

2010 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. Updates and changes to this schedule will be posted on the announcement board in the dining hall.

RUNNING & WALKING

Adventure Runs/Walks/Power Walks

All adventure runs/walks will leave from the Hitching Post (HP) outside of the office. Each morning, runners (and those who would like to take a shorter walk along the same route), led by Roger Boak and Keith Dowland, will have runs/walks of varying distances. Cool morning temperatures may warrant bringing warm clothes for the bus ride out and/or back. Water will be provided at the end of each organized run.

6:30am Everyday Morning Tempo Walks Meet at the Nurse's Station, 6:30am. For interval walks on ranch trails, led by our camp founder, Jack Jennings. Crisp pace, hard uphill walks with recovery on flats along with some down hill walking. There will be some optional opportunities for running on improved and safe surfaces. All walks are approximately 4 miles and last from one to two hours.

6:30am Monday, Run Alpine (Musquiz) Canyon (HP) Hop aboard the bus and ride to one of our favorite runs to start the week of camp. A must do and favorite scenic run. The only way I know to start the day as well as the week. Variable distance runs up to six miles.

6:30am Tuesday, Fort Davis Run (HP) Runners and walkers will be dropped off at a chosen distance (2, 4, or 6 miles from camp) along the road toward Fort Davis. The longest distance is 6.2 miles from Fort Davis Library (that's right, the converted jail) to the Ranch. If you wish to do more, go past the Prude Ranch entrance.

6:30am Wednesday, Visitor Center at the McDonald Observatory (HP) Take the bus to the Observatory. If you dare, accept the "Observatory Challenge." Run to ranch or anything in between. Talk with Keith and Roger for details. The road to McDonald Observatory is the route that Prude Ranch Races are held.

7:00am Thursday, Cook Flats Trail Run (HP) Running with the Buffaloes. We will meet at the Hitching Post, board the bus and go up Sproul Road to the Cook Flats. It is a dirt road that eventually turns into a Jeep trail. Roger and Keith will explain the run as we ride the bus. They will probably do from 2-4 miles and further if you wish.

6:15am Friday, Madera Canyon (HP) Beautiful run with breathtaking scenery. There is one small hill and one large hill (which, hopefully, the bus can get back over). This adventure run is one of our favorites. This classic run has another option with a new spectacular 1.5 mile single-track run/hike from picnic area. Visit with Roger or Keith for more Information.

6:30am Saturday, Traditional Last Runs Run or walk on your own or in a group of your own making. Old stand-by favorites for past campers include **The Switchback Sunrise**. One last Davis Mountain sunrise and watch it come up from the State Park overlook!

Running Seminars/Workouts/Events

2:30 – 3:30pm Monday, Barefootin' (Lodge) Okay, Ok. I have no idea what Roger & Keith are up to with this title. Sure it will be interesting and exciting. Join them both for this “Barefootin” adventure. If I were you, I would certainly bring your running shoes, at least wear them to and from the lodge. After you arrive, they will instruct!?

5:00 – 6:00pm Monday, Trail Run (HP) Join Keith and Roger and work your lunch off and increase your dinner appetite with a trail run. Some call it a trail; others call it a pile of rocks. You will come back with a different attitude on trail running. See what this running team has mapped out today.

2:30pm – 3:30pm Tuesday, Ultimate Speed (Lodge & PF) Guess this is just what it means, speed and more speed. Unlike “barefootin,”. I say wear your running shoes and be ready for some type of workout. You guessed it, speed! That is all I have to say about that!

5:00 – 6:00pm Wednesday, Trail Run (HP) If you would like join Keith and Roger again, please do so and work your lunch off. It might be the same trail or another pile of rocks. But once again, you will come back with a different attitude on trail running.

2:30 – 3:30pm Thursday, Free Advice? (Lodge) Keith and Roger will provide their insight, knowledge and experience in responding to all of your questions and concerns. Instead of paying big \$\$ with your questions to coaches and trainers, take advantage of Keith & Roger.

5:00 – 6:00pm Thursday, Trail Run (HP) Here comes another trail run. If you feel that two previous runs were not enough, Roger and Keith are ready for you. Unsure what they had in mind for having three trail runs, but see if you can keep up with them.

11:00 Friday, Cow Pasture Relays (PF) A cowboy track meet/relays which was resurrected from the old favorite Alpine Games and Relays.

Videotape Form Analysis

11:00am – 12:00pm Tuesday & Thursday, Videotape Running (HP) Come get your running style videotaped. See what you look like to the rest of us. There will be a signup sheet posted by the dining hall to set up individual appointments. Taping will be done in the mornings with play back and analysis immediately afterwards or when time permits.

12:00pm – 1:00pm Tuesday & Thursday, Run Video Playback & Analysis (DR) See yourself running on tape and gain some insight on running form. One frame of video is worth a thousand words.

HIKING

All hikes meet at the Hitching Post. Some hikes are on land that is not available to the general public. We have negotiated use for campers this year, thanks to Michael Schramm. It is very important that we do not litter and that we remain on established trails/roads at all times. Because of the need to plan various fee payments and lunch schedules, you must sign up for MOST hikes the night prior to that hike at dinner. Several of these hikes have **limits on the numbers of campers that can go.**

(Note: the return time for hikes is a wild guess.)

Not all of the trails are rough and strenuous. Trail shoes or light boots should be adequate footwear. There is continuous exposure to sun at 6000ft. and we recommend long sleeve shirts, loose-fitting clothes and a hat with a brim all the way around to cover the ears and neck. Sunscreen is recommended for all exposed areas. Shorts will be OK in that little brush should be encountered. Bring water, plus a sport drink for all the long hikes. You also might want to bring an energy bar or energy gels. Early hikers will be able to grab stuff for breakfast in the dining hall prior to departure. If you would like to learn more about a particular hike, please ask our Hike Leader, Michael Schramm.

8:30am Monday, 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. We will descend into a canyon with unique geology and a spring. We are planning for two groups of 25 hikers, totaling 50 hikers. This hike is classified as moderately strenuous, duration is 3-4 hours and is about 2.6 miles long.

7:45am Tuesday, “Shoe Tank” Hike (HP) Arrive at 7:45am for boarding the bus and roll out 8:00am sharp. Mike has brought a new hike to camp this year. He may have outdone himself. He has made arrangements with Davis Mountain Preserve to hike along the Mountain Wilderness and you will be able to take advantage of scenic overlooks. This is a hike that you should not miss and is classified as moderately strenuous. **Hike is limited to 30 hikers and sign-up is required.** BRING A SACK LUNCH. Total time away from camp is approximately 7 hours.

7:45am Thursday, “Brown Mountain” Hike (HP) Arrive 7:45am, roll out 8:00am sharp. First I didn't think that Mike could do it, but he has. He brought another new hike for us to enjoy. Brown Mountain Hike is located on the Davis Mountain Preserve where you will hike along the wilderness trails and some along jeep trails. Visit Pine Lake. This hike is classified as strenuous. **Hike is limited to 30 hikers and sign-up is required.** BRING A SACK LUNCH. Total time away from camp is approximately 8 hours.

3:00pm Thursday, Goat/Cook Mountain Hike (HP) Arrive on time to meet our camp founder, Jack Jennings on a hike to Goat/Cook Mountain. Jack is not a stranger to anyone, he has been coming to the Davis Mountains for over 30 years. He has a lot to tell, if you will just listen. Approximate duration is 2 hours and classified as moderate strenuously. The hike will be over hilly and rocky terrain and will have some scenic views.

8:30am Friday, Historical Site Hike (Old Fort Davis) (HP) Will 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 is approximately 3 hours and is mildly strenuously. This has been a treat for many campers; I know you will enjoy it. Perhaps you may be able to talk the driver and hike lead into getting some Ice Cream afterwards.

CYCLING

ALWAYS WEAR YOUR BIKE HELMET. YOUR SKULL WILL THANK YOU FOR CARING (and we won't have to clean up the mess).

Development of Cycling Skills

3:00-5:00pm Sunday, Bike Fit On the lawn during registration. Ed, Keith, and Mark will fit you to your bike to better meet your cycling needs. Whether you want comfort or speed for performance, they will give you new options to consider. Make sure your bike is ready to go for the week! Bring your helmet and shoes.

2:00-2:45pm Monday, Cycling Basics Refresher (HP) TJ will review the basics of cycling: how to properly fit your helmet; cycling clothes and shoes; proper way to cleat and un-cleat, seat height, where to put your hands, shifting, etc. Learn basic cycling terminology - ever wonder what a pace line or peloton is?

2:45-3:45pm Monday, Basic Cycling Skills Workshop (HP) Is it a real challenge getting your cleated shoes into your pedals? Need practice in avoiding rocks and road debris? How do you cross a cattle guard? Do you put on the brakes out of fear going downhill? Bring your bike and learn from Keith how to be more comfortable in handling basic stressful situations.

2:30-5:00pm Monday, Hill Climbing and Cadence Clinic (PL) First a short lecture, then head to a hill for actual practice. Staff members Ed and Cindy will ride with you to teach you good cadence and hill climbing technique, with the goal of making you more efficient.

3:45-5:30pm Monday, Flat Tire Changing Clinic (DHP) Bring your bike and receive tips from TJ, and Mark 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!

3:00-5:00pm Tuesday, Basic Cycling Skills Sessions (HP) Need some individual attention on your riding technique? Sign up for one of Keith's four 30 minute sessions and get what you need. For one person or small groups of people having the same needs.

4:00-5:00pm Tuesday, Gear Shifting Refresher (HP) Ever wonder what all those gears are for and when they should be used? If so, this class is for you. Ed and Cindy will teach how to determine what the proper gears are for any terrain, road, and wind condition in addition to your own conditioning.

7:45am Wednesday, Pace Line Basics (HP) Pace lines are great for going faster and becoming less tired. Skill is required to do so safely. First, attend Ed's short lecture before you start the Balmorhea-Boy Scout Ride. During this clinic, you will be given the preliminary information on how to draft someone and how to participate in a pace line. After the lecture and the rider meeting, ride as a group to the tee at Highway 17, then form the pace line, receiving instruction as you go.

Organized Rides - General Information

Organized rides include some level of support by the cycling staff. Most rides are sagged with support vehicles. Rides over 50 miles and selected shorter rides have water stops which include water, electrolyte powder, fruit, and snacks.

Many rides will have turn-around/gate times. You must depart the checkpoint/gate or turn around and head back on or before the gate time in order to continue to receive bike staff support. Times will be announced at Rider Meetings and other places.

All rides start at the Hitching Post unless noted.

Rider meetings will start 10 minutes before the ride start time. These meetings are very important for you to attend and receive information about the route, road conditions, hazards, construction, and support (water stops, sag vehicles, riders, and gate times).

Please sign up for all trailered rides and water stop support. Trailer sign up will allow us to try to get everyone we can on the ride. Signing up to host a water stop will be a great service to your fellow riders. Sign-up sheets will be at the Dining Hall entrance at the evening meal before the ride. We need your help!

Organized Ride Summary

Monday

Long – Boy Scout Cutoff Road Out and Back

Medium – Wild Rose Pass Out and Back

Short – Ft. Davis Out and Back with optional tour in Ft. Davis

Tuesday

Long – Scenic Loop

Medium – Scenic Loop Backside (trailered to Valentine cutoff road)

Short – Tomato Plant Out and Back

Wednesday (all bikes trailered back)

Long – Balmorhea with Boy Scout Ranch in and Out

Medium – Balmorhea

Short – Wild Rose Pass to Balmorhea (trailered to the Pass)

Thursday

Long – Marfa Alpine Loop

Medium – Alpine (trailered to Alpine)

Short – CDRI entrance

Friday

Long – None

Medium – Point of Rocks Out and Back

Short – Observatory Out and Back with optional Observatory Challenge

Organized Ride Descriptions

7:45am Monday, Boy Scout Cutoff Road Out and Back

Distance – 58 miles

Description – 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. This ride is generally downhill out and uphill back.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 toward Balmorhea - don't go into Ft. Davis. Turn around when you get to the cutoff road (1832) to Boy Scout Ranch.

Water Stop – Wild Rose Pass (41 miles). The water stop at Wild Rose Pass is not expected to be open on your way out. Sag vehicle will refill your water bottles if you flag it down after you turn around.

Gate – Turn around not later than 10:15am

9:00am Monday, Wild Rose Pass Out and Back

Distances – Up to 33 miles

Description – Ride through the canyon and on to the top of Wild Rose Pass. Since this is an out and back ride, you can ride whatever distance you would like up to 36 miles by turning around before the Pass. There are rest stops at 12.5, 13.5 and 14.5 miles out

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 - don't go into Ft. Davis. Stay on 17 until you turn around.

Water Stop – Wild Rose Pass (16 miles)

9:00am Monday, Ft. Davis Out and Back/Ft. Davis Tour

Distance – 12 miles

Description – Also known as the “Save Your Legs for Scenic Loop” Ride. Ride to town and back. This ride is appropriate for both Skinny-tired and Fat-tired bikes. If you like, after you arrive in town, stay for the town tour on the mostly hard packed dirt roads led by the owner of the Hotel Limpia. You'll easily be back to the ranch in time for lunch. Caution to those riding road bikes on the Ft. Davis back roads: many of the roads in Ft. Davis are hard packed dirt and are not paved. They SHOULD be okay - make your own decision whether to ride them or not.

Directions – Turn left at the Ranch gate onto Highway 118. After ~4.5 miles, veer right/south where 118 joins Highway 17. Either turn around, or congregate at the Hotel Limpia for the tour.

Water Stops – None

7:00am Tuesday, Scenic Loop

Distance – 75 miles – for advanced/experienced riders only

Description – Ride the famous Scenic Loop. Those doing this extremely challenging ride (equivalent to a 100 mile ride) will need to grab breakfast early. Start by pedaling in the Mountains, past the Observatory, on to Madera Canyon and then to Bear Mountain. Have lunch at the cutoff road to Valentine, then ride the flatter desert backside past Bloy's Camp, Point of Rocks, through Ft. Davis, then back to the Ranch. If you like, stop in Ft. Davis for ice cream.

Directions – Turn right at the Ranch gate onto Highway 118. After ~24 miles, turn left onto Highway 166 – don't go straight on 118 to Kent! Stay on 166 until it dead ends into Highway 17. At that intersection, turn left – don't go to Marfa! Bear left when Highway 118 joins 17. After you go through Ft. Davis and past the Historic Fort site, turn left on Highway 118 and on back to the Ranch

Water Stops – Madera Canyon (18 miles), Bear Mountain (34 miles), Valentine Cutoff Road (lunch) (44 miles), Point of Rocks (58 miles).

Gates – Arrive by 9:00am at Madera Canyon and by 10:30am at Bear Mountain in order to continue the loop

Tuesday, Back Side of Scenic Loop

Distances – 31 miles

Description – Now you have the opportunity to ride the last sections of the Scenic Loop ride. Ride from the Valentine cutoff road back to the Ranch. The ride is generally uphill to Bloy's camp, then downhill to Ft. Davis which is usually (but not always) wind-aided

Directions – **by 8:30am** – Leave your bike on the pool lawn so the bike staff can put it on the trailer. **9:00am** – Bus and loaded trailer leave for the Valentine cutoff road. **~9:55am** – Ride starts east on Highway 166 until it dead-ends into Highway 17. At that intersection, turn left – don't go to Marfa! Turn left when Highway 118 joins 17. After you go through Ft. Davis and past the Historic Fort site, turn left on Highway 118 and on back to the Ranch

Water Stop – Point of Rocks (14 miles)

9:00am Tuesday, Tomato Plant Out and Back

Distances – Up to 20 miles

Description – One of the two flattest rides we have to offer. Ride through Ft. Davis toward Marfa and turn around at the plant. Maybe you will be lucky and find someone to give you a tour of the plant before you head back? Optionally go a few miles past the plant (unsupported)

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear right and stay on 17 to Marfa. Don't bear left on 118 to Alpine. Proceed to the plant parking lot on your right.

Water Stop – None

Balmorhea Rides: General Commentary Before you leave the ranch, put your bag (swimsuit, fins, goggles, towel, money, change of clothes, etc.) on the bus. The bus should arrive at the park before you. If not, swim naked. After your ride, have your bike trailered back to the ranch, unless of course you want to bike back (unsupported). There will be a picnic lunch at the State Park. Possibly before and definitely after lunch, enjoy activities and/or relaxation at the pool. Catch a bus back to the Ranch – see Schedule for times

7:45am Wednesday, Balmorhea with Boy Scout

Distance – 58 miles

Description – This is a combination of the Balmorhea and Boy Scout Ranch Rides. Ride toward Balmorhea. When you get to the cutoff road to the Boy Scout Ranch, turn left and pedal to the Boy Scout Ranch entrance. Go for a refreshing dip if there is water in the natural pool before heading back out. When you arrive again at Highway 17, turn left and cycle up and over those two wonderful hills. The road is pretty flat after that.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 to Balmorhea - don't go into Ft. Davis. After 29 miles, turn left at the cutoff road to the Boy Scout Ranch. Turn around at the Ranch entrance back to Highway 17, then turn left. When the road makes a tee, veer right – park entrance is about ½ mile on the right. Proceed into the park past the guard shack. No need to stop there to pay the entrance fee. Ride to the back of the parking lot where the bikes will be trailered. If the trailer is not there, just leave your bike on the lawn where a bike staff member will keep watch.

Water Stops – At the cutoff road to Boy Scout Ranch (29 miles, 51 miles). No water stop at the Boy Scout Ranch entrance. The water stop at Wild Rose Pass is not expected to be open when you pass that point.

Gate – arrive by 10:00am at the Boy Scout Cutoff Road in order to do the In and Out

9:00am Wednesday, Balmorhea

Distance – 36 mostly downhill miles

Description – This classic ride is a high point in the week for many campers. Many newcomer and/or novice riders pleasantly surprise themselves by doing this ride. You will cycle from the Davis Mountains to the low altitude desert oasis - the San Solomon Springs of Balmorhea State Park.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles turn left/north on Highway 17 to Balmorhea - don't go into Ft. Davis. Near the end of the ride, 17 makes a right hand turn just before the Park, which is about ½ mile on the right. Proceed into the park to the back of the parking lot where the bikes will be trailered for the ride back to the ranch. If the trailer is not there, just leave your bike on the lawn where a bike staff member will keep watch.

Water Stops – Wild Rose Pass (16 miles) and the cutoff road to Boy Scout Ranch (30 miles)

Wednesday, Wild Rose Pass to Balmorhea

Distance – 20 mostly downhill miles

Description – Not up for a 36 mile Balmorhea ride? Then consider starting your ride at Wild Rose Pass and ride the second half of the Balmorhea ride. See Balmorhea Ride description above for more details

Directions – **by 9:00am** – Leave your bike on the pool lawn so the bike staff can put it on the trailer. **9:30am** – Bus and loaded trailer leave for Wild Rose Pass. **~10:05am** – Ride to Balmorhea State Park, all on Highway 17.

Water Stops – Wild Rose Pass (0 miles), the cutoff road to Boy Scout Ranch (12 miles)

7:15am Thursday, Marfa Alpine Loop

Distance – 83 miles, for advanced riders only

Description – This ride returns after not being offered for several years due to road construction. Ride first to Marfa, possibly seeing some wildlife along the way. Head to Alpine, passing the famous Marfa Lights Viewing Center, and several vistas before you roll into Alpine. Have lunch (or not) in Alpine. After a flat section to Miter Peak you start climbing again to Ft. Davis – you are almost there! Finish the ride and thumb your nose at those two hills near Davis Mountains State Park as you head back to the ranch.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear right and stay on 17 to Marfa. Don't bear left on 118 to Alpine. Proceed into Marfa. 17 takes a one block jog right in town before it dead ends into 67 and 90. Turn left on 67/90 and proceed to Alpine. In downtown Alpine, turn left on 118. Stay on 118 all the way through Ft. Davis and back to the Ranch. Don't bear left on 17 as you approach Ft. Davis, and turn left beyond the Old Fort – don't bear right on 17 to Balmorhea.

Stops – You can re-supply in Marfa at a convenience store (27 miles) and in Alpine at a convenience store (54 miles), Bring money. Musquiz Ruins rest stop (71 miles) (same rest stop used for the Alpine run) between Alpine and Ft. Davis.

Three options for lunch. 1) At an Alpine restaurant on your own – bring money. 2) At Kokernot Park, have a famous Prude Ranch PBJ sandwich sack lunch (requires sign up). 3) If you leave at 7:15am and travel an average of 15mph or greater (not odometer rate, but rate including rest stops), you will be back in time for lunch at the Prude Ranch cafeteria.

Gate – arrive by 9:40am in Marfa in order to continue the loop ride

Thursday, Alpine

Distance – 29 miles

Description – This ride is from Alpine to the Ranch which will be a bit more challenging than the opposite direction. Start at Kokernot Park in Alpine and head north to Ft. Davis and the Prude Ranch. Pass Miter Peak (you can add 6 miles by going in and out to the Girl Scout Camp).

Proceed through lovely Musquiz Canyon. Pass through Ft. Davis and then on to the Ranch

Directions – **by 9:00am** – Leave your bike on the pool lawn so the bike staff can put it on the trailer. **9:30am** – Bus and loaded trailer leave for Alpine. **~10:20am** – Start ride to the Ranch.

Head west on one of the side streets and turn right on Highway 118. Stay on 118 all the way to the Prude Ranch, being careful not to go left/south on 17 just before you get to Ft. Davis, and not to go north on 17 beyond the Old Fort.

Water Stop – Musquiz Ruins rest stop (17 miles) (same rest stop used for the Alpine run)

9:00am Thursday, CDRI Entrance Out and Back

Distances – Up to 20 miles

Description – Ride from the ranch through Ft. Davis, to the entrance to the Chihuahuan Desert Research Institute (CDRI). You will have passed the entrance if you start going down a huge hill.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear left and stay on 118 toward Alpine. Don't bear right on 17 to Marfa.

Water Stop – None

8:30am Friday, Observatory Out and Back

Distance – 20 miles

Description – Need some more hard riding? Need to warm up for the Cow Pasture Relays? Ride to the Observatory Visitor Center and back. Gentle uphill for 5 miles followed by steep uphill riding. Don't let the first part of Mile 9 just past the rest stop intimidate you! You can do it. When you get to the Visitor Center, turn around and go back, OR stay and see or participate in the Observatory Challenge!

Directions – Turn right at the Ranch gate onto Highway 118. Turn right where you see the signs to the Visitor Center

Water Stops – None

9:45am Friday, Observatory Challenge.

Distance – About 1½ short and very steep miles

Description – Start the clock at the Visitor's Center and end when you touch the observatory dome. This road has the steepest grade of any road in Texas.

Directions – Drive or cycle to the McDonald Observatory Visitor Center

Water Stops – None

9:00am Friday, Point of Rocks.

Distances – Up to 35 miles

Description – Ride to the Point of Rocks Park, also known as the Rock Pile. Generally flat, with a steady, low grade climb from Ft. Davis to the park. You can ride whatever distance you would like up to 35 miles by turning around before you get to the Point of Rocks. Turn around early if you want to participate in the Cow Pasture Relays.

Directions – Turn left at the Ranch gate onto Highway 118, then after ~4.5 miles, veer right where Highway 17 joins 118 and on to Ft. Davis. Proceed through town and after you pass the Courthouse, bear right and stay on 17 toward Marfa. Don't bear left on 118 to Alpine. At the next intersection ~8½ miles from the Hitching post, turn right onto take Highway 166. Don't go straight on 17 to Marfa. The Point of Rocks will be on your right.

Water Stop – Point of Rocks (18 miles)

Independent Rides

Independent rides are rides that you do on your own without "official" DMFTC support, water stops, sag support, or sanction. These rides should always include at least two riders that maintain visual and/or vocal contact with each other at all times. Some of the rides listed below will need camper-arranged motorized vehicle support with water and food. If you take an independent ride over 15 miles or one hour, you are required to sign out on the clipboard near the Ranch Office so that we can come look for you if necessary.

Sample of Independent Rides

Routes of any of the Organized Rides

Boy Scout – 22 miles. Drive to the Boy Scout cutoff road, park your car. Ride from the Boy Scout Ranch road cutoff to the Boy Scout Ranch entrance and back. See and feel the downhill illusion which is really uphill. Climb going in and descend coming back. Great beginner ride

Marfa – 54 miles round trip. Stop and tour the Chinati Foundation/Museum.

Observatory-Alpine (out and back) - 80 miles. The route made famous by former campers Alan Tennant and Gary Schmidt.

Presidio (1-way) - 87 miles one way. Cross the border and eat authentic Mexican food in Ojinaga before you and your support team head back to the Ranch. Take your passport and ID! The route made famous by Joey Monzo

Kent (1-way) - 46 miles. No services between the Ranch and Kent. There is planned road re-surfacing during Camp week.

Marathon (1-way) - 60 miles. See the Gage Hotel. Also traverses the Marathon to Marathon running route. 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 Park)	29.2
Ranch to Marathon	60.2
Ranch to Marfa (Courthouse)	27.0
Ranch to Presidio/Border	87.6
Marfa (Courthouse) to Alpine (Kokernot Park)	27.1
Ranch to Point of Rocks	17.6
Ranch to Valentine Cutoff 505	31.3
Ranch to Observatory (Visitor Center)	9.9
Ranch to Madera Canyon	18.3
Ranch to Kent	47.2
Scenic Loop	75.2
Ranch/Marfa Alpine Loop	83.1
Ranch to Balmorhea State Park	36.0
Boy Scout Road Cutoff to Ranch Entrance	11.2
Ranch to Davis Mountains Park Entrance	1.9
Ranch to Hwy 17 Intersection	4.6
Ranch to Wild Rose Pass	16.4
Ranch to Boy Scout Road Cutoff 1832	28.8
Ranch to Reeves County Line	32.7
Ranch to CDRI Entrance	10.3
Ranch to Musquiz Ruins Rest Stop	12.4
Ranch to Miter Peak Cutoff 1837	19.8
Miter Peak Cutoff to Girl Scout Camp	3.3
Ranch to Hwy 17 Hwy 166 Intersection	8.4
Ranch to Presidio County Line	18.5
Marfa Courthouse to Marfa Lights Viewing	9.0
Ranch to Bloy's Camp	22.1
Ranch to Kent Cutoff	24.1

SWIMMING

Swim Clinics

Are you looking for that special attention as a beginner or intermediate swimmer? How about an individualized session? Want to learn to swim? Want to have your stroke videotaped and have it analyzed? Sharon will instruct each session and give advice on all aspects of swimming tailored to the swimmers in the group. The clinics are self-contained, so you can attend just one or all.

Swim Training Sessions, 1-4 people at a time. Duration: 30 minutes each. Videotape analysis available. Signup during Sunday afternoon activity fair or during the week on the chart just inside the Pool Building.

8:00 and 8:30 am Monday and Thursday, Swim Training Sessions

Two timeslots for personalized training, 30-minute sessions, videotape analysis available.

3:00 and 3:30 pm Monday and Friday, Swim Training Sessions

Two timeslots for personalized training, 30-minute sessions, videotape analysis available.

3:00, 3:30, 4:00 and 4:30 pm Thursday, Swim Training Sessions

Four timeslots for personalized training, 30-minute sessions, videotape analysis available.

Group Swimming Classes

Group Lessons are 60 minutes long, no sign-up required.

11:30am Wednesday, Open Water Swim at Balmorhea

Sharon will provide individualized workouts, based on the abilities of the swimmer. This may include breathing, navigating and what to expect in triathlons. Balmorhea provides a great opportunity to practice your open water swim techniques.

8:00 – 9:00 am Friday, Everything You Need to Know about Swimming on your own. Class will include intervals, workout design and question and answer session.

Swim Stroke Videotape Analysis

Have your stroke analyzed at any of the 30-minute individual clinics, or drop in on Friday afternoon for an analysis without the swimming lesson!

4:00 – 4:30 Friday, Swim Stroke Videotaping

Sharon will videotape and review with swimmers their style & strokes, offering individual and general suggestions for increased efficiency. If you didn't do this during a lesson, feel free to drop in!

GENERAL FITNESS

Yoga

All Yoga classes are in the Gym

4:30 Sunday, Yoga Join Duane in the Gym after registration to get the kinks out. It's a great way to relax mentally and physically and to release those tight hamstrings, back and buns that are often the by-products of long road trips.

5:00pm Monday, Yoga for a Better Back Come join Duane and learn how to do routines that gently stretch and lengthen the back muscles. Learn how to do a yoga class while protecting your back. Learn routines to help you recover when your back starts hurting.

4:30pm Tuesday, Yoga for the Bike Come learn poses and breathing techniques you can use while on the bike or at rest stops to counteract the tensions that build up on a ride. Learn what postures will be helpful in stretching out the muscles you have tightened up riding. These techniques will be helpful for hikers and runners also.

5:00pm Wednesday, Yoga for Runners and Cyclists Tired of tight hamstrings and quadriceps and stiff aching legs? Enjoy a class that focuses on loosening up those tight leg muscles. Learn some postures that will help you maintain and increase your lower body flexibility. No matter how much or how little you ride or run, you will enjoy the wonderful stretching. As always, the class ends with a nice relaxation.

5:00pm Thursday, Yoga and Breath Come join Duane in focusing on coordinating your breath with your movements in the yoga poses and see how this can deepen your yoga practice. Experiment with some breathing techniques that can relax you when you need it or energize you when you need that.

4:30pm Friday, Relaxation Yoga Relax with gentle yoga postures geared to release tension. Learn how to relax areas of your body, such as the shoulders, which tend to accumulate a lot of tension. Top off your day feeling re-energized and relaxed.

Pilates

All Pilates classes are in the Gym, except for Balmorhea Day.

Pilates is an approach to total body conditioning and physical/mental fitness created by Joseph H. Pilates. Join Melanie and learn the Pilates system which engages your mind while you use your body's natural weight to lengthen and strengthen your muscles. Explore how creative, sustained movement can increase abdominal strength, flexibility, coordination, concentration, and breath control and improve posture.

4:00pm Monday, Pilates 101/Principles of Pilates (or why would I want to do this???) (Gym) Core before core was cool! Here it is: Control, Breath, Flowing Movement, Precision, Centering, Stability, Range of Motion, and Opposition? Could any or all of these improve the quality of your life? You Betcha'!

3:30pm Tuesday, What the Hips Lack Hurts the Back (Gym) A key player in the “core” unit is your glutes (yep, we’re saying it – your butt)... Discover how increasing your strength and flexibility can improve your athletic performance.

11:30am Wednesday, Poolates!! (Balmorhea) As part of deep water aerobics, take stability to a new level with hydro training. That’s right, Pilates in the pool. Let the healing of water and Pilates unite. This is a perfect way of relaxing those muscles from the scenic Balmorhea Ride. Please join and give “Poolates” a try.

4:00 pm, Thursday, FBI Pilates. (Gym) Full body integration--pelvic and shoulder girdle stabilization, core recruitment--put it all together to find your center.

3:30 pm, Friday, Pilates to Go. (Gym) How to integrate Pilates into your real life!

Deep Water Aerobics & Cardio and Weight Training

8:00am Monday through Friday Boot Camp (Hitching Post) These sessions are designed to give you 30 minutes of a boot camp experience which will improve your fitness level and get you ready for the day. We will do some cardio moves followed by strength moves. We will repeat this sequence for 30 minutes. Sessions will be held on the Dining Room lawn before breakfast and after early morning tempo walks and runs. Expect fun and an action packed session.

2:00 – 3:00pm Monday, Tuesday, Thursday and Friday Strength Training (Gym) Bring weights and/or resistance bands if you have them. Five & eight pound weights are preferable. We will have some weights and resistance bands on hand, but if the class is large we will have to share. Expect an hour of strength training. We will work through all muscle groups twice. This is doable for both beginners and advanced weight lifters. Everyone, as they age, needs to be lifting weights to reduce bone loss and atrophy of muscles. Weight training also improves performance in all sports as well as improving your cardiovascular health. Come and get stronger so you can lift that sofa or bag of fertilizer with ease.

10:00 - 11:00am Monday, Tuesday and Thursday Low Impact Cardio Class (Gym) Classes will be low impact, but not low intensity. One foot will always remain on the floor, but expect to sweat. This is a great way to get your daily exercise. The moves will be easy, but they will definitely get your heart pumping.

11:30am – 12:30pm Wednesday, Deep Water Aerobics (Balmorhea) After the bike ride to Balmorhea and the week of exercise, this is the perfect place to rejuvenate. If you've never felt the healing power of cold water on sore muscles you are missing out! We have noodles, but this workout can be done without buoyant assistance. You work harder, but it is very doable. Expect to have a lot of fun with fellow campers.

EVERYTHING ELSE

3:00pm Sunday, Registration & Activity Fair (Dining Hall & Dining Hall Porch) Complete your registration in the Dining Hall and meet the staff on the lawn during Activity Fair. Learn about events and sign up for the an all-important massages.

5:30pm Sunday, Orientation (Pool Lawn) A chance to get fired up about camp, go over a few important things and welcome the new rookie campers. **Mandatory for all Campers!!**

8:00pm Sunday, Ice Cream Social (Pool Lawn) A chance to eat ice cream, get reacquainted with last year's campers and a **mandatory orientation for all rookie campers**. **DON'T MISS IT!**

6:30am Monday, Alpine Bird Walk (Hitching Post) Join the bus ride with our running friends to Alpine Canyon. Nancy Decker will be leading a group to identify local birds. Please bring your binoculars.

8:00pm Monday, Davis Mountains Vistas – Journeys Through the Mountains (Lodge Meeting Room) William Macleod. Mr. Macleod will summarize his book and surrounding areas of the Davis Mountains. His book takes you through the mountains, describing and explaining the geology and landscapes as you go. The book provides road guides for the Davis Mountains Scenic loop, the Kent-Balmorehea loop and the Alpine-Marfa loop. Davis Mountains are the first of the southwestern mountain ranges you see when traveling west across Texas, on the boundary between the Great Plains and the Rocky Mountains. See his biography on page 25.

7:00am Tuesday & Thursday, Bird Walk (Hitching Post) For those of you whose identification skills are limited to “little bird”, “brown bird”, and “dead bird”, Nancy Decker – long time bird watcher, will point out some of the birds that inhabit the Fort Davis Mountains. This early morning bird walk will be just that – a walk around the ranch, not too far, to look for some of the special birds of the Davis Mountains. The Hummingbirds should be migrating and we might see several varieties. Binoculars will be very helpful.

9:30am Tuesday, Radio Telescope Tour 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.

5:30pm Tuesday, Happy Hour (Dining Room Porch) Don Cadden will be providing welcome relief from the heat. Don's friendship with Shiner of Austin has led to them to donate beer. Also he will be providing some wine, for those wish to indulge. Please give a “toast” and tell Don thanks for having Wine and Shiner Beer.

7:00pm Tuesday & Thursday, Bird Walk (Hitching Post) Those individuals who did not make the early morning bird walks. Spend an evening with Nancy Decker walking around the Prude Ranch and identify some of the special birds of Davis Mountains.

8:00pm, Tuesday Eat (More) Chocolate – Lose Weight (Anyway): The Chocoholic’s Survival Guide and Practical Handbook (Lodge Meeting Room) Lecturer: Ann Isham She is a past veteran runner of The Fort Davis Mountain Marathon of 1978, when aid stations were run by ranch hands in their pick-up trucks; Runner’s Training Camp at Prude Ranch in 1980-82 and the infamous Ride & Tie event. Since the first edition of her book debuted in 2004, Anne has presented her programs on chocolate to over 50 organizations, including: the International Municipal Lawyers Association Conference, The Academy of Natural Sciences in Philadelphia, The Florida Museum of Natural History, Texas Culinary Academy, and a multitude of women’s groups and charitable organizations. She has been a guest lecturer for Carnival and Royal Caribbean cruise lines. See her biography on page 25.

8:00pm Wednesday, Wind Power in Texas (LMR) David Turner. Texas is leading the nation in its efforts to make renewable, green energy available to the public. David’s talk will discuss the history of wind power in Texas, where it stands today, technical challenges being faced, and its future in Texas (and other states).

9:30pm Wednesday, Fitness Camp Star Party (PF & LMR) Appears this is going to be continued favorite for Fitness Camp. It’s back again, our very own Star Party. Please join Mark Cash, staff member with the McDonald Observatory and who will point out star formations & share great stories. We will meet at the slab on the Polo Field.

4:30pm Thursday, Coffee: Green to Black (DR) Come and join Bob Wuest in the Dining Room to see coffee roasted. Learn the difference between light, dark, French and Espresso roast. What’s the best brew: drip, French press, espresso, vacuumed pot, percolator, mocha Espresso or Americano? Cappuccino or Latte? Macchiato or Con Panna? Find out what they are and guidelines to brewing good coffee at home.

7:30pm Thursday, “Grow it, Cook it, Eat it” (LMR) Diane (Food Director) Diane will discuss good food for your sports activities, your health, and the planet. How to get good nutrients (not toxins), protect your body, get plenty of protein, enjoy the taste, and solve the climate crisis too! Good handouts, discussion and Q&A.

8:30pm Thursday, Book Discussion Diadema by Carlos Aceves, discussion led by David Turner. (LMR)

Diadema is a fictionalized account of actual events, which came together in Paseo, a Texas border town. San Benito, across the U.S.-Mexico border, shares with Paseo centuries of history. Close by there is a set of small, strange volcanic rock mountains, an ancient archeological site that also reminds Paseños of a deeper, mystical past. Mary leaves the Midwest and finds her way to Paseo where she meets Carlos Alvarado who embodies the many historical contrasts of the city. Carlos is obsessed with his Mexican Native heritage, frustrated with what he considers the colonized reality of the present, and haunted by his past involvement with the American Indian Movement. He unwittingly leads Mary into labyrinth of mystery and intrigue. Their search intertwines with a theft of ancient skeletal remains from the local university museum, an L.A. medical examiner, and a Harvard anthropologist doing research at the sites. The mystery of Diadema's name and efforts to find her son blend into the mythology of the Virgin of Guadalupe to give an insightful look at the underground Indian traditions that still permeate Mexican-American culture.

9:30pm Thursday, Our version, “Movie under the Stars” (DRP Lawn) Join everyone else and bring your chair, blanket and ice chest in watching “**Dancer, Texas Population 81**” in the middle of nowhere, they had everything. Four small-town friends face an uncertain future in this acclaimed comedy that evokes the best of **Diner** and **American Graffiti**. This was filmed in and around Fort Davis, Texas.

11:00am Friday, Cow Pasture Relays (PF) Meet Roger, Keith, Barbara, Corrie and Ernie for team field events and who knows what they will cook up. Before there were official entities, such as IAFF, people made up their own events. This one will have a camp flavor. There are rumors about team medicine ball throwing, standing over-the-cow-patty jump, egg toss, team frisbee for distance & accuracy, along with other exciting team events. Don't miss it!!!!!!

7:30pm Friday, End-of-Camp Program and Business Meeting (Gym) A **short** business meeting will precede the light entertainment and skits born of your camp experiences. This is an official meeting of the membership of the non-profit corporation made up of current year campers (that's you!), which produces Camp each year. We will discuss next year's Camp and elect members to the Camp's Board of Directors. A very short Camper Awards Ceremony follows the business meeting, followed by skits. Remember to watch for material all week and please keep it clean (they don't call it the Prude Ranch for nada). **Keep 'em clean and short. Did we say Short!** We have the gong ready!

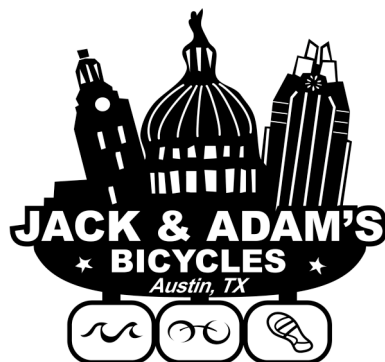
9:00pm Friday, Camp Dance ('til Ya Drop) (Gym) Tunes to move your feet and sweat by. Group dancing at its best. Come lead the Macarena and shake your booty! It's a camp tradition you won't want to miss! Can you spell Y-M-C-A?

Special

The 2nd Annual Prude Ranch Swim Challenge!!

This Year Coach Sharon will be offering the swim challenge as ongoing, self paced workouts that will be logged in a record book daily. There will be prizes awarded for most yards completed during camp. Also new this year will be a one mile TT (Time Trial) at Balmorhea and prizes will be awarded for the top three fastest times.

We thank Jack and Adam's Bicycles for their support of Fitness Camp. Please consider them for your next bicycle-related purchase.



THINGS TO DO

Balmorhea State Park - A real oasis with its beautiful spring-fed pool. Campers will be there on Wednesday.

Chihuahuan Desert Research Institute (CDRI) Arboretum is open Monday through Saturday 9:00am to 5:00pm for self-guided tours. The area includes the central arboretum, as well as a surrounding natural habitat preserves. Located between Ft. Davis and Alpine. Cost of entry is \$5 fee. To confirm information, call (432) 364-2499

Davis Mountains Scenic Loop - For spectacular scenery, drive the 75-mile loop. This is one of the best drive/rides in Texas.

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 - Besides the Old Fort, there's the drugstore with a real soda fountain, a doll museum, and the library in the old jail. The Old Fort, a National Historic Site, is open from 8:00am to 5:00pm for a nominal charge. Call (432)-426-3224 to confirm information (Camp hike to the Fort on Friday).

Hiking - You are welcome to explore the ranch and surrounding areas at times other than scheduled group hikes, but please leave a note in the office with an approximate destination and time of return for your own safety. **OBSERVE SIGNS – DO NOT GO ON PRIVATE PROPERTY.**

Horseback Rides - Tour the backcountry with a real cowboy. For current prices and times, consult the office.

Massage - The massage staff offers extraordinary therapeutic touch during camp at the bargain fee of \$60.00 per hour. Appointment signup sheets will be kept on the bulletin board outside of the dining hall. Signup early because there are a limited number of appointments available and they go fast. Please be considerate - a 24-hour notice of cancellation is required. **BRING YOUR OWN SHEETS (DO NOT USE THE RANCH CABIN SHEETS)**

McDonald Observatory - The Visitor's Center is open daily from 10am to 5:30pm for self-guided tours. Guided tours of the Observatory are held at 11:30am and 2:30pm, solar telescope viewing at 11:00am and 2:00pm, and Twilight (\$5) and Star Party (\$10) on Tuesday, Friday, and Saturday start at 8:00pm and 9:30pm, respectively. Call (432) 426-3640 to confirm information.

Museum of the Big Bend - Located at Sul Ross University in Alpine, the museum is open for self-guided tours from Tuesday - Saturday from 9:00am to 5:00pm and on Sunday from 1:00pm to 5:00pm. Admission is free. Call (432) 837-8143 to confirm information.

Recreational Sports - Recreational sports games will just sort of happen from 5:30 to 6:30 each evening. Pickup games are always welcome (washers, basketball, volleyball, horseshoes, etc.) Work with Camp Manager Glenn Beck to announce games at mealtime or post on the white board.

CAMP STAFF AND BOARD

Camp Director

Glenn Beck • Glenn first came to camp in 1998 and was excited to find others as crazy about fitness as he. This is his 6th year as the Activity Manager after serving as the camp's Swim Coach for 4 years. Glenn started running in the late 80's and has subsequently become a veteran of several ultra runs and numerous marathons. He jumped into the pool in 1993 and one year later completed his first triathlon. He joined the Austin Triathletes, serving on their Board for four years, two years as the President. Since then, Glenn has competed in numerous triathlons ranging from sprint to IronMan distance. He directs the "Open Water Swim Clinics" at Lake Pflugerville, and is the Race Director for the Lake Pflugerville Triathlon. To help him keep his perspective are his two sons and veteran campers, Grayson and Ethan.

Food Director

Diane Weidner • Diane has been a camper for 21 consecutive years, previously serving on the Board, as Board President, and as Camp Manager for seven years. She left corporate management for the rural life outside Fredericksburg with her husband Mark (see cycling staff) and their family of Dachshunds. Diane and Mark are organic growers of all things edible and nurture a wildlife habitat filled with songbirds, turkeys and assorted critters. Diane has been a dedicated runner for 39 years, tries to cycle with Mark, does volunteer work, and is a committed environmentalist. Diane and Mark invite you to visit their website, www.birdoasis2.net and visit with them in the Hill Country.

Running Staff

Roger Boak • Roger likes to run. He would probably run to excess were it not for the slacker gene that he carries. After 23 consecutive years at camp, Roger has learned to race walk, dabbles in Pilates, runs ultra marathons, no longer eats meat, and has a serious respect for buffaloes. He would like Houston better if there were mountains nearby.

Keith Dowland • Keith returns again this year after being a camper in '95 & '97, and on staff for several years. His camp claim to fame was winning the ugliest feet competition in '97 and he'll take on all challenges to his title. He came over to the U.S. from New Zealand in 1979 on a track scholarship. He's been running for over 30 years and is a 4-time masters champ at the Capitol 10k. After a few injuries, he is now back to serious training. He lives in Austin and has occasionally been spotted on a bicycle.

Hike Staff

Michael Schramm • Michael has served on the DMFTC Board for seven years, five years as president and this year as vice-president. A Houstonian, general contractor of large single-family residences and volunteer baby-holder at Texas Children's Hospital, he also co-chairs the finish line at the Chevron Houston Marathon. After retiring from marathoning in 1997 he came to camp in 1999 and has enjoyed all aspects of camp for 11 consecutive years. Getting to know local land owners and the managers at the Nature Conservancy has offered opportunities to make arrangements for Fitness Campers to enjoy hikes on privately held land in these beautiful Davis Mountains. After a busy day of camp activities, porch visiting is a favorite pastime.

Gary Decker • Gary and his wife Nancy have been coming to the "family" reunion since 1989. Gary was on the cycling staff in the mid 1990's when he was enjoying long distance cycling. Now he is on the hiking staff while enjoying long distance backpacking. When this was written in July, Gary planned on hiking 500 miles of the Appalachian Trail before camp.

Jack Jennings • Camp Founder. DFMTC came into being after the Half Fast Track Club of El Paso utilized Davis Mountains for a ½ 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 Davis Mountains Running Camp in 1980. The camp evolved into the present format with the invaluable help and participation of too 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, trails to altitudes of 14,000 feet at Pikes Peak.

Swim Staff

Sharon Sander • This is Sharon's second year at camp and on staff. Sharon resides in San Antonio, Texas. She is an accomplished triathlete and currently a USA Triathlon Level 1 Certified Coach. She is a multi-sport athlete who specializes in helping athletes customize training programs to their schedule and skill level. She has completed and been champion in numerous events. She was the 2001 US Modern Pentathlon National Champion. She is a graduate of Cal State Hayward where she was on the swim team. She currently coaches triathletes and local swim teams. We are pleased she is with us. She is quite familiar with Fort Davis, Prude Ranch and surrounding areas. Please visit her website, www.sharonsander.com.

Medical Staff

Bob Wuest RN • Bob has been a nurse for over 25 years, mostly in all of the different critical care areas. Currently he is at Austin's University Medical Center Brackenridge working in the Cardiac Catheterization Lab. This is the only level one trauma center in town. He also works Seton Main, the only stroke therapy center. He has been coming to camp for 15 years and has been on bike staff and a past board member.

Cycling Staff

Jerry Barrett • Jerry started running in 1980 to support his eating habit. He switched to cycling only in 2005 when his legs said “no mo” running!” He particularly likes to do weeklong tours with his brothers. This is Jerry’s 18th camp, and fourth year on cycling staff. He has been actively involved with camp activities since the mid 90’s, acting as the dance instructor, business manager, board member, and board president. Jerry is a retired electrical/computer engineer and Executive Project Manager who now spends time in volunteer organizations and with his four grandchildren.

Ed Cisler • This will be Ed’s 5th year at camp and 3rd on the cycling staff and cycling is his passion. He started racing Duathlon in the 80’s and Tri’s in the 90’s. He started cycling clinics for friends and neighbors to get them involved in the sport and has paced many through their first century. He gets the most enjoyment working with novice/beginning cyclist. Working with them on shifting, cadence, pace lines and bike etiquette. Ed says, “I’m really excited to be able to work with the returning campers and to meet the new campers. Be ready to bike”

Keith Conrad • This will be Keith’s fourth year at camp and on the bike staff. He has been competing in triathlons for 7 years, Sprint to Ironman distance. He is currently training for Ironman Texas with Glenn. Keith is excited about his daughters coming to camp this year. When he’s not swimming, biking or running Keith is a trashman for Allied Waste Services in Marble Falls, Texas.

Ernie Duffy • Born and raised in New Orleans, currently residing in Metairie, Louisiana, Ernie has gone to camp 8 times since 2001, counting this year and is currently on 5 camps in a row. He likes to jog, swim, cycle and lift weights. Well 3 out of 4 activities at camp aren’t bad. Ernie wants to thank his mom for convincing him to go to camp. He doesn’t think he would have ever competed in the New Orleans Half Ironman Competition if it weren’t for all he learned at camp, so for that he is grateful to all the staff that has helped him through the years.

Tonya (TJ) Green • Tonya’s passion for athletics started in high school with track, basketball & tennis. She began to take training seriously and challenged herself with triathlons. She has competed in several triathlons throughout Central Texas. Tonya is a USAFIT certified marathon coach and an accomplished cyclist, having completed several ultra rides. She finds that coaching and helping others reach their athletic goals can be life-affirming for everyone and life-changing for many. TJ looks forward to meeting and working with you.

Cindy Burton • Cindy is back for her second year at camp as our newest bike support person. Once the aerobic craze hit, Cindy got swept up into that scene and took it to the level of becoming AFAA certified in teaching aerobics and personal training. Then while living in a small town, she got active in the running community and turned it into a love of running and the completion of numerous marathons including Boston. She is now a USAFIT certified marathon coach and a trail leader for AUSTINFIT. In 1997, some of her friends became interested in triathlons so she trained with them and completed Danskin. It was such a rewarding experience that she worked up through the ranks of the Tri Zones organization and became a Team Leader, Assistant Coach and then Head Coach. She is a USAT Level I certified triathlon coach and has completed numerous triathlons up to the Half Iron distance, including one full iron distance (Ironman Florida 2009). For her day job, she is a GPR (Ground Penetrating Radar) consultant and part time substitute for AISD (Austin Independent School District). Ask her about her teaching stories... There are some good ones!

Mark Weidner • This is Mark's 21st consecutive camp, and his 2nd year on staff. Mark is a longtime runner, self-contained touring cyclist, and the Aggie engineer behind our camp bike trailer. A past Mountain Mo award winner, Mark has been known to finish camp rides by biking to McDonald Observatory and climbing to the telescopes every day. He is in treatment for this condition. Mark recently escaped cubicle life, and is now involved in wildlife management, organic farming/gardening and, along with wife Diane, keeping their three Dachshunds out of trouble at their place on Spring Creek outside Fredericksburg. Mark is currently gathering and recording data on a Canyon Wren pair that have nested in the big insulated cave (Mark's shop) and raised four sets of young. He has about 20,000 pictures that he will gladly show you if you ask.

General Fitness Staff

Melanie Barnes • With over 25 years of fitness industry experience, she believes that if you move, you will feel better and enjoy a higher quality of life. She is a coach and Board Member for Team Survivor (national and local non-profit that provides free fitness training for women cancer survivors). A graduate of the University of Texas with a Secondary Education Certification, she teaches and coordinates Pilates for Life Time Fitness in South Austin.

Duane Hendricks • is returning to camp for his sixth year. Duane is a retired corporate lawyer who has been studying yoga for over 25 years. He is a certified professional – level Kripalu Yoga teacher. He frequently travels to the Kripalu Center in Lenox, MA to assist yoga teacher training programs. He teaches yoga in YMCAs and health clubs around Houston. He is a long time competitive racquetball player and enjoys bicycle touring in the US and around the world. His newest interest is photography so expect to see him taking lots of pictures. Visit his website at <http://www.yogaduane.com/>.

Barbara Martin • Barbara has been coming to Davis Mountains Health and Fitness camp for over nine years. She is an ACE Certified Personal Trainer and Group Fitness Instructor and AEA Certified Aquatics Instructor. She currently teaches at the Hill's Fitness Center in Austin, Texas and leads part of the exercise portion of the Wellness Program at the Office of Attorney General and Texas Water Development Board. She wants to provide campers with fun and beneficial workout sessions to improve their overall health and fitness levels.

Massage Therapy Staff

Ginie Weber • Ginie enjoys camp and she always has a smile on her face. She has been a massage therapist for about 20 years and continues to be interested in learning. Her works include sports massage, kinesiotaping, NMT, structural bodywork, training, lymphatic drainage and other therapeutic bodywork. Her favorite sports are swimming, road biking, mountain biking, kayaking, rafting (most things outdoors and body powered). Ginie is a certified Kinesiotaping Practitioner and ACSM Certified Personal Trainer

Stace Speciale • Stace has been in the massage/bodywork profession for 11+ years and has opened and operated the Trinity Spa at the Austin Omni South Park Hotel. Stace continues his ongoing private practice located at 1015 BeeCaveWoods in the Westlake area which started in 2003. Stace's practice focuses on therapeutic rehab and pain relief including relaxation and stress relief massage for his clients.

Teresa Ritter • Teresa has been going to camp for 7 years now and doing massage since 1999. She started working with Body Therapy in Austin and has been on her own since 2001. Her practice is a good mixture of working with athletic people and relaxation/stress reduction. She is very familiar with runners and cyclists and what their bodies go through. She has helped several runners get through their 1st marathon and beyond. She works with the UT Women's Athletic Department's swim, soccer, tennis and softball teams. In her down time, she enjoys trail running, cycling, swimming, yoga and knitting. Teresa also does lymph drainage in addition to regular massages.

Hunt Self • Hunt is retired from U.S Army where he was involved with Hospital administration. For the past several years he has been area coordinator for not-for-profit organization, such as Touch of Relief, which is based out of Washington D.C. Hunt practices massage therapy and is a local therapy instructor at The Lauterstein-Conway Massage School, Austin.

Board of Directors

Ann Marie Olson • President – AnnMarie's first year at camp was 2002. She enjoys camp because she can do yoga twice a day, cycle, hike and horseback ride....or just take a nap. A former age group swimmer, she enjoys Cycling, Pilates, Yoga, Swimming, Weight Training, Gyrotonics and the Janes Boot Camp. Although she hates to run (sorry Roger), she completed the Danskin Triathlon in 2002, 2003 and 2005. Ask AnnMarie about her Aerobic Gardening routine. A Cosmetic Dentist in Austin, AnnMarie was the first woman president of the Capital Area Dental Society, and has been involved in organized dentistry on the state and national levels.

Michael Schramm • Board Vice President. See Hike Staff.

John Holloway • Secretary. John is a veteran DMFTC camper from San Saba where is known as the Pecan Man. John is retired from the 'ol bidness.' He attended his first camp in 1986 and is the very talented creator of the John G. Prude Memorial Spur near the corral.

Tonya (TJ) Green • Treasurer. See Cycling Staff.

Corrie Fuquay-Cobb • Camper since 2001, this is her second year to serve on the board of directors. She is the President/owner of Fuquay, Inc., a construction company. In business since 1985, she currently employs about 150 people with offices in the Austin and San Antonio areas. She has two sons who work in the business and eight grandchildren. She and husband Jimmy like to travel with her “Go Girl” friends and their husbands in their motor homes. A teacher of aerobic dancing for thirteen years, she now enjoys running, hiking, snow skiing, cycling, weight training and yoga to maintain fitness.

Katy Kappel • After 30 years of Jazzercise, Katy came to camp in 2002 with her sister and discovered she needed a better bike. She was a Harmony girl for years, and moved to Walnut when her husband Carl became a camper. She joined the Board of Directors three years ago and took over the dreaded registrar position. Katy loves to dance, does yoga and pilates, camps and hikes. Oh yes, she always rides the horses.

Eva Quearry • Eva first attended Camp in 2006, never having spent time in West Texas, and says she keeps coming back for the variety of outdoor activities and the interesting people she meets at Camp. She and husband Mike are cyclists who also enjoy hiking, paddling Texas Rivers, and generally being out doors. Eva just completed her 10th MS-150 Houston-Austin bike ride, and looks forward to doing another leg of the Camp's Scenic Loop Ride this year.

David Turner • David is Project Director for Lone Star Transmission, one of several new companies bringing wind power from Competitive Renewable Energy Zones in West Texas to more densely populated areas (in case of Lone Star, to North and North Central Texas). David recently retired from a career in energy with the Lower Colorado River Authority in Austin, Texas. David enjoys running and cycling and also taught Yoga for many years in Austin, Texas. One of David's more recent accomplishments was spending one entire year without a motor vehicle, commuting to and from work by bicycle and bus.

Gary White • Gary's first year at camp was 1994. Gary is a semi-avid cyclist and can occasionally even be seen on a bike at camp. This year he is trying to get back into running after several years of inactivity due to a severe case of 'couch-potato-itis'. His other hobbies are reading, astronomy, spin classes, and amateur radio. Professionally, he has been a meteorologist, commercial pilot, flight instructor, and is currently an electrical engineer and principal scientist

for an Austin engineering firm. Elected to the DFMTTC board in 2009, Gary maintains the camp web site and assists Katy Kappel in the on-line registration process. Gary plans to retire from work this summer so as to devote more time to his hobbies.

Guest Lecturers

William Macleod • Mr. Macleod studied geology at the University of Aberdeen in Scotland and worked as a mining geologist in Africa before coming to Texas 30 years ago. He lives in Alpine surrounded by the magnificent geology of the Big Bend. He is an author of several articles and books of the surrounding Davis Mountains.

Anne Isham • Anne Isham is a writer, philosopher, and independent chocolatier; a storyteller, adventurer, a race walker and a former marathon runner. She has worked as an author interviewer for Fort Worth Cable TV, a fitness consultant, college administrator and as a board member, volunteer and fundraiser for shelters for battered women and children. She earned her Professional Chocolatier Certification, with Honors, from *Ecole Chocolat, Professional School of Chocolate Arts* in Vancouver, B.C.

Isham's first book, "**SportsFood: A Cookbook and Nutrition Guide for Endurance Athletes**", 1983; was the product of her years as a fitness consultant and Marathon runner. With the launch of the newly revised and expanded, "**Eat (More) Chocolate – Lose Weight (Anyway): The Chocoholic's Survival Guide and Practical Handbook**" Isham founded Chic-Lit and Chocolate Book Clubs to encourage reading and literary discussion between women of all ages.

Her adventurous spirit led Anne to test her theories on chocolate's enhancement of strength, stamina, endurance and personal resolve while exploring remote and exotic places, including a successful trek to the top of Mt. Kilimanjaro in Tanzania, bicycling the back roads of The Netherlands and a recent trek of the Inca Trail in Peru.