

From: DMFTC 2022 Board Prez, Jeff Henke

13 July 2022

To: 2022 Campers

Howdy 2022 Campers!

Welcome to DMFTC 2022!

We are excited to be able to have DMFTC again in 2022 – and we are glad you all will be there to make it great! We have another great group of fun, adventurous, (heat-loving?) folks coming to camp – and lots of cool activities planned!

Below are some reminders and pointers for rookie campers and veterans alike.



Sunday, Day 1: Registration and Camp Orientation

- 3-5 pm
 - Check in/ Registration: Dining Hall. (First building on right as you drive in)
 - Bring the signed medical form to camp if you didn't already send it in with your balance check (speeds registration)
<http://www.fitnesscamp.org/schedule2.html>
 - Activity Fair (Hike/ Bike/ Run/ Swim/ Massage Other event Info/Sign-ups): Lawn outside Dining Hall (will be obvious).
 - Room key pickup at the Prude Ranch front desk (same building as Dining Hall)
 - **NOTE:** The Ranch housekeeping staff will be transitioning from Kids' Camp that ends in July, so some of your rooms may not be available prior to 3:00 pm Sunday. Please do not put anything in a room until you have your key and are told by PR Staff that the room is ready for you.
- 5-6 pm
 - Rookie Orientation in the Gym (next to Dining Hall).
- 6:30-7:30
 - Dinner (Line forms outside back side of Dining Hall (camp "north")
 - **Rookies get dinner line "cutting" privileges on the first night!!**
- 7:30-8:30
 - All-Camper Orientation 7:30-8:30 (Gym).



Days 2 -6: (Mon – Saturday of Camp): see Activity Book and Schedule

VET TIP: Check the Activity Book and Schedule out before camp and map out your week of fun. And then sign up for any limited-access activities (e.g., hikes, massages, etc.) you want to do so that you have your best camp!



Good To Know Before You Go:

Rookies: Welcome! Please jump in and don't be shy! We will do our part to help get the most out of Camp by offering Rookie Buddies, a Sunday ice-breaker, Rookie Orientation, and perks along the way! We love our rookies!

Vax and Mask: Like 2021, all Campers are required to be vaccinated, but some of the Prude Ranch Staff may not. Masks are recommended when in closed spaces like vans, dining hall, etc.

ALSO - as a reminder, if you're experiencing any cold or flu-like symptoms before coming to camp, please test yourself for Covid. The recent Covid variants are super contagious, and we would like to keep everyone healthy and happy at camp. We'll have a few test kits available there but if you can, bring your own test kits.

Activity Book and Schedule: Look on DMFTC website for Schedule and Activity Book around mid-July. The Schedule is a day-by-day calendar of official DMFTC events. Do a little planning and dreaming and make the most of your week! The Activity Book describes the events and provides useful facts for getting the most out of camp. Printed Activity Schedules/Booklet will also be provided at Camp.

Balmorhea – Yup! We already have reservations for us to swim and picnic on Wednesday! Hooray – a consistent Camper favorite!

Camp Book: "Who Owns the West" by William Kittredge

(from Amazon) "William Kittredge takes us on an emotional, often thought-provoking ride of his intimate encounters with landscapes, friends, family, and fellow writers of the Western United States. His thoughts and reflections are often framed around what is our relationship with the land and one another".

Tee Shirts and Bike Jerseys: Technical Ts will come with your registration this year!

We will also have cotton Ts from previous years for sale/trade (very limited sizes). Bike jerseys will be available at registration for those who ordered them with Amy Holland back in June or earlier.

Camper Contact: Need a ride to camp? The private DMFTC Facebook group (<https://www.facebook.com/groups/dmftc/>) is the best way to reach out to others. Not on Facebook? Contact a board member and we'll post for you.

Cell Phones/Internet: Cell connectivity at Prude Ranch is limited. Wi-Fi is available in the dining hall and some cabins. Cell service is also available on the "big rock" if you stand on one foot...



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Cycling: No helmet, no ride! Have a DMFTC bike jersey? Please wear it, especially on the ride to Balmorhea. Have a cycling mirror? Very useful on our rides (bring it!) We will have a special "introductory" ride on Monday, as well as a few limited bike classes during the week.

****Before you arrive at camp, review general road riding safety tips:**

<http://drivekindridekind.org/bicycle-safety/>

Sports Food/Drink: While DMFTC provides some supplemental food for activities, you'll also need to pack your own bike/run/hike nutrition. Back at the ranch, the days are hot and dry; bring an ice chest to keep beverages cold. (Ice for water bottles is available in the Dining Hall, but you'll need to purchase ice for ice chests in Ft. Davis.)

Other Food/Drink: Fancy an adult beverage? If you were to bring wine or beer to dinner, you wouldn't be alone. **And there will be TWO HAPPY HOURS this year!** (more not-aloneness!).

Massage: Massage Therapists are at this time still up in the air – trying to some!. We may have only one or none this year, so bring your own Icy-Hot and Epsom Salts! Massage sign up will be at Sunday's Activity Fair - the therapist's schedule will fill quickly. One-Hour massages cost \$75-\$95 this year – if you can get one - and bring your own set of twin- sized sheets (top and bottom) to your session. For an extra \$5, the massage therapist can supply sheets. **Do not use any Prude Ranch sheets.**

Packing: A sorta-comprehensive packing list is posted on the DMFTC website (www.fitnesscamp.org) and Facebook group page. When not exercising, camp dress is casual and outdoorsy. Campers often rinse and line-dry items (bring clothesline line and clips—it's dry out there). Pack some party duds for the dance on the last night!

Rooms: Ranch accommodations are let's say..." charmingly rustic". No TVs (except in Dining Hall foyer) or phones. Maintenance needs and facility issues should be reported to the Prude Ranch office.

Social Media: Share your fun! Connect with DMFTC on Facebook, Twitter, and Instagram via #DMFTC.

Volunteering: Look for a "volunteer" table at the Activity Fair on Sunday. A Hike/Bike/Run staff person will have a list of opportunities there, like staffing a water stop, helping decorate the gym for the dance, or Happy Hour set-up and clean-up.



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West Texas Weather: Mornings can be quite cool (high 50s/low 60s). Expect the occasional afternoon thunderstorm, too, so pack accordingly. Elevation at Prude Ranch and Davis Mountains State Park is between 5,000 and 6,000 ft., so sunburn and dehydration are of concern. Check out this article on adjusting for exercise in these hot, dry conditions: <http://www.highaltitudelife.com/dehydration.htm>

Questions or concerns not answered here? Contact information for Board President (moi), Activity Director (Barbara Martin), and Registrar (Moni Lambert) are on the website.

See ya'll soon!

Best,
Jeff Henke, BOD Prez 2022
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