

Activity Schedule

Welcome to Camp

Sunday

2:00					
2:30					
3:00	3:00 Registration (DH) Get yourself a room and a T-Shirt	3:00 Activity Fair (DHP) After you register, meet staff and learn about the week ahead	3:00 Bike Fit (DHP) On the lawn during registration. Fit your bike for comfort or speed for performance, Bike staff will give you new options to consider. Bring your helmet and shoes!		
3:30					
4:00					
4:30					
4:30	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> 4:30 Yoga (GY) Get the kinks out and unwind after the long drive. </div>				
5:00					
5:30	5:30 Camp Orientation (PL) Meet Staff & Get Fired Up !! Learn what you need to know! Mandatory For All Campers				
6:00					
6:30	6:30 Dinner (DH - where else?)	6:30 Dinner (line up outside side Dining Room Door)	6:30 Dinner	6:30 Dinner	6:30 Dinner
7:00					
7:30					
8:00	8:00 Ice Cream Social (PL) Ice Cream for all !! And Rookie Orientation for the new Campers (Mandatory)				
8:30					
9:00					

Sunday

Places to meet for activities:

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

Activity Schedule

Monday (Boy Scout Ranch Day)

6:00					
6:30	6:30 Adventure Run, Alpine (Mesquiz) Canyon (HP) (by bus) Back after one year hiatus. A must do and favorite scenic run. Variable distance runs up to six miles.				
7:00		7:00-9:30 Breakfast	7:00-9:30 Breakfast	7:00-9:30 Breakfast	7:00-9:30 Breakfast
7:30					
8:00	8:00 Swim Training Sessions (SP) Personalized Training!! 2 Slots; Sign up early				
8:30		8:30 Primitive Area Hike (HP) Chance to explore undeveloped nature in the hills above Limpia Creek. Hikers will depart on the bus and hike back to camp. Lots of natural wildlife and plants to keep you entertained for approximately 3 hours.	8:30 Ride to Boy Scout Ranch Cut-Off & Back Bike Ride (HP) Go through the pretty canyon that you just drove your car through on the way to camp, climb up to Wild Rose Pass, then on to the cutoff road, turn around and come back. This 60-mile ride is generally 30 miles of downhill out and 30 miles of uphill back.	9:00 Wild Rose Pass, Out & Back Bike Ride (HP) Enjoy the view and turn around. Great 36 mile work out to start the week.	9:00 Ft. Davis Out & Back Ride / Ft. Davis Tour Bike Ride (HP) Also known as the "Save Your Legs for Scenic Loop" Ride. Ride to town and back. You'll easily be back to the ranch in time for lunch. Be aware that some of the roads in Ft. Davis are packed dirt (not paved).
9:00	9:00 Weight Training (GY) Build them up or tone them up. Work the entire body.				
9:30					
10:00	10:00 Cardio Class (GY) Low impact aerobics class designed for all fitness levels. Cardio & functional moves, abs.				
10:30					
11:00					
11:30					
12:00					
12:30					
1:00	1:00 Lunch at Ranch	1:00 Lunch at Ranch	1:00 Lunch at Ranch	1:00 Lunch at Ranch	1:00 Lunch at Ranch
1:30					

Monday

2:00					2:00 Cycling Basics Refresher (HP) Peloton is not a dirty word. Find out what it means.
2:30	2:30 The Lydiard System (LMR) Roger and Keith discuss Arthur Lydiard's theories of Coaching.			2:30 Hill Climbing and Cadence Clinic (PL) First a short lecture, then head for a hill for actual practice. Staff members will ride with you to teach you good cadence and hill climbing technique, with the goal of making you more efficient.	
3:00		3:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early			3:00 Flat Tire Changing Clinic (DHP) Bring your bike and receive tips on how to remove your wheels, change a tire/tube, emergency fixes and what you should carry with you on rides. You need to know this stuff!
3:30	3:30 Video Tape Running (HP) Get your running style videotaped. Signup sheet posted by the dining hall.				
4:00				4:00 Pilates 101 (GY) Learn how Control, Breath, Precision, Stability & other techniques can improve.	
4:30	4:30 Run Video Playback & Analysis (Dining Hall Foyer) See yourself on tape and gain insight on running form.	4:30 Get Off the Couch and Tri (DH) Motivating tips, tools, strategies, and mindsets for a triathlon!			
5:00				5:00 Yoga for a Better Back (GY) Learn how to gently stretch, lengthen, and protect your back.	
5:30					
6:00					
6:30	6:30 Dinner (eat)	6:30 Dinner (eat)	6:30 Dinner (eat)	6:30 Dinner (eat)	6:30 Dinner (eat)
7:00					
7:30	7:30 CPR – Part 1 (LLR) DO NOT BE LATE or You won't get your card ☹				
8:00		8:00 Swing Dancing (GY) Join Kathleen and warm up Your dancin' feet with Jitterbug!			
8:30			8:30 Chihuahuan Desert (LMR) Come hear Cathryn Hoyt, executive director of CDRI, talk about why the Davis Mtns region doesn't look like your typical desert.		
9:00					
9:30				9:30 Fitness Camp Star Party (PF) See the stars from our very own back yard	
10:00					

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Activity Schedule

Tuesday (Scenic Loop Day)

6:00						
6:30	6:45 Cook Flats Trail Run (HP) (Running with the Buffaloes) Run on Sproul Road to the Cook Flats. 2-4 miles or up to 15 miles long, round trip.			7:00-9:30 Breakfast	7:00 Bird Walk (HP) Join our fellow camper Nancy Decker Find some West Texas Birds	
7:00		7:45 Wolf Den Canyon Hike (HP) Come explore the rarely seen Wolf Den Canyon in the Nature Conservancy Preserve.	7:45 Scenic Loop Bike Ride (HP) 76 challenging miles for experienced riders only. Full support (including 3 water stops). Snacks & sack lunch on route. See bike staff for details.			
7:30						
8:00						
8:30						
9:00	9:00 Weight Training (GY) Build them up or tone them up. Work the entire body.	Strenuous & Long (6-8 hrs) Bring water, snacks & Sack Lunch!				
9:30						
10:00	10:00 Cardio Class (GY) Low impact aerobics class designed for all fitness levels. Cardio & functional moves, abs.	Don't be late. Arrive at 7:45 for vehicle assignment. Vehicles will leave at 8:00 sharp and caravan to Madera Canyon.				
10:30						
11:00	11:00 Video Tape Running (HP) Get your running style videotaped. Signup sheet posted by the dining hall.	MUST SIGN UP IN ADVANCE (Limited to 30 Hikers)			9:30 Radio Telescope Tour (HP) Meet at the Hitching Post and carpool or mountain bike to the Radio Tower. Limit 20. Guided tour onsite. Telescope open 8-5 weekdays, but antenna tours are only available on Tuesdays in groups of six. On your own.	
11:30						
12:00	12:00 Run Video Playback & Analysis (Dining Room Foyer) See yourself on tape and gain insight on running form.					
12:30						
1:00	All Sack Lunches 1:00 - 2:30		All Sack Lunches 1:00 - 2:30		All Sack Lunches 1:00 - 2:30	
1:30						

Tuesday

2:00	All Sack Lunches	All Sack Lunches	All Sack Lunches	All Sack Lunches	All Sack Lunches	
2:30	2:30 Core Strength for Runners (PL) Essential training for running smoother and faster with fewer injuries.					
3:00						
3:30	3:30 What The Hips Lack Hurts The Back: Pilates (GY) Hip strength and flexibility.					
4:00						
4:30	4:30 Yoga for the Bike (GY) Hikers & runners learn to counteract tension that builds up on a ride.					
4:30	4:30 Gear Shifting Refresher (HP) How to determine your proper gears for any terrain, road, and wind conditions.					
5:00	5:30 Happy Hour (DHP) Shiner of Austin is donating the beer. Please give a "toast" and tell Don Cadden thanks for having Shiner Beer				5:30 Activities at the Lawn (DHP) Horseshoes, washers, softball, etc.	
5:30	6:00 Dinner					
6:00	6:00 Dinner					
6:30	6:00 Dinner					
7:00						
7:30						
8:00						8:00 Texas Two Step Dancing (GY) Learn the basics & practice to different speeds
8:30						8:30 A Walk in the Woods, Part 2 (LMR) Gary continues from Harpers Ferry, West Virginia. Does Pennsylvania grow rocks? What did Gary bring back with him?
9:00						
9:30						
10:00						

Tuesday

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Activity Schedule

Wednesday (Balmorhea Day)

6:00						
6:30	6:30 Run on your own or Observatory Challenge (HP) Run on your own or accept "Observatory Challenge" and run from Ranch to Visitor's Center (UPHILL!) or vice versa. Staff will coordinate carpool. About 10 miles.	6:30 Morning Tempo Walk (NS) Join Celeste for this favorite crisp pace, brisk and challenging walk from McDonald's Observatory Visitor Center to top of hill and back. Details of getting to the Observatory will be discussed with Celeste.	7:00-9:30 Breakfast	7:00-9:30 Breakfast	7:00-9:30 Breakfast	
7:00						
7:30						
8:00						
8:30						
9:00	9:00 Weight Training (GY) Build them up or tone them up. Work the entire body.	9:30 Drive straight to Balmorhea to maximize your time in the pool ☺	8:00 Bike Ride to Balmorhea SP via Boy Scout Ranch (HP) Down the mountains thru Wild Rose Pass. Add some miles to this mostly downhill ride by riding in and out of the canyon. If you do, there might be a cool surprise for you at the turnaround. ** Be sure to put change of clothes bag on bus **	8:00-8:15 Pace Line Basics (HP) Learn before you do...	9:00 Bike Ride to Balmorhea State Park (HP) Down...and down...and down the mountains thru Wild Rose Pass, then add some miles. Plunge into crystal clear water.	
9:30						
10:00						
10:30						
11:00						
11:30	11:30 Deep Water Aerobics & Poolates At Balmorhea Hit the pool, work out the lactate from your ride	11:30 Open Water Swim At Balmorhea Sharon will provide individualized workouts.	Bikes trailered to Ranch (2nd trip will immediately follow 1st trip. Please help with loading of trailer)			
12:00						
12:30	12:30 Picnic Lunch @ Balmorhea	12:30 Picnic Lunch @ Balmorhea	12:30 Picnic Lunch @ Balmorhea	12:30 Picnic Lunch @ Balmorhea	12:30 Picnic Lunch @ Balmorhea	
1:00						
1:30						

Wednesday

2:00	2:00 Bus #1 leaves for ranch	2:00 Bus #1 leaves for ranch	Bike back to Ranch If you dare!	2:00 Bus #1 leaves for ranch	2:00 Bus #1 leaves for ranch	
2:30						
3:00						
3:30	3:30 Bus #2 leaves for ranch	3:30 Bus #2 leaves for ranch			3:30 Bus #2 leaves for ranch	3:30 Bus #2 leaves for ranch
4:00						
4:30						
5:00	5:00 Trail Run (HP) Some call it a trail; others call it piles of rocks. Follow Roger and Keith on a trail run they have mapped out.	5:00 CPR Checkoffs (LMR) Part 2 of the CPR experience You must attend both sessions to get your card.		5:00 Yoga for Runners & Cyclists (GY) Loosen those tight leg muscles and increase your flexibility.		
5:30						
6:00						
6:30	6:30 Dinner	6:30 Dinner	6:30 Dinner	6:30 Dinner	6:30 Dinner	
7:00						
7:30	7:30 Never Mind (LMR) Maximizing health and fitness through good food choices.	8:00 Hot & Sultry Latin Dance (GY) Join Kathleen for some Hot Salsa moves!!	8:30 Yoga as a Lifestyle (LMR) Explore yoga as way of life, yoga's guidelines (Yamas and Niyamas) and tools to help you relax and concentrate.			
8:00						
8:30						
9:00						
9:30						
10:00						

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Activity Schedule

Thursday (Alpine Day)

6:00								
6:30	6:30 Wild Rose Pass Run (HP) (arrive by bus) This run is starting to be a favorite. A local landmark, so stop at the top and check it out. It's a nice hill climb. Variable distance runs up to six miles.	7:00-9:30 Breakfast		7:00-9:30 Breakfast		7:00-9:30 Breakfast		7:00 Bird Walk (HP) Join our fellow camper Nancy Decker find some West Texas Birds
7:00		7:45 Historical Site Hike (Old Fort Davis) (HP)		8:30 Bike Ride to Alpine - Out & Back (HP)		9:00 Mitre Peak - Out & Back Bike Ride (HP)		
7:30		Start at Davis Mountain State Park Interpretative Center and hike over the mountain to Historical Fort Davis. You will be bused to the Park and back from the Old Fort. Bring a snack. Duration approximately 3 hours. Perhaps you can talk the driver & hike leader into getting some ice cream afterwards.		This ride returns after not being offered last year due to road construction. Ride from the ranch through Ft. Davis, past the entrance to the Chihuahuan Desert Research Institute (CDRI) down into beautiful Musquiz Canyon, past Miter Peak, then on to Kokernot Municipal Park in Alpine, where you turn around and go back to the Ranch. This ride is approximately 60 miles.		Ride through Ft. Davis, past the entrance to the Chihuahuan Desert Research Institute (CDRI) down into beautiful Musquiz Canyon to the cutoff road to Miter Peak. 39 miles		
8:00								
8:30	8:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early							
9:00								
9:30								
10:00	10:00 Cardio Class (GY) Low impact aerobics class designed for all fitness levels. Cardio & functional moves, abs.							
10:30								
11:00	11:00 Video Tape Running (HP) Get your running style videotaped. Signup sheet posted by the dining hall.							
11:30								
12:00	12:00 Run Video Playback (DH) See yourself run and gain insight on your running form.							
12:30								
1:00	1:00 Lunch at Ranch		1:00 Lunch at Ranch		1:00 Lunch at Ranch		1:00 Lunch at Ranch	
1:30								

Thursday

2:00					
2:30	2:30 Crash Training (LMR) Get in shape overnight. How to run forever and stay healthy. Bring your questions.				
3:00		3:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early	3:00 Weight Training (GY) Build them up or tone them up. Work the entire body.		
3:30					
4:00				4:00 FBI Pilates (GY) Full body intergation. Discover how to use your body, not momentum.	
4:30	4:30 Being a Woman, Being an Athlete (DH) Talk about coming to terms w/women's inner athlete.	4:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early			
5:00					5:00 Yoga and Breath (GY) Coordinate breath and movement, deepen your practice.
5:30					
6:00					
6:30	6:30 Dinner				
7:00	6:30 Dinner				
7:30	7:30 Body Mechanics & Awareness (LMR) How this can change your training and well-being.				
8:00					
8:30	8:30 Book Discusion (LMR) Come discuss <i>In Defense of Food</i> , by Michael Pollan. Led by David Turner.				
9:00					
9:30					9:30 Marfa Lights Scouting Party & Snipe Hunt An unofficial road trip. (on your own)
10:00					

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Activity Schedule

Friday (Madera Canyon Day)

6:00	6:15 Adventure Run (HP) (arrive by bus) Madera Canyon, one of the most beautiful places on Earth. Variable run distances. One small hill & one big hill (will the bus make it to the top this year?)					
6:30						
7:00		7:00-9:30 Breakfast	7:00-9:30 Breakfast	7:00-9:30 Breakfast	7:00-9:30 Breakfast	7:00-9:30 Breakfast
7:30						
8:00	8:00 Everything You Need to Know About Swimming on Your Own Clinic (SP) Intervals, workouts, Q&A's					
8:30						
9:00						
9:30	9:30 Zumba (GY) Dance-fitness class incorporates Latin and International music & dance.	8:30 Hike at CDRI (HP) Meet at the hitching post for vehicle transport to the Chihuahuan Desert Research Institute on the road to Alpine. Institute employee James Saunders, an interpretive guide, will hike with our group to present information about flora, fauna, indigenous cacti and local geology. This hike will cover about 2.6 miles and will descend into a canyon with unique geology and a spring. The hike is classified as moderately strenuous. MUST SIGN UP IN ADVANCE (Limited to 25 Hikers)	8:30 Observatory Bike Ride & Back (HP) Your chance to feel like Lance at the Alpe d'Huez in the Tour de France.	9:30 Observatory Bike Ride Challenge (Visitor Center) Challenge yourself to a steep grade! Clock starts at Visitor Center and stops when you touch the dome.	9:00 PRR Half Marathon Out & Back Bike Ride (HP) Ride up to the half marathon turnaround and back for 13 miles. Pedal into Ft. Davis & back to add 12 more miles. Get back in time for the Cow Pasture Relays!.	
10:00						
10:30						
11:00	11:00 Cow Pasture Relays (PF) A cowboy track meet/relays which was resurrected from the old favorite Alpine Games and Relays.					
11:30						
12:00						
12:30						
1:00	1:00 Lunch at Ranch	1:00 Lunch at Ranch	1:00 Lunch at Ranch	1:00 Lunch at Ranch	1:00 Lunch at Ranch	
1:30						

Friday

2:00	2:00 Cardio Class (GY) From low impact to abdominal work. Get ready to sweat!					On your own: Relaxing, skit preparation, basketball,
2:30						
3:00	3:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early					
3:30						
4:00	4:00-4:30 Swimstroke VideoTape (SP) Last chance for feedback!					
4:30						
5:00						
5:30						
6:00	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	
6:30						
7:00						7:30 Camp Meeting and Skits (GY) Don't Miss!!
7:30						
8:00						
8:30						
9:00						
9:30						9:00-12:00 Camp dance (GY) Shake your booty to DJ tunes starting with the 60's.
10:00						

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Activity Schedule

Saturday (Bon Voyage)

6:00	
6:30	6:30 Traditional Last Runs Ranch road to radio telescope, or watch Sunrise from the Switchbacks @ State Park. Get details from Roger & Keith
7:00	
7:30	
8:00	7:30 Breakfast 7:30 Breakfast 7:30 Breakfast 7:30 Breakfast
8:30	
9:00	
9:30	Vaya Con Dios!
10:00	
10:30	Have a safe and pleasant journey home...
11:00	
11:30	
12:00	Run every chance you get! -Al Cumming
12:30	
1:00	
1:30	
2:00	The will to win means nothing without the will to train. – Juma Ikaanga
2:30	

Saturday

----- Fold & Tear ----- Fold & Tear ----- Fold & Tear -----

Plan Your Week

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30			12:30 Lunch @ Balmorhea		
1:00	1:00 Lunch	1:00 Lunch		Sack Lunch	1:00 Lunch
1:30					

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Plan Your Week

	Monday	Tuesday	Wednesday	Thursday	Friday
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00				6:00 Dinner	6:00 Dinner
6:30	6:30 Dinner	6:30 Dinner	6:30 Dinner		
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					

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