

Activity Schedule - 2023

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.	
3:30	Sign Med Form if not already submitted	Sign up for limited-space events such as certain hikes, massages, etc.	
4:00	Pick up your T-shirt/Room Key if ready (move in, if room ready).		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)		
7:00	(Line up outside the dining room door, north side of bldg.)		
7:30			
8:00	7:30 General Meeting for All Campers (GY) Meet the Board and Staff and hear about the exciting week ahead!		
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 - 2023

Monday (Alpine Day)

#DMFTC

6:00	Run	Hike	Bike	Gen Fitness
6:30				6:30 - 7:15 Yoga (GYM) Cheryl will lead the class
7:00	7:30 Run: Ranch to Ft. Davis (HP) Run from the Ranch to Ft. Davis Courthouse. Drills at the Courthouse and easy run through Jeff Davis County Park and Ft. Davis National Historic Site. Van available to and from Ft. Davis for those that just want to do the drills and in town run.	Breakfast 7:00 - 9:30		
7:30				
8:00		8:15 Hike at CDRI (HP) Arrive at 8:15. Rollout 8:30 sharp.		
8:30		SIGNUP REQUIRED		
9:00		Meet at the hitching post for vehicle transport to the Chihuahuan Desert Research Institute on the road to Alpine.		
9:30	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. Hikers will be back at Prude Ranch for lunch.		7:45 Bike: Ranch to Alpine - Out & Back (HP) 58 miles round trip. Long Ride	
10:00			7:45 Bike: Ranch to Alpine Kokernot baseball Park (HP) 29 Miles Medium Ride (Signup at Activity Fair or Monday for van return)	
10:30			8:30 Bike: Ranch to Musquiz Ruins - Out & Back (HP) 24 miles round trip. Medium Ride	
11:00			8:30 Bike: Davis Mtns Warm-Up (HP) Staff led out & back from the Ranch. Up to 12 miles	
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, Fueling, Hydration, Footwear & Adding Trails	3:30 Bushwhacking Mt. Arabella (HP) Hike to the top of Michael's mountain 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. Hike is 8 minute van ride from Prude Ranch.	2:00 Feldenkrais Method (GY) A type of exercise therapy to reorganize connections between the brain and body to improve body movement and psychological state.
2:30			
3:00			3:00 Aqua Boot Camp Interval Training (PL) Anerobic threshold workout
3:30			
4:00	4:00 Trail Run (HP) Run the trails at the historic Prude Ranch. About four miles.	3:30 Bushwhacking Mt. Arabella (HP) Hike to the top of Michael's mountain 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. Hike is 8 minute van ride from Prude Ranch.	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) 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).		
6:30			
7:00			
7:30	7:30 - 8:30 - Justin T. French, Ph.D., Sul Ross Big Game Specialist and Research Scientist (GY) Trans-Pecos Aoudad: Friend or Foe?		
8:00			
8:30			
9:00			
9:30			
10:00			

Places to meet for activities:

(CSL) Covered Slab, (DH) Dining Hall, (DHP) Dining Hall Porch, (GY) Gym, (HP) Hitching Post, (LLR) Lodge Living Rm, (LMR) Lodge Meeting Rm
 (NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule - 2023

Tuesday (Scenic Loop Day)

#DMFTC

6:00	Run	Hike	Bike	Gen Fitness
6:30		Breakfast 6:30 - 9:00		
7:00		7:00 Wolf Den/Crest Trail/Road Canyon Arrive HP 7:00 am for vehicle assignments. Roll-out 7:15 am sharp to the Davis Mountains Preserve (DMP)	7:00 Scenic Loop Bike Ride (HP) 75 challenging miles. Full support including all-day SAG, 4 water stops, snacks & lunch. See bike staff for details. Advanced and experienced riders only.	
7:30	7:30 Davis Mountains State Park Primitive Trail Run (HP) The "scenic loop" for trail runners. This is the longest and most challenging run of the week. Explore beautiful trails with a 10-12 mile adventure run. Shorter options available.	HIKE IS LIMITED TO 25 HIKERS SIGN-UP REQUIRED	Long Ride Longer Option - See Activity Book for a Century Option	
8:00				
8:30				
9:00	Discuss with staff at Activity Fair.	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 trailhead and our vehicles	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>	
9:30				
10:00				
10:30				
11:00		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 Ranch is approx. 7 hours --- elevation increase of 455 feet.	9:00 Point of Rocks (HP) Out & Back ride, 35 miles.	
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			
3:00			2:30 Aqua Aerobics (PL) Come enjoy a fun exercise class in the pool!
3:30			
4:00			3:30 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) Camper and Professional Photographer Billy Moore will discuss developing a mindful approach to photography and opportunities to make our photos relevant and meaningful.		
6:00	6:00 - 7:00 Dinner (DH)		
6:30			
7:00			
7:30	7:30 - 8:30 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.		
8:00			
8:30			
9:00			
9:30			
10:00			

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(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 - 2023

Wednesday (Balmorhea/Boy Scout Ranch Day)

#DMFTC

	Run	Bike	Bike	Gen Fitness
6:00				
6:30	6:30 Out and Back Run From Ranch (HP) Staff led, variable distance out-and-back run from Prude Ranch up to 10 miles.			6:30 - 7:15 Yoga (GYM) Cheryl will lead the class
7:00		Breakfast 7:00 - 9:30		
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.	
8:00			Long Ride	
8:30				
9:00		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.	** All Balmorhea Cyclists and campers riding the van – Be sure to leave CLOTHES CHANGE at Ranch Hitching Post by 8:30 am. **	
9:30				
10:00	10:00 Balmorhea 3-5 miles Run Meet in front of the entrance to the pool for a run through town before taking a refreshing dip in the Springs.			10:00 Drive to Balmorhea
10:30				
11:00			Bike back to Ranch if you dare!	
11:30				11:30 - 12:00 Noodlemania at Balmorhea
12:00				12:15 Pool Relays Who's the fastest team this year!!
12:30	12:30 - 1:30 Lunch Served in Balmorhea Park eating on the picnic tables			
1:00	Look for DMFTC Sign			

Wednesday

2:00	2:00 Bus #1 leaves for ranch			
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 Yoga (CSL) Yogalates – Great Yoga and Core Flow
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		
4:30				
5:00	5:00 Happy Hour (DHP) Come drink up the rest of the beer.			
5:30	5:30 Dutch Oven Cooking Demonstration (DHP) Cheryl will have a Dutch Oven set up and demonstrate how to use it. Tasty samples at end of demonstration.			
6:00	6:00 - 7:00 Dinner (DH)			
6:30				
7:00				
7:30	7:30 - 8:30 - Kaylee French, The Nature Conservancy West Texas Education and Outreach Coordinator (GY) The Nature Conservancy's West Texas Conservation: Past and Future			
8:00				
8:30	8:30 - 9:30 Book Discussion (LMR) "The Ride of Her Life: A True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America" by Elizabeth Letts Camp Medic Cheryl Bakhtiari will lead the book discussion			
9:00				
9:30				
10:00				
10:30				

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Activity Schedule 2023

Thursday (Marfa Day)

#DMFTC

6:00	Run	Hike	Bike	Gen Fitness
6:30		Breakfast 6:30 - 9:00		
7:00	<p>7:30 Try Something New Run (HP) Mix it up with some run-oriented conditioning activities desgined to increase durability and strength. Drills and warmup, some strides and some surprises! Adult field day topped off with special cool off and a beverage.</p>	<p>Mount Livermore Hike Meet at HP at 7:00 am for vehicle assignments. Roll-out at 7:15 am sharp to Davis Mountain Preserve (DMP.)</p> <p>HIKE IS LIMITED TO 25 HIKERS SIGNUP REQUIRED</p> <p>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.</p> <p>Bring 100 oz. of hydrating fluids, a sack lunch and some trail snacks. Sun protection and a rain parka are recommended. Approx. length of hike is 7 strenuous miles! Total time away from Prude Ranch is approximately 8 hours.</p>	<p>7:45 Bike: Ranch - Marfa Day Rides (HP) Drive on your own to the Marfa Courthouse. Target start time for all rides - 8:30</p> <p>8:30 Bike: Marfa 2810 - out and back, 50 miles. Long Ride</p> <p>8:30 Bike: Marfa 2810 - turn around at water stop, out and back. 24 miles Medium Ride</p>	
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	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	
2:30		
3:00		2:30 Water Polo and Water Volleyball (PL) Burn calories and have some fun!
3:30		
4:00		4:00 Yoga (CSL) Yoga flow designed to generate heat with gentle stretching
4:30		
5:00		
5:30	5:30 Staff Meeting (DH) Staff Members only	
6:00	6:00 - 7:00 Dinner (DH)	
6:30		
7:00	7:00 BINGO BINGO BINGO! (DHP) Monica will host the Greatest BINGO Games ever! Come win some prizes!	
7:30		
8:00		
8:30		
9:00		
9:30	9:30 Fitness Camp Star Party (PF)	
10:00	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	

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Activity Schedule 2023

Friday (Madera Canyon Day)

#DMFTC

6:00	Run	Hike	Bike	Gen Fitness
6:30	6:15 Madera Canyon Trail Run (HP) One of the most beautiful places on Earth.	Breakfast 7:00 - 9:30		
7:00		Arrive by van; variable run distances. Trail run at the park, run out and back on pavement, or bird watch and enjoy the canyon.	Old Fort Davis Historical Site Hike Arrive at HP at 7:45. Rollout 8:00 sharp.	
7:30	Start at Davis Mountain State Park Interpretative Center and hike the length of the mountain to Historical Ft Davis. This has been a treat for many campers. Bring hydrating fluids and a snack. Approximately 3 hour hike.		9:00 Sharp - Van and trailer leave for Boy Scout Ranch Road - 22 miles	
8:00				Van back to Prude Ranch from Old Fort Davis in time for lunch.
8:30	Second Option: 9:30 Prude Ranch to Visitor Center (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.		Medium to Strenous Ride Short Ride	
9:00				Van back to Prude Ranch from Old Fort Davis in time for lunch.
9:30	Van back to Prude Ranch from Old Fort Davis in time for lunch.		Medium to Strenous Ride Short Ride	
10:00				Van back to Prude Ranch from Old Fort Davis in time for lunch.
10:30	Van back to Prude Ranch from Old Fort Davis in time for lunch.		Medium to Strenous Ride Short Ride	
11:00				Van back to Prude Ranch from Old Fort Davis in time for lunch.
11:30	Van back to Prude Ranch from Old Fort Davis in time for lunch.		Medium to Strenous Ride Short Ride	
12:00				Van back to Prude Ranch from Old Fort Davis in time for lunch.
12:30	12:30 - 2:00 Lunch at Ranch (DH)			
1:00	12:30 - 2:00 Lunch at Ranch (DH)			
1:30	12:30 - 2:00 Lunch at Ranch (DH)			

Friday

2:00	2:00 Run Discussion (LLR) Running & the Brain - Surprising New Findings	
2:30		2:30 Games and Relays (DHL) Come out for games and group relays. An old camp tradition!
3:00		
3:30		
4:00		
4:30		
5:00		4:30 Yoga (GY) Gentle Yoga flow to wrap up your week
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:

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Activity Schedule - 2023

Saturday (Bon Voyage)

#DMFTC

6:00	
6:30	6:30 Traditional Last Run to Switchbacks (HP)
7:00	Either run from Ranch to the top of switchbacks or catch the van leaving at 6:45 from HP and walk the switchbacks or ride van to top.
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	Fitness has nothing to do with age. Fitness is the mental exercise necessary to empower the body to action.
2:00	
2:30	

7:00 - 9:00 Breakfast (DH)

Vaya Con Dios!

Have a safe and pleasant journey home...

Run every chance you get!
-Al Cumming

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