

# 2025 DMFC Schedule At-A-Glance

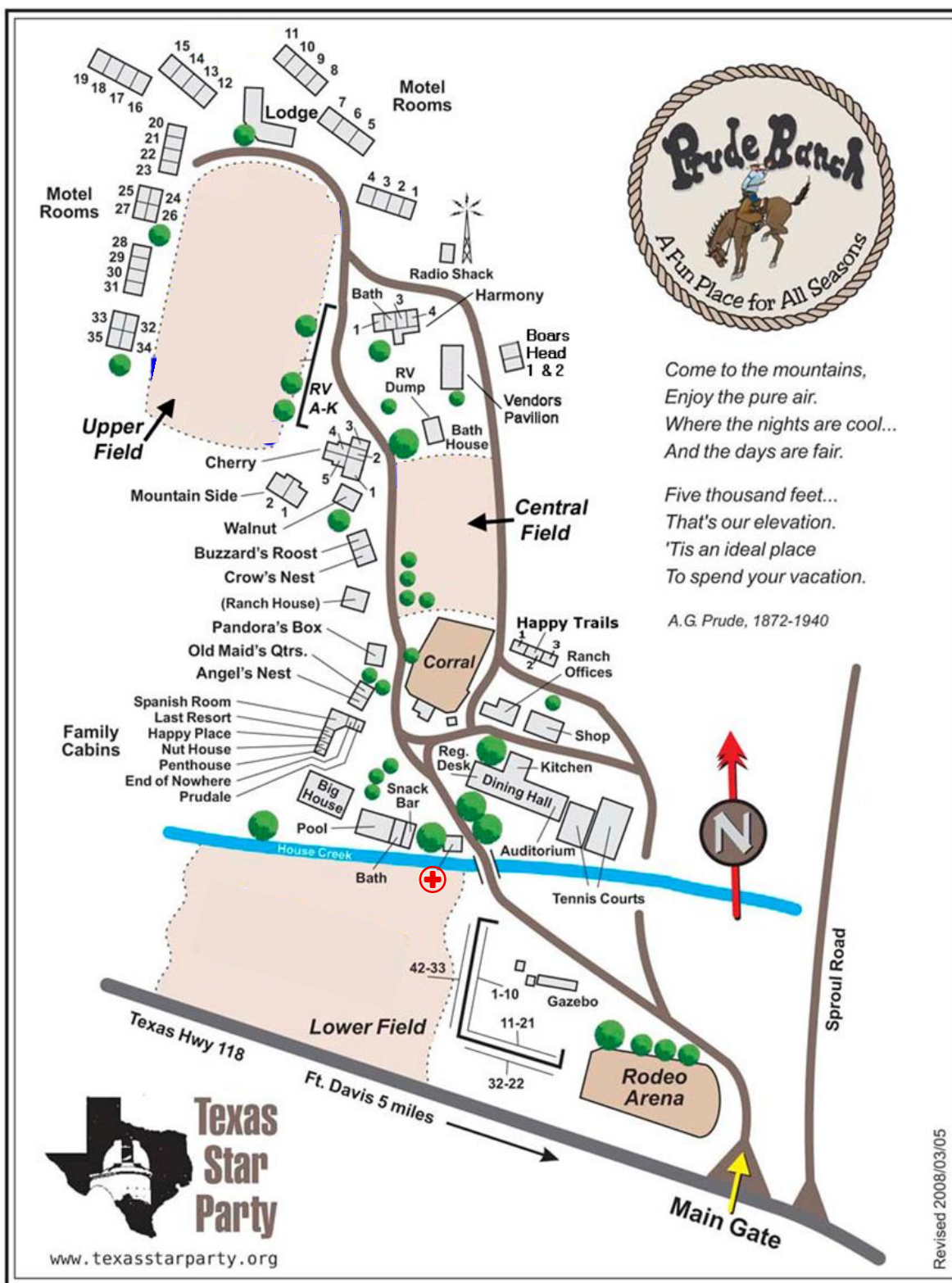


Running Events	Hiking Events	Biking Events
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	Sunday, 9/7	Monday, 9/8	Tuesday, 9/9	Wednesday, 9/10	Thursday, 9/11	Friday, 9/12	Saturday, 9/13
<b>Breakfast</b>		6:30-9a	6:30-9a	7-9:30a	6:30-9a	7-9:30a	7-9a
<b>Morning</b>		6:45a Hike/Run Fort Davis	7a Hike Mt Livermore	7:45a Bike Balmorhea	6:45a Run Observatory	7a Run/Hike Madera Canyon	6:30a Run to Sunrise (sunrise 7:39a)
		7a Hike Wolf Den Canyon	7:15a Ranch Trail Running	10a Drive to Balmorhea	7a Bike Scenic Loop	Anytime - Bike "Make Your Own Ride" Day	12p Checkout Deadline
		7:45a Bike Alpine	7:45a Bike Leave for Marfa, 8:30a Bike Marfa Rides	11:30 Balmorhea Activities	8:30 Hike CDRI	9a Hike State Park to Old Fort Davis	
		8:30 Bike Beginner Ride					Adios Amigos
<b>Lunch</b>		12:30-2p	12:30-2p	12:30p (At Balmorhea)	12:30-2p	12:30-2p	
<b>Afternoon</b>	2p Staff Meeting	2p Open Disc Bike Staff		2p Bus #1 to Ranch			
	3p Registration/Activity Fair	3p Open Disc Hike Staff	3p Pickleball Skills			3-5p Pickleball Tourney Finals	
				3:30p Bus #2 to Ranch	3:30p Hike Mt. Arabella	3:30p Yoga	
		4p Yoga	4p Intro to Tai Chi	4p Yoga	4p Intro to Tai Chi		
	5p Rookie Orientation	5p Pickleball Intro, Tourney Signup					
	5:30p Open Disc Run Staff						
<b>Happy Hour and Dinner</b>			5p Happy Hour in memory of Alan Ward	5p Happy Hour - Guest Speaker David Marwitz		4:30p Happy Hour - with Singer/Songwriter Ross Fleming	
		6p Dinner	6p Dinner	6p Dinner	6p Dinner	6p Dinner	
	6:30p Dinner						
<b>Evening</b>				7p Bingo! (CL)			
	7:30p Meet and Greet	7:30p Guest Speaker - Bryon Schroeder, Center for Big Bend Studies	7:30p Guest Speaker - Ben H English, Author		7:30 Book Discussion - Yonderings by Ben H English	7:30p Gen Memb Mtg	
						8:15p Dance	
					9p Star Party - Mark Cash		



# Prude Ranch Map





## Sunday, 9/7

**2-5:00 pm – Campers arrive**

**2:00 pm – Staff meeting – Dining Hall (Inside)**

**3-5:00 pm – Registration – Dining Hall (Inside).** Campers register and pick up name tag inside. Sign Med Form if not already submitted. Pick up your T-shirt/room key if ready (move in, if room ready). *Leaders: John Preston/Steve Wiese.*

**3-5:00 pm – Activity Fair – Dining Hall (Outside).** Meet the staff, learn about planned activities. Sign up for limited-space events such as certain hikes, massages, etc. *Leaders: All camp staff.*

**5:00 pm – Rookie Orientation – Dining Hall (Inside).** Newcomers get acquainted with camp and the schedule! *Leader: Steve Wiese.*



**5:30 pm – Open Discussion with the Run Staff - Dining Hall (Inside).** Find out what's in store for the week, share ideas, make modifications as needed. *Leaders: Clarisse Roquemore, Kent Muhlbauer, Steve Wiese.*

**6:30 pm – Dinner – Dining Hall (Inside).** Line up outside the dining room door, north side of building.

**7:30 pm – Meet and Greet – Dining Hall (Outside).** Meet your fellow campers, the Board and Staff, and hear about the exciting week ahead.

## Monday, 9/8

**6:30-9:00 am – Breakfast – Dining Hall (Inside).** Stock up on snacks/water for your day.



**6:45 am – Run/Walk Fort Davis – 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 to Fort Davis, or walk/run around town starting from the Courthouse. Meet at the van at the Courthouse to ride back to camp. *Leaders: Clarisse Roquemore, Steve Wiese.*



**7:00 am – Hike Wolf Den Canyon – Meet at the Hitching Post.** LIMITED TO 25 HIKERS, SIGN-UP REQUIRED. This hike is classified as "STRENUOUS." Meet at 7 am, roll-out 7:15 am sharp to the Davis Mountains Preserve (DMP). Wolf Den Canyon Trail goes 1.9 miles to the intersection with the Crest Trail. Then we'll do a short out and back along the ridge top before returning along the same route to the trailhead and our vehicles. Bring 100 oz of hydrating fluids, a sack lunch and some trail snacks. Total mileage will be about 4.2 miles. Sun protection, rain jacket recommended. Total time away from Ranch is approximately 7 hours - elevation increase of 455 feet. *Leader: Michael Schramm.*

# 2025 Davis Mountains Fitness Camp – Daily Schedule



## 7:45 am – Bike to Alpine – Meet at the Hitching Post.

- **Long ride - Ranch to Alpine (out & back)** – 58 miles round trip.
- **Medium ride - Ranch to Alpine Kokernot Park (one way)** – Bike one way from the Ranch to Kokernot Park in Alpine, 29 miles, van/trailer back (signup at Activity Fair).
- **Another Medium Ride – Ranch to Musquiz Ruins (out & back)** – a hilly 24 miles round trip.

Support: water stop at Musquiz Ruins, stop and van/bike trailer for ride back to camp in Alpine.

*Leaders: Keith Conrad, Mark Wiedner.*



## 8:30 am – Beginner staff led bike ride out & back from the Ranch – Meet at the Hitching Post. Up to 12 miles round trip. *Leaders: Keith Conrad, Mark Wiedner.*

## 12:30-2 pm – Lunch at the Dining Hall.



## 2:00 pm – Open Discussion with the Bike Staff – Dining Hall (Inside). All about bikes and biking. *Leaders: Keith Conrad, Mark Wiedner.*



## 3:00 pm – Open Discussion with the Hike Staff – Dining Hall (Inside). All about hikes and hiking. *Leader: Michael Schramm.*

***All afternoon, every afternoon –  
Open swimming pool,  
scheduled massages,  
pickleball, walks/runs around  
Prude Ranch, exploring  
elsewhere, porch sitting, etc.***

## 4:00 pm – Yoga – Gym (or outside, weather permitting). Yoga flow designed to generate heat with gentle stretching. *Leader: Kristen Wollard.*

## 5:00 pm – Pickleball Intro, Tourney Signup - Gym. Come learn the basic rules and gameplay of pickleball, enjoy some fun play, then sign up to play others throughout the week. All abilities are welcome! The tournament will be self-organized, meaning it will be up to those who sign up to see where they are in the bracket and arrange games against other teams through the week. *Leaders: Holly Wiese, Steve Wiese.*

## 6:00 pm – Dinner – Dining Hall (Inside). Line up outside the dining room door, north side of building.

## 7:30 pm – Guest Speaker, Bryon Schroeder, Center for Big Bend Studies – Lodge Meeting Room. Join Bryon Schroeder for an update on the latest research and discoveries in the Big Bend region. *Leader: Steve Wiese.*

# Tuesday, 9/9

## 6:30-9:00 am – Breakfast – Dining Hall (Inside). Stock up on snacks/water for your day.

# 2025 Davis Mountains Fitness Camp – Daily Schedule



**7:00 am – Hike Mount Livermore – Meet at the Hitching Post.** Roll-out at 7:15 am sharp to Davis Mountain Preserve. 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 scramble 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 jacket are recommended. Approximate length of hike is 7 strenuous miles! Total time away from Prude Ranch is approximately 8 hours. *Leader: Michael Schramm.*



**7:15 am – Ranch Trail Running – Meet at the Hitching Post.** We'll explore trails around the ranch and adjoining properties, with options for everyone – 3-6 miles. *Leader: Kent Muhlbauer.*



**7:45 am – Bike Marfa – Meet at the Hitching Post.** Drive on your own to the Marfa Courthouse.



**8:30 am – Target start time for all Marfa rides.** All rides leave from the Courthouse at 8:30 a.m. Be there or be square.

- **Long ride, 50 miles** – Start at the Courthouse and work your way southwest to RM 2810 - out and back, 50 miles. There will be a water stop 12 miles out.
- **Medium ride – Any distance** – Turn around at the water stop and head back to Marfa for a 24 mile out and back.

Explore Marfa and grab lunch with friends before heading back to camp. *Leaders: Keith Conrad, Mark Wiedner.*

**12:30-2 pm – Lunch at the Dining Hall.**

**3:00 pm – Pickleball Skills and Drills – Gym.**

Sharpen your play with some fun drills, then play a bit. *Leaders: Holly Wiese, Steve Wiese.*

**4:00 pm – Introduction to Tai Chi – Gym (or outside, weather permitting).** Settle your body and mind. *Leader: Cindy Lumbert.*

**5:00 pm – Happy Hour in Memory of Alan Ward – Outside Dining Hall.** Celebrate your daily accomplishments and honor a longtime camper. *Leaders: Ellen Pfiffner, Tim Pfiffner.*

**6:00 pm – Dinner – Dining Hall (Inside).** Line up outside the dining room door, north side of building.

**7:30 pm – Guest Speaker – Ben H English, Local Author – Lodge Meeting Room.** Ben English is the author of several books, all rooted in the history and traditions of the Big Bend region, including our 2025 camp reading selection – Yonderings. He'll talk

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Open swimming pool,  
scheduled massages,  
pickleball, walks/runs around  
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# 2025 Davis Mountains Fitness Camp – Daily Schedule



about his life and works and answer your questions. He may have some books for sale, too. We'll have a separate, camper-led book discussion about Yonderings on Thursday evening. *Leader: Steve Wiese.*

## Wednesday, 9/10

**7-9:30 am – Breakfast – Dining Hall (Inside).** Stock up on snacks/water for your day.



**7:45 am – Bike to Balmorhea (meet at the Hitching Post).** Down the mountains and over Wild Rose Pass to the desert oasis below! All Balmorhea Cyclists and campers riding the van: be sure to leave pool clothes change at the Ranch Hitching Post by 8:30 am

- **Short ride – 24 miles.** Van/trailer or self-transportation to Wild Rose Pass, then ride to Balmorhea State Park. Check with bike staff on support options.
- **Medium ride – 36 miles.** Start at camp, ride to Fort Davis, then turn north and ride all the way to Balmorhea State Park via Wild Rose Pass.
- **Long ride – 58 miles.** Same as above but turn off at Boy Scout Ranch Road for an extra 22 miles in and out. There is often a cool creek pool at the Boy Ranch turnaround.
- **Crazy ride (Unsupported).** Bike back to camp, if you dare. This option is unsupported, not recommended unless you are an advanced rider and have arranged your own support.

Support: Water/snack stops at Wild Rose Pass and Boy Scout Ranch Road turnoff for riders going to Balmorhea. *Leaders: Keith Conrad, Mark Wiedner.*

**10:00 am – Drive or van to Balmorhea.** (Sign up for van.)

**11:30 am – Balmorhea Activities.** Feed a fish. Play with a noodle. Race in a relay (or cheer on those who do). Sun your buns. You do you.

**12:30 pm – Lunch at Balmorhea.** We provide lunch.

**2:00 pm – First Bus back to Ranch.**

**3:30 pm – Second Bus back to Ranch.** Don't miss it!

**4:00 pm – Yoga – Gym (or outside, weather permitting).** Yoga flow designed to generate heat with gentle stretching. *Leader: Kristen Wollard.*

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elsewhere, porch sitting, etc.***

**5:00 pm – Happy Hour with Guest Speaker David Marwitz – Outside Dining Hall.** Spend some happy time and learn about living in Big Bend country with David Marwitz, a former camper. *Leader: Wendell Bell.*

# 2025 Davis Mountains Fitness Camp – Daily Schedule



**6:00 pm – Dinner – Dining Hall (Inside).** Line up outside the dining room door, north side of building.

**7:00 pm – Bingo! – Dining Hall (Inside).** Win fabulous prizes, then brag about your Bingo! skills for the rest of the week to whoever will listen. *Leaders: Cindy Lumbert, Vern Lumbert.*

## Thursday, 9/11

**6:30-9:00 am – Breakfast – Dining Hall (Inside).** Stock up on snacks/water for your day.



**6:45 am – Run Observatory – Meet at the Hitching Post.** Get a ride up the McDonald Observatory, then run 11 miles downhill back to the Prude Ranch. You can also be dropped off at different locations for shorter runs back to camp. Cheer for Scenic Loop cyclists when you see them! *Leader: Steve Wiese.*



**7:00 am – Bike Scenic Loop – Meet at the Hitching Post.**

- **7:00 am – Long Ride – Full Scenic Loop.** 75 challenging miles, sag wagon supported. See bike staff for details. Advanced and experienced riders only. Cheer for the Observatory runners when you see them!
- **7:30 am – Medium Ride – Back Side of Scenic Loop.** Van leaves with riders at 7:30 am. Cycle from Bear Mountain to Ranch, 42 miles. Leave your bike at the Pool Lawn by 6 PM Tuesday. Van leaves at 7:30. SIGNUP REQUIRED
- **9:00 am – Short Ride – Point of Rocks.** Out and back from the Ranch to Point of Rocks, 35 miles.

Ride support: Water/snack stops at Madeira Canyon and Bear Mountain. Lunch stop at Valentine Junction and party stop at Point of Rocks. Sag wagon drives the full scenic loop.

*Leaders: Keith Conrad, Mark Wiedner.*



**8:30 am – Hike Chihuahuan Desert Research Institute – Meet at the Hitching Post.** Hike and learn about the flora and fauna of the Chihuahuan desert. Tour the facilities, garden, and gift shop, and hike the Modesta Canyon trail, a 1.75 mile moderate to strenuous hike that starts out across 1/4 mile of grasslands, with a 200-foot descent into a narrow canyon with extrusive igneous rock on one wall of the canyon and intrusive igneous rock on the other wall of the canyon. At the bottom of the canyon are Texas Madrone trees and a natural spring. The trail continues to Lion's Head Hill, returning to the Powell Visitor Center along the upper rim of the Canyon. As an option, you can also hike an extension that ascends 220 feet to Clayton's overlook, where you can take in a 360-degree view of the area. *Leader: Michael Schramm.*

# 2025 Davis Mountains Fitness Camp – Daily Schedule



**12:30-2 pm – Lunch at the Dining Hall.**

**3:30 pm – Hike Mt. Arabella (Bushwhacking) – Meet at the Hitching Post.** Hike to the top of Michael's mountain and enjoy the 360-degree view. Bring water and a snack. There's no trail, we'll make our own in knee-deep or taller grass. Long pants or shorts will be comfortable. This hike is an 8-minute van ride from Prude Ranch. *Leader: Michael Schramm.*

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elsewhere, porch sitting, etc.***

**4:00 pm – Introduction to Tai Chi – Gym (or outside, weather permitting).** Settle your body and mind. *Leader: Cindy Lumbert.*

**5:00 pm – Happy Hour – Dining Hall (Outside).** Be happy with your fellow campers. *Leaders: Michael Schramm, Ken Neavel.*

**6:00 pm – Dinner – Dining Hall (Inside).** Line up outside the dining room door, north side of building.

**7:30 pm – Camp Book Discussion – Lodge Meeting Room.** Come to learn and share your experience with this year's camp book Yonderings. *Leader: John Preston.*

**9:00 pm – Star Party – Polo Field.** Mark Cash will bring his telescopes. You bring your besties and libations.

## Friday, 9/12

**7-9:30 am – Breakfast – Dining Hall (Inside).** Stock up on snacks/water for your day.



**7:00 am – Run/Hike Madera Canyon – Meet at the Hitching Post.** One of the most beautiful places on Earth. Van will drop off runners for a run approximately 6, 5, 4, 3, 2 miles from Madera Canyon. There is also a 2 mile loop trail run at the park. Stretching session before getting back on the vans. *Leader: Clarisse Roquemore.*



**9:00 am – Hike State Park to Old Fort Davis – Meet at the Hitching Post.** Rollout 9:15 sharp. Start at Skyline Drive in Davis Mountain State Center and hike the length of the mountain to Historical Ft Davis. Bring hydrating fluids and a snack. Approximately 4 miles, 2.5 hour hike. Van back to Prude Ranch from Old Fort Davis in time for lunch. *Leader: Michael Schramm.*



**Anytime – Make Your Own Ride Day.** Talk to our bike guides and other experienced campers if you need some ideas. *Leaders: Keith Conrad, Mark Wiedner.*



## 2025 Davis Mountains Fitness Camp – Daily Schedule



**12:30-2 pm – Lunch at the Dining Hall.**

**3-5:00 pm – Pickleball Tourney Finals - Gym.**

Hopefully our self-paced group play will work itself out so that our champions can be determined before Friday dinner. Come play or cheer for your favorites! *Leaders: Holly Wiese and Steve Wiese.*

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pickleball, walks/runs around  
Prude Ranch, exploring  
elsewhere, porch sitting, etc.***

**3:30 pm – Yoga – Gym (or outside, weather permitting).** Yoga flow designed to generate heat with gentle stretching. *Leader: Kristen Wollard.*

**4:30-6:00 pm – Happy Hour – Dining Hall (Outside).** With special guest Alpine-based singer/songwriter Ross Fleming.

**6:00 pm – Dinner – Dining Hall (Inside).** Line up outside the dining room door, north side of building.

**7:30 pm – General Membership Meeting – Gym.** Attend to camp business, share your input and keep the DMFC tradition alive. *Leaders: DMFC Board.*

**8:15 pm – Camp Party and Dance – Gym and outside.** Come strut your stuff!

## Saturday, 9/13

**7-9:00 am – Breakfast – Dining Hall (inside)**

**7:39 am – Sunrise at the State Park.** Watch the sun come up over the desert from the top of Skyline Drive with your fellow campers. Run 3.8 miles from camp. Drive to the State Park and walk 1.4 miles up Skyline Drive. Or just drive up Skyline Drive. However you get there, leave in time to see the sunrise at 7:39 am!

**12:00 noon – Checkout deadline.** Please have your room cleared and ready for Prude Ranch housekeeping. Drop off your keys at the front desk.



**Adios Amigos!**



# Campers Contact List

First Name	Last Name	Email	Phone Number
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## 2025 Davis Mountains Fitness Camp



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Susie	Truxillo	susietruxillo@gmail.com	
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Mark	Weidner	mark@birdoasis2.net	(830) 669-2112
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Steve	Wiese	steven.m.wiese@gmail.com	(512) 653-9651
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Kristen	Wollard	kristenwollard@yahoo.com	(832) 741-3236
Bill	Yarbrough	byarbrough44@gmail.com	(512) 431-1749



# Camp Safety

## All Activities

**Choose rides/hikes/runs that match your ability:** Align your plans with your skill level. Obtain knowledge of the event in advance.

**Check the weather and prepare for exposure:** Wear and bring clothing appropriate for the weather conditions. Sun, extreme temperatures, wind, rain and lightning are “predictably unpredictable.” Bring appropriate clothing, hats, jackets, sunglasses, sunscreen.

**Respect the environment and be alert to hazards:** The west Texas desert is hot, dry, stormy, rocky, pokey, stingy, bitey. Be alert to hazards (rocks, unstable ground, items on the road, approaching vehicles, wildlife, etc.). Alert others when you see them.

**Help each other:** Be prepared to stop and help others as needed.

**Be prepared:** Pack more than enough food, hydration, and supplies, including first aid supplies, and know how to use them.

**Respect wildlife:** Keep a safe distance. Don’t be that guy (or gal, but usually guy) you saw on Instagram.

**Participate with a friend, maintain awareness of others:** A cell signal is not always available, so ride or run with a buddy, or at the least maintain awareness of where other participants are so that you can stop and render aid if needed, and so others can help you if needed.

**Carry identification and tell others where you are going:** Always carry some form of identification, such as an ID bracelet or a driver's license, in case of emergencies. Inform someone of your plans/route and expected return time to have a safety net.

## Bicycling

**Wear a helmet:** Helmets are required on all DMFC rides. Ensure the helmet fits properly and is in good condition.

**Maintain your bike:** Ensure your bike is in good working order before each ride. The bike staff can help.

**Stay visible:** Use bright colors and reflective clothing to make yourself more noticeable to other road users.

**Follow traffic rules:** Obey traffic signals, stop signs, and lane markings. Ride in the direction of traffic.

**Use lights:** Outfit your bike with lights to help you and others see you clearly.

## Hiking, Road/Trail Running

**Enhance stability:** Hike/run with trekking poles and supportive footwear.

**Follow road rules:** If hiking or running on roads, even for short stretches, obey traffic signals and run against the flow of traffic to increase visibility.

**Use lights:** Early morning road and trail runners must bring lights for visibility.

## Other Information:

**For emergencies:** call 911

**Nearest hospital:** Big Bend Regional Medical Center – 2600 N Highway 118, Alpine TX 79830, tel: (432) 837-3447

**First aid supplies:** DMFC maintains a cache of first aid supplies at camp in the medical cabin. Run/bike/and hike leaders carry limited first aid supplies. A cell signal is not always available in the region, so use the buddy system and maintain awareness of other participants’ locations relative to you.



# Suggested Packing List

For cycling:	<ul style="list-style-type: none"> <li>- Bring your road bike, the nearest rental is 30 miles away in Alpine TX with limited store hours</li> <li>- Optionally bring a mountain bike for riding on ranch property roads</li> <li>- Lights, three spare tubes, portable air pump CO2 cartridges, and patch kit</li> <li>- A spare tire in case of a blowout</li> <li>- Tools: tire levers and allen wrenches (for your seat post, bottle cages, etc.)</li> <li>- Floor air pump</li> <li>- Hydration water bags or two water bottles</li> <li>- Nutritional supplements - energy bars and gels, etc.</li> <li>- Riding gloves, shoes, helmet (helmets are required by our insurance)</li> </ul>
For other activities:	<ul style="list-style-type: none"> <li>- Small tote bag for transporting gear between room and dining hall</li> <li>- Running, walking, hiking shoes</li> <li>- Hat, sunglasses, sunscreen, ice chest</li> <li>- Liquid replacement drink/powder and favorite snack/power foods</li> <li>- Swimsuit, swim cap, goggles, fins, aqua jogging belt or vest, kick boards, paddles and pull buoys, Snorkel, mask, aqua shoes, floats for pool outing</li> <li>- Pickleball supplies, frisbee, etc.</li> <li>- Canteen, fanny pack/knapsack, hiking/walking stick, binoculars</li> <li>- Light jacket/sweater/long-sleeved shirt for possible cool nights</li> <li>- Warm-ups for cool mornings</li> <li>- Lightweight rain gear for mountain rain showers</li> <li>- Soap, shampoo, tissues, other toiletries</li> <li>- Tent/RV campers: bring ALL things you need for camping, including linens</li> <li>- Yoga mat (non-slip)</li> <li>- Clothesline and pins for drying wet gear</li> <li>- Alarm clock, camera</li> <li>- Flashlight, headlamp for night and early morning use</li> <li>- Lawn chair or camp stool</li> <li>- Dance and dinner wear (casual clothing)</li> <li>- Props and costumes for camp skits</li> <li>- Campers with special dietary needs: foods/snacks compatible with food requirements</li> <li>- Coffee maker</li> <li>- Fly swatter</li> </ul>