

# 2023 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.

### DMFTC Activities Staff

**Hiking**

Michael Schramm  
Hiking Assists.-TBD

**Running**

Clarisse Profilet-Roguemore  
Kent Muhlbauer

**Camp Medic**

Cheryl Bakhtiari

**Biking**

Mark Weidner  
Keith Conrad

**Yoga**

Barbara Martin  
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 will leave from the HP. The DMFTC staff leads runs of varying distances each morning and some afternoons, though additional informal runs often materialize during the week. Tenured campers will be pleased to see some new additions such as daily drills and more opportunities for social running. As usual, campers should be prepared to bring their own water on longer trail runs, as water will be limited. Please

bring all of your other safe running practices with you to camp and enjoy high desert running.

**NOTE:** Please communicate openly with staff if you are new to running—particularly trail running—so that we can help you prepare and thoughtfully manage expectations. Additionally, if you are juggling multiple activities and modalities, please discuss with staff and be prepared to find your way back to camp or arrange alternative transportation with a friend.

## **MONDAY**

**Tour de Ft. Davis** - 7:00 a.m. Monday – HP. Bike or join your run staff for an easy run from Prude Ranch to the Ft. Davis Courthouse. From there, we will warm up with drills at the Courthouse, then an easy run through Jeff Davis County Park and Ft. Davis National Historic Site. [NEED TO DETERMINE LOGISTICS FOR INDIVIDUALS WHO DO NOT WISH TO RUN BACK.]

**Discussion – How to Improve Your Running: Running Form, Training, Stretching, Fueling, Hydration, Footwear & Adding Trails** - 2:00 p.m. Monday – LLR. The beauty of running is its simplicity. Since your body is a 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.

**Bonus 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**

**Big Trail Energy** – 6:45 a.m. Tuesday – HP. The Davis Mountains State Park Primitive Trail area is the “scenic loop” for trail runners—meaning this is the longest and possibly the most challenging run of the week. We will explore the beautiful primitive area trails with a 10–12-mile adventure run. Shorter options are available, please discuss your preference with run staff.

**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**

**Don't Mess with Balmorhea** - 6:45 a.m. Wednesday – HP. Have it your way, either:

- a. Loosen up those legs before the Balmorhea bike ride with a staff-led, variable distance (up to 10 miles) out-and-back run from the Prude Ranch; or
- b. If you burn all your matches on Tuesday's trail run, meet us in front of the entrance to the pool at Balmorhea at 10:00 am for a 3–5-mile easy run through town before taking a refreshing dip in the springs.

**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.

**Bonus Trail Run** - 4:00 p.m. Wednesday – 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.

#### **THURSDAY**

**Try Something New** - 7:00 a.m. Thursday – HP. Legs are getting heavy by now, so let's mix it up with some run-oriented conditioning activities designed to increase durability and strength that you can take and use back home. Drills and warmup, some strides, and some surprises! Think of this like an adult field day that you don't want to miss—topped off with a special cool off and, if you choose, a beverage.

**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 Trail Run** - 6:15 a.m. Friday – HP. Runners, hikers, birders are all welcome on this run. We will drive to Madera Canyon and explore the beautiful trail that loops through the park and/or some pavement running is also an option. The loop is a 1.5-mile single-trail from the picnic area. Runners may make several laps practicing their backcountry skills or head out to low traffic roadway for an out-and-back. Hikers and birders will have time to enjoy the canyon and all its beauty.

**Discussion – Running and the Brain – Surprising New Findings** – 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 will be 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 the 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. Arrive at 8:15. Rollout 8:30 sharp. 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. Hikers will back at Prude Ranch for lunch.

**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. Bring water and a snack. There is no trail, you make your own. That's why they call it Bushwhacking. You'll be hiking in knee deep or slightly taller grass; long pants or shorts will be comfortable. This two-hour hike would be a good way to build your appetite for dinner or work off your lunch.

**Wolf Den/Crest Trail/Road Canyon** - 7:15 a.m. Tuesday – HP. Arrive HP 7:00 A.M. for vehicle assignments, we roll-out 7:15 A.M. sharp to the Davis Mountains Preserve (DMP). On the DMP of The Nature Conservancy, Wolf Den Canyon Trail goes 1.9 miles to the closed end of the canyon where it intersects Crest Trail on the ridge top. From Crest Trail we have beautiful overlooks of three different canyons. We traverse the ridge top 1.3 miles and descend into Road Canyon for a 3.3-mile hike back to Wolf Den Canyon Trail head and our vehicles. This hike is classified as "STRENUOUS". Bring your 100 oz. of hydrating fluids, a sack lunch and some trail snacks. Sun protection, rain parka recommended. Total time away from Prude Ranch is approx. 7 hours. Elevation increase of 455 feet.

**Mount Livermore Hike** - 7:15 a.m. Thursday – HP. Meet at HP at 7:00 for vehicle assignments. Rollout at 7:15 sharp to Davis Mountains Preserve (DMP). HIKE IS LIMITED TO 25 HIKERS. SIGNUP REQUIRED. Mt. Livermore trailhead is approximately 4 miles from the Preserve front gate. From the trailhead we hike jeep trails 2.2 miles to the Bridge Gap Shelter. We continue on single track trails .8 miles to a supply road and then .5 miles to the base of Baldy. From there we rock climb to the summit of Mt. Livermore and a spectacular 360 degree view of the Davis Mountains. Elevation increase of 2,100 feet. Bring 100 oz. of hydrating fluids, a sack lunch and some trail snacks. Sun protection and a rain parka are recommended. Approximate length of hike is 7 strenuous miles! Total time away from Prude Ranch is approximately 8 hours.

**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 miles)\*
- 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 – 25 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 – 8:30 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.

### **TUESDAY, SCENIC LOOP DAY**

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

**Option to make it a Century!!** This may be the Toughest Century in Texas. When you get to Fort Davis, turn back at the Courthouse and double back to the Luau at the Point of Rocks. This will add about 24 miles to make it 100.

**Or to make SURE it is the Toughest in Texas**, when you finish the 76 mile loop, continue past the Ranch for 12 miles and go about 2 miles past the observatory turn-off, U-turn and return to Ranch. This adds up to 100 miles. The second climb is tough!

**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 8:00 am – Ranch to Balmorhea (36 miles)**

**C. Depart 9:00 am – Wild Rose Pass to Balmorhea (20 miles)**

- a. Trailer and vans leave from Ranch 9:00 am for Balmorhea, will drop riders off at Wild Rose Pass and continue to Balmorhea State Park.

Water/Rest stops: Wild Rose Pass (8:30-11:00), 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 the 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 (radar!), 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, antelopes, hawks and jackrabbits. It is a pretty ride and slightly hilly.

**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.)**

### **FRIDAY OBSERVATORY RIDE OR BOY SCOUT RANCH ROAD RIDE**

#### **A. Observatory Ride**

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)**

## B. Boy Scout Ranch Ride

The Boy Scout Ranch Ride is back! This is a pretty, car-free small road that is 11 miles long. It is a slight climb all the way in and then downhill coming back. The trailer and a van will go for those not wanting to drive. Be at the pool lawn with your bike by 8:50 am. The van will have water and snacks.

- a. **9:00 am Sharp – Van and trailer leave for Boy Scout Ranch Road ride – 22 miles.**
- b. **9:30 am – Ride starts at Boy Scout Ranch Road turn-off.**
- c. **12:00 pm – Van and trailer return to Ranch**

## 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 who will 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 drinks 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 a 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 the 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

## GENERAL FITNESS

**Afternoon Yoga** - See Schedule for times and location.

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 meditation 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.

**Morning Yoga – 6:30 – 7:15 am, Monday and Wednesday (GYM), Friday in Madera Canyon**

Get a jump start on the day with early morning Yoga classes, approximately 45 minutes in length. We’ll start with a gentle check-in and warm-up, then heat building moves to prepare for poses designed to open our joints, wake up connective tissues, and prime the muscles we’ll be using the rest of the day.

## 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!**

**The Feldenkrais Method Class** – 2:00 pm Monday – GY. The Feldenkrais Method is a type of exercise therapy devised by Israeli Moshé Feldenkrais during the mid-20th century. The method is claimed to reorganize connections between the brain and body and so improve body movement and psychological state. This is an oral lesson and students may sit, lie down or stand.

**Aqua Boot Camp Interval Training** – 3:00 pm Monday – PL. If you want anaerobic threshold work, this is the class for you!

**SPEAKER: Justin T. French, Ph.D., Sul Ross, Big Game Specialist and Research Scientist; Trans-Pecos Aoudad: Friend or Foe?** - 7:30 pm Monday - GY. Dr. Justin French is an Assistant Professor of Natural Resources Management and the Big Game Specialist at Borderlands Research Institute. His research focuses on the spatial ecology of pronghorn, mule deer, and bighorn sheep in the Trans-Pecos in order to bolster ongoing restoration efforts for all three species.

**Aqua Aerobics** - 2:30 pm Tuesday – PL. Come enjoy a fun refreshing aqua aerobics class!

**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. Camper and Professional Photographer Billy Moore will discuss developing a mindful approach to photography and opportunities to make our photos relevant and meaningful.

**SPEAKER: Stephen C. Hummel, Dark Skies Outreach Program Coordinator, McDonald Observatory (GY)**

Giant Space Jellyfish: Exploring the weird world of Transient Luminous Events - On dark nights, high above powerful thunderstorms, fantastical forms briefly flash into being: sprites, carrots, jellyfish, elves, gnomes, ghosts and more. These fancifully named electrical phenomena are collectively known as Transient Luminous Events (TLEs) and were only discovered in the 1990s. Much remains unknown about their behavior. The Big Bend region is one of the best places in the world to observe these rare events due to its dark night skies and weather patterns. With support from NASA, a new citizen science campaign aims to document TLEs and fill in gaps in our understanding. Learn how to observe TLEs for yourself and how your observations can contribute to science.

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

**Pool Relays at Balmorhea** – 12:15 pm Wednesday at Balmorhea. Who's the fastest team this year!!

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

**Dutch Oven Cooking Demonstration** – 5:30 pm Wednesday – DHP. Anyone can cook chili or a stew in a Dutch oven, but if you have never attempted baking in a Dutch oven, it's a handy, (and tasty) skill. At the end of the approximately 30-minute demonstration by Camp Medic Cheryl Bakhtiari, you'll have an opportunity to sample the results.

**SPEAKER: Kaylee French, The Nature Conservancy, West Texas Education and Outreach Coordinator; The Nature Conservancy's West Texas Conservation: Past and Future** - 7:30 pm Wednesday - GY. Kaylee is responsible for creating and implementing all interpretive, educational, and outreach programs for natural resources on TNC's six West Texas Preserves and assists in the management, maintenance, and conservation of these Preserves by working with visitors, volunteers, staff, and partnering researchers.

**Book Discussion of "The Ride of Her Life: A True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America by Elizabeth Letts** - 8:30 pm Wednesday - DH. Camp Medic Cheryl Bakhtiari will lead the book discussion. The triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean

**Water Polo and Water Volleyball** – 2:30 pm Thursday – PL. This will be double trouble in the pool! Deep end for water polo and shallow end for Water Volleyball. Burn calories and have some fun!

**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!!**

**CAMP RELAY GAMES!** – 2:30 pm Friday – DRL. Come out for games and camp relays. An old camp tradition!

**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, rarely missing since. She and Mark retired from corporate life in Austin to the Hill Country outside Fredericksburg. A life-long runner, age group competitor, and touring cyclist, she has been on camp staff since 1996, serving as Camp Manager for 7 years and then Food Director since 2003, plus several terms on the camp board. These days she keeps fit on her spin bike in her home gym, with the never-ending gardening and habitat chores at Birdoasis, and with chasing after her pack of Dachshunds.

**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. His honeymoon with Diane was a two-person 1400-mile bike and tent-camping trip through the Canadian Rockies... and they are still married. When Mark retired from cubicle life designing microchips, he decided he wanted several years of "projects" out at their place, "Birdoasis", in Fredericksburg. He and Diane manage the property for songbirds, turkeys, and all sorts of critters. Their website, [birdoasis2.net](http://birdoasis2.net), has galleries of pics, videos, and audios of the various and plentiful wildlife. They have identified 133 bird species at Birdoasis, with hundreds of hummers, many nesting pairs of Painted Buntings, Tanagers and others (see website). Mark likes to run and bike when he is not gardening and fighting oak wilt.

## 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 and Gold's Gym. 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.

## Run Staff

**Clarisse Profflet-Roquemore** • Clarisse is a lifelong runner who loves sharing her love of the sport. After running hurdles and middle distance at Georgetown as a college student, she dialed into the meditative benefits of distance running as an adult. While it is fun to compete, running became a way to secure some self-care and forge friendships in between family and work life. Some accomplishments include running a 3:28 marathon time in Eugene that scored Clarisse a spot in Boston in 2023 with some of her dearest friends and running a 1:34 half marathon in 2023. Clarisse is endeavoring to run her first trail ultra on the breathtaking Mt. St. Helen's primitive trails in August and is excited to chase after Kent on the aoudad-laden primitive Davis Mountain trails that surround our camp in preparation for that event. Clarisse literally can't stop talking about running and looks forward to talking with and running alongside you!

**Kent Muhlbauer** • Kent Muhlbauer has been a competitive runner since the 80's, having raced distances from track to ultramarathons. He 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 runs most days of the week. He is still learning about fitness and physiology and looking forward to meeting folks and exchanging ideas on how to live better, including avoiding too much time on pavement!

## Yoga

**Barbara Martin** • See Activity Director.

**Cheryl Bakhtiari** • See Camp Medic

## 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 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

**Steve Wiese** • President. Steve is a longtime runner, cyclist, hiker and racquet sport enthusiast who, together with his wife Holly, has been enjoying Camp and its campers since 2017. Steve had nearly given up road cycling until attending Camp and riding the Scenic Loop on his mountain bike. That experience brought back the joy of the open road and the silent exhilaration of riding - he purchased a road bike soon after. In his professional life, Steve has deep roots in the emergence of markets for solar and wind energy in Texas and continues to develop innovative approaches to the expansion of energy efficiency and renewable energy throughout the state. He was elected to the Board and became President in 2022

**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.

**Nick Crafton** • Secretary. 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 forward to his next big challenge. He is very happily married to his gorgeous wife, Andrea, who also loves to stay active and challenges herself daily.

**Monica Lambert** • Registrar. Monica first attended camp in 2017. Monica was aware of camp and wanted to attend for years but was unable to take off work. After retiring in 2016, there was nothing holding her back. She was ready for the adventure that lay 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.

**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.

**Kristen Wollard** • See Food Directors

**Clarisse Profilet-Rougemore** • See Run Staff