

Activity Schedule - 2024

Welcome to Camp

Sunday

#DMFTC

2:00		2:00 Activity Staff Only Meeting (DH) Finalize plans and set up Activity Fair (no lunch in DH this year)	
2:30			
3:00	3:00 Registration (DH) Register and pick up name tag inside	3:00 Activity Fair (DHP) Meet the STAFF and learn about the activities. Sign up for limited-space events such as certain hikes, massages, etc.	
3:30	Sign Med Form if not already submitted		
4:00	Pick up your T-shirt/Room Key if ready (move in, if room ready).		
4:30			
5:00	5:00 Rookie Orientation for New Campers (DH)		
5:30			
6:00			
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			

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 - 2024

Monday (Alpine Day)

#DMFTC

6:00	Power Walk/Run	Hike	Bike	Gen Fitness	
6:30					
7:00	<p>7:00 Run: Ft. Davis (HP) Meet at the Hitching Post for van to Ft. Davis. You can be dropped off on the way to walk/run back to camp, or walk/run around town starting from the Courthouse.</p> <p>We will coordinate a few drills at the Courthouse. Meet at the van to ride back to camp.</p>	<p>Breakfast 7:00 - 9:30</p>			
7:30					
8:00		<p>8:15 Hike at CDRI (HP) Arrive at 8:15. Rollout 8:30 sharp.</p> <p>SIGNUP REQUIRED</p>			<p>7:45 Bike: Ranch to Alpine - Out & Back (HP) 58 miles round trip. Long Ride</p>
8:30					<p>7:45 Bike: Ranch to Alpine Kokernot baseball Park (HP) 29 Miles Trailer Back Medium Ride (Signup at Activity Fair or Monday for van return)</p>
9:00		<p>Meet at the hitching post for vehicle transport to the Chihuahuan Desert Research Institute on the road to Alpine.</p>			<p>8:30 Bike: Ranch to Musquiz Ruins - Out & Back (HP) Hilly 24 miles round trip. Medium Ride</p>
9:30		<p>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.</p>			<p>8:30 Bike: Davis Mtns Warm-Up (HP) Staff led out & back from the Ranch. Up to 12 miles</p>
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00	<p>12:30 - 2:00 Lunch at Ranch (DH)</p>				
1:30					

Monday

2:00		2:00 Open Discussion with Hike Staff (DH) All about hikes		2:30 Pool Activities (PL)
2:30				
3:00				
3:30		3:30 Bushwhacking Mt. Arabella (HP)	3:00 Open Discussion with Bike Staff (DH) All about bike and biking	
4:00	4:00 Open Discussion with Run Staff (DH) All about runs/walks	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 (GYM) Yoga flow designed to generate heat with gentle stretching
4:30				
5:00				5:00-6:00 Pickleball 101 (GYM) Clinic/Practice
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 TRAILER TO BEAR MT (WILL BE LOADED FOR YOU).			
7:00				
7:30	7:30 - 8:30 Stephen C. Hummel, Dark Skies Outreach Program Coordinator, McDonald Observatory (GY)			
8:00				
8:30				
9:00				
9:30				
10:00				

Places to meet for activities:

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(NS) Nurses Station, (PF) Polo Field, (PL) Pool Lawn, (PRE) Prude Ranch Entrance, (SP) Swimming Pool, (TC) Tennis Courts

Activity Schedule - 2024

Tuesday (Scenic Loop Day)

#DMFTC

6:00	Power Walk/Run	Hike	Bike	Gen Fitness
6:30	Breakfast 6:30 - 9:00			
7:00	6:45 Trail Walk or Run (HP) TBD	<p>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)</p> <p style="text-align: center;">HIKE IS LIMITED TO 25 HIKERS SIGN-UP REQUIRED</p> <p>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</p> <p>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.</p>	<p>7:00 Scenic Loop Bike Ride (HP) 75 challenging miles. All-day SAG, water stops (listed on handout), snacks and lunch. See bike staff for details. Advanced and experienced riders only. Long Ride Longer Option - See Bike Staff for a Century Option</p> <p>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 Lunch back at Ranch</p> <p>9:00 Point of Rocks (HP) Out & Back ride, 35 miles. Short 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); Sack Lunch for Specific Groups			
1:00	Full Loop riders and support staff will have sack lunches at Point of Rocks, last water stop. Toab Canyon hikers will make their own sack lunches at breakfast to take with them.			
1:30				

Tuesday

2:00			
2:30			2:30 Pool Activities (PL)
3:00			
3:30			
4:00	4:00 Yoga (GYM) 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. Bring a favorite bottle of wine to share.		
5:30			
6:00	6:00 - 7:00 Dinner (DH)		
6:30			
7:00	7-9 Bingo! (DH)	7-9 Pickleball (GYM)	
7:30			
8:00			
8:30			
9:00			
9:30			
10:00			

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Activity Schedule - 2024

Wednesday (Balmorhea/Boy Scout Ranch Day)

#DMFTC

6:00	Power Walk/Run	Bike	Bike	Gen Fitness
6:30	6:30 Out and Back Power Walk/Run From Ranch (HP) Variable distance out-and-back or van to Observatory (10 miles) for run back to Ranch.	Breakfast 7:00 - 9:30		
7:00				
7:30		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.	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 ** All Balmorhea Cyclists and campers riding the van – Be sure to leave POOL CLOTHES CHANGE at Ranch Hitching Post by 8:30 am. ** Bike back to Ranch if you dare!	
8:00				
8:30				
9:00				
9:30				
10:00				10:00 Drive to Balmorhea
10:30				
11:00				
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		
3:30	3:30 Bus #2 leaves for ranch	
4:00		4:00 Yoga (GYM) Yogalates – Great Yoga and Core Flow
4:30		
5:00	5:00 Happy Hour (DHP) 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 - Kaylee French, The Nature Conservancy West Texas Education and Outreach Coordinator (GY) Owls to Ocotillo: Why Nature Needs Darkness	
8:00		
8:30		
9:00		
9:30		
10:00		
10:30		

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Activity Schedule 2024

Thursday (Marfa Day)

#DMFTC

6:00	Power Walk/Run	Hike	Bike	Gen Fitness
6:30	Breakfast 6:30 - 9:00			
7:00	6:45 Trail Walk or Run (HP) TBD	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.) 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. Approx. length of hike is 7 strenuous miles! Total time away from Prude Ranch is approximately 8 hours.	7:45 Bike: Ranch - Marfa Day Rides (HP) Drive on your own to the Marfa Courthouse. Target start time for all rides - 8:30 8:30 Bike: Marfa 2810 - out and back, 50 miles. Long Ride 8:30 Bike: Marfa 2810 - turn around at water stop, out and back. 24 miles Medium Ride	
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) Hikers will make their own sack lunches at breakfast to take with them.			
1:00				
1:30				



Thursday

2:00		
2:30		2:30 Pool Activities (PL)
3:00		
3:30		
4:00		
4:30		
5:00		5:00 Yoga (GYM) Yoga flow designed to generate heat with gentle stretching
5:30		
6:00		6:00 - 7:00 Dinner (DH)
6:30		
7:00		
7:30	7:30-8:30 Book Discussion (LMR)	
8:00		
8:30	8:30-9:30 The Future of Camp (LMR)	
9:00	Join Board members and staff to discuss what Camp will look like and share your priorities.	
9:30	9:30 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 2024

Friday (Madera Canyon Day)

#DMFTC

6:00	Power Walk/Run	Hike	Bike	Gen Fitness
6:30	6:15 Madera Canyon Run (HP) One of the most beautiful places on Earth.			
7:00	Van will drop off runners at 6, 5, 4, 3, 2 miles into Madera Canyon. There is also a trail run at the park.		Breakfast 7:00 - 9:30	
7:30	Old Fort Davis Historical Site Hike Arrive at HP at 7:45. Rollout 8:00 sharp.			
8:00	Yoga/stretching session before getting back on the vans.			
8:30	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			9:30 Prude Ranch to Visitor Center (HP)	
9:30			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.	
10:00			Medium to Strenous Ride Short Ride	
10:30				
11:00				
11:30				
12:00				
12:30	12:30 - 2:00 Lunch at Ranch (DH)			
1:00				
1:30				

Friday

2:00	
2:30	
3:00	
3:30	
4:00	
4:30	
5:00	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	<p>7:30 Camp Annual Members' Meeting (GY) A short business meeting followed by camper-led entertainment.</p>
8:30	
9:00	
9:30	<p>9:00 - 12:00 Camp Dance (GY) Shake your booty to DJ tunes.</p>
10:00	

2:30 Pool Activities (PL)

4:00 Yoga (GYM)
Gentle Yoga flow to wrap up your week

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 - 2024

Saturday (Bon Voyage)

#DMFTC

6:00	
6:30	6:30 Traditional Last Run to Switchbacks (HP) 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.
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
1:00	
1:30	
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.