

Activity Schedule

Welcome to Camp

Sunday

#DMFTC

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

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	6:30 Run Alpine (Musquiz) Canyon (HP) Arrive by van; variable distance runs up to 6 miles.			7:00 - 9:30 Breakfast (DH)	6:45 - 7:30 Yoga (TC) Cheryl will lead the class
7:00					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
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30	12:30 - 2:00 Lunch at Ranch (DH)				
1:00					
1:30					

Monday

2:00	2:00 Run Discussion (LLR) How to Improve Your Running: Form, Cadence, Stretching and Training Cycles		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: Hill Climbing & Pace Line Clinic (HP or drive 2.5 miles to flat past small hill)	2:30 - 4:00 Private Swim Coaching (SP) Make sure to sign up at Activity Fair!	2:00 Strength Training (GY)
2:30						
3:00						
3:30						
4:00	4:00 Trail Run (HP) Run the trails at the historic Prude Ranch. About four miles.					4:00 Yoga (CSL) Yoga flow designed to generate heat with gentle stretching
4:30						
5:00		Van ride from Ranch				
5:30						
6:00	6:00 - 7:00 Dinner (DH)					
6:30	If you signed up for the Bear Mountain bus Tuesday morning (to do Back Side of Scenic Loop Bike Ride), PLEASE leave your bike on Pool Lawn by 6:00 pm (for evening trailer loading by others).					
7:00						
7:30	7:30 - 8:30 - Friends of the Jeff Davis County Library (FJDCL) (GY)					
8:00	Vicki Gibson and Jeanine Bishop will talk about FJDCL and the collaborative outreach program called Mobile Comunidad. They will be bringing the bookmobile and outreach vehicle to the talk and will be handing out free books!					
8:30						
9:00						
9:30						
10:00						

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Activity Schedule

Tuesday (Scenic Loop Day)

#DMFTC

	Run	Hike	Bike	Swim	Gen Fitness
6:00					
6:30				6:30 - 9:00 Breakfast (DH)	
7:00		7:15 Forest Bathing in the Toab Canyon (HP) One of the more remote canyons on the Davis Mountains Preserve. Arrive at 7:15. Rollout 7:30 sharp.	7:00 Scenic Loop Bike Ride (HP) 75 challenging miles. Full support including all-day SAG, 4 water stops, snacks & sack lunch. See bike staff for details. Advanced & experienced riders only. Long Ride		
7:30					
8:00					
8:30	8:30 Madera Canyon Trail Run (HP) Van/Drive to Madera Canyon and explore the beautiful loop trail. Will return to the ranch in time for lunch.	LIMITED SPACE - PRIOR SIGNUP REQUIRED BRING A SACK LUNCH (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.	7:30 Back Side of Scenic Loop Bike Ride (HP) Van leaves with riders at 7:30. Cycle from Bear Mountain to Ranch, 42 miles. Leave your bike at PL by 6 PM MONDAY. Van leaves at 7:30. <u>SIGNUP REQUIRED</u> Medium Ride 9:00 Point of Rocks (HP) Out & Back ride, 35 miles. Short Ride		
9:00	Sign up at Activity Fair.				
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30	12:30 - 2:00 Lunch at Ranch (DH); Sack Lunch for Specific Groups				
1:00	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.				
1:30					

Tuesday

2:00	2:00 Run Discussion (LLR) The Aging Runner	
2:30		2:30 – 3:00 Recovery Water Movement for cyclists (SP)
3:00		3:00 - 4:00 Private Swim Coaching (SP) Make sure to sign up at the Activity Fair!
3:30		
4:00		4:00 Yoga (CSL) Yoga class designed for sore shoulders, back, neck and legs
4:30		
5:00	5:00 Happy Hour (DHP) Cold beer, wine, sodas and snacks courtesy of the Happy Camper Committee.	
5:30	5:30 Photography Talk (DHP) Bring your “camera” and learn how to take the photos you want. Professional photographer Billy Moore will share his expertise.	
6:00	6:00 - 7:00 Dinner (DH)	
6:30		
7:00		
7:30	7:30 - 8:30 Dr. Bryon Schroeder, Director, Center for Big Bend Studies (GY) The length and diversity of human occupation in North America by Indigenous groups have been well researched in much of North America. This history begins 13,500 years ago, with the widespread distribution of Clovis style tools, and in some regions, there is evidence of an earlier record. The Big Bend region of West Texas is far behind in understanding this early record of human occupation. This talk begins with the Center for Big Bend Studies' ongoing research to find the earliest sites in West Texas. Our other ongoing research efforts and results will be discussed, from the more recent entrada of the Apache and Comanche groups to the oldest atlatl cache in North America.	
8:00		
8:30		
9:00		
9:30		
10:00		

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Activity Schedule

Wednesday (Balmorhea/Boy Scout Ranch Day)

#DMFTC

6:00	Run	Bike	Bike	Bike/Swim	Gen Fitness
6:30	6:30 Run to Ranch (HP) Hwy 118 run back to Ranch.*If you want to run from the Observatory to the Ranch notify run staff for transportation.				6:45 - 7:30 Yoga (TC) Cheryl will lead the class
7:00					7:00 - 9:30 Breakfast (DH)
7:30			7:45 Bike: Ride to Balmorhea State Park via Boy Scout Ranch (HP) 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. Long Ride		
8:00			9:00 Bike: Ranch to Balmorhea State Park (HP) 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. Medium Ride		
8:30			9:00 Bike: Wild Rose Pass to Balmorhea State Park Bike Ride (HP) (20 miles) 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.		
9:00			** All Balmorhea Cyclists and campers riding the van – Be sure to leave CLOTHES CHANGE at Ranch Hitching Post by 8:30 am. **		
9:30			** All Balmorhea Cyclists and campers riding the van – Be sure to leave CLOTHES CHANGE at Ranch Hitching Post by 8:30 am. **		
10:00			Bike back to Ranch if you dare!		
10:30	10:00 Drive to Balmorhea				
11:00					
11:30			11:30 - 12:00 Noodlemania at Balmorhea		
12:00			12:00 - 12:30 Pool Relays Join Dick for pool relays!!		
12:30	12:30 - 1:30 Lunch Served in Balmorhea Park eating on the picnic tables Look for DMFTC Sign				
1:00					

Wednesday

2:00	2:00 Bus #1 leaves for ranch			1:30 - 2:00 Swim Practice (SP) Triathlon sighting skills & other tips for "navigating" the swim portion of a triathlon	
2:30					
3:00	3:00 Run Discussion (LLR) Running, Hydration & Nutrition: From the Streets to the Trails	3:30 Bus #2 leaves for ranch			
3:30					
4:00	4:00 Trail Run (HP) Trail run on the Prude Ranch. About 4 miles.		4:00 Open Discussion with Bike Staff (DH) Anything you want to discuss bike related	4:00 Yoga (GY) Yogalates – Great Yoga and Core Flow	
4:30					
5:00	5:00 - Happy Hour 2.0 Come drink up the rest of the beer!				
5:30					
6:00	6:00 - 7:00 Dinner (DH)				
6:30					
7:00					
7:30	7:30 - 8:30 - Hands On CPR and Stop the Bleed Class (GY) Led by Camp Medic Cheryl				
8:00					
8:30	8:30 - 9:30 Book Discussion (LMR) "Who Owns the West" by William Kittredge Camper Billy Moore will lead the book discussion				
9:00					
9:30	9:30 Movie on the Lawn (PF) Bring your chair, blanket and ice chest to watch the movie FANDANGO. Will move to Gym if rain or bad mosquitoes.				
10:00					
10:30					

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Activity Schedule

Thursday (Marfa Day)

#DMFTC

	Run	Hike	Bike	Swim/Other	Gen Fitness
6:00					
6:30				6:30 - 9:00 Breakfast (DH)	
7:00	7:00 Davis Mtns State Park Primitive Area Trail Run (HP) A scenic trail run. We will explore the primitive area trails with an 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. *Option to run 11 miles unsupported. Notify run staff if you do the longer run.	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 Texas' second highest peak outside the Guadalupe.			
7:30			7:45 Bike: Ranch - Marfa Day Rides (HP) Drive on your own to the Marfa Courthouse. Target start time for all rides - 8:30		
8:00					
8:30					
9:00			8:30 Bike: Marfa 2810 - out and back, 50 miles. Long Ride		
9:30	Sign up on Sunday at the Activity Fair.	LIMITED SPACE - SIGNUP REQUIRED - SIGN UP AT ACTIVITY FAIR			
10:00		BRING A SACK LUNCH and a minimum of 100oz. of hydrating fluids. Total time away from camp is approximately 8 hours.	8:30 Bike: Marfa 2810 - turn around at water stop, out and back. 24 miles Medium Ride		
10:30					
11:00					
11:30			8:30 - Bike: Marfa Hwy 90 - out and back - ride the distance you want - no water stops Medium/Short Ride		
12:00					
12:30					
1:00					12:30 - 2:00 Lunch at Ranch (DH) Hikers will make their own sack lunches at breakfast to take with them.
1:30					

Thursday

2:00	2:00 Run Discussion (LLR) Injuries: How to Avoid Them, Treat Them & Recover from Them		2:00 - 3:00 Private Swim Coaching (SP) Make sure to sign up the Activity Fair!	2:00 Strength Training (GY)
2:30				
3:00	3:00 - 4:00 BYOSW (SP) Create your swim workouts with these interesting ideas!			
3:30				
4:00			4:00 Yoga (CSL) Yoga flow designed to generate heat with gentle stretching	
4:30				
5:00				
5:30				
6:00	6:00 - 7:00 Dinner (DH)			
6:30				
7:00	7:00 Board Nominations (DH)			
7:30	7:30 Staff Meeting (DH) Staff Members only			
8:00				
8:30	7:00 BINGO BINGO BINGO! (DHP) Monica will host the Greatest BINGO Games ever! Come win some prizes!			
9:00				
9:30	9:30 Fitness Camp Star Party (PF) 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				

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Activity Schedule

Friday (Madera Canyon Day)

#DMFTC

6:00	Run	Hike	Bike	Swim	Gen Fitness
6:30	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. Or do the trail run at the park.	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 Observatory Visitors Center and back – 20 miles. Add on the Telescope Challenge for a REAL hill workout – 1 more mile of climbing.	7:00-9:30 Breakfast (DH)	6:45 - 7:30 Yoga (TC) Cheryl will lead the class
7:00					Ride Van back to Ranch from Fort
7:30	12:30 - 2:00 Lunch at Ranch (DH)				
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00					
1:30					

Friday

2:00	2:00 Run Discussion (LLR) Running & Stress - Surprising New Findings Plus Video and Shots from Week's Runs		On your own: relax, skit preparation, basketball...			
2:30						
3:00						
3:30						
4:00						
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	6:30 Traditional Last Run to Switchbacks (HP) Get details from run staff or veteran camper.
7:00	7:00 - 9:00 Breakfast (DH)
7:30	
8:00	
8:30	
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	
2:00	
2:30	Fitness has nothing to do with age. Fitness is the mental exercise necessary to empower the body to action.