm • See Hiking Staff.

Ken Neavel • Ken is an avid cyclist, having attended camp since 2009 and having participated in the MS150 cycling event for 12 years. He is a RockDoc with an affinity for mountains and mountain building processes and believes that the Davis Mnts are truly magnificent. Ken has always been an outdoorsman, which contributed to the attainment of Eagle Scout and ultimately to ownership of Tx hill country property. When not working at his ranch, Ken can be found in Austin volunteering in the public school system and taking his therapy dog Coco to visit kids at a rehab facility.

Stanton Truxillo • Stanton Truxillo has been an enthusiastic participant in Fitness Camp since 2016, and a member of the Board since 2019. He has been a frustrated runner (bad knees!), and a mediocre swimmer, but bikes between 6,000 and 9,000 miles per year. He has bike toured (RAGBRAI once, France 3 times, the Smokies 2 times, the Western US several times), done some randonneuring up to 600 km, and raced road races and time trials for many years. After retiring from Amoco Oil Company in 1999, he was a licensed cycling coach. His other passion is fishing (anything from minnows to marlin) and says Fitness Camp could only be better if there were a nearby river, stream, or pond. Oh, well. Can't have everything.

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.