

Activity Schedule

Monday (Boy Scout Ranch Day)

6:00				
6:30	6:30 Adventure Run, Alpine (Musquiz) Canyon (HP) (by bus) A must do and favorite scenic run. Variable distance runs up to six miles.	6:30 Morning Tempo Walks Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.	6:30 Alpine Bird Walk (HP) Join Nancy for birding along Alpine Canyon. Bring binoculars.	7:00-9:30 Breakfast
7:00				
7:30				
8:00	8:00 Swim Training Sessions (SP) Personalized Training!! 2 Slots; Sign up early	7:45 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.	8:00 Boot Camp (HP) Get ready for the day with this action packed session.	
8:30	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 2 sets of 25)		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			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).	
9:30				
10:00	10:00 Low Impact Cardio Class (GY) Low impact aerobics class designed for all fitness levels.			
10:30				
11:00				
11:30				
12:00				
12:30				
1:00	1:00 - 2:30 Lunch at Ranch			
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Monday

2:00				2:00 Strength Training (Gym) One hour of training with weights and bands.	2:00 Cycling Basics Refresher (HP) Peloton is not a dirty word. Find out what it means.
2:30	2:30 Barefootin' (Lodge) Join Roger and Keith for a barefootin' adventure.		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			2:45 Basic Cycling Skills Workshop (HP) Led by bike staff
3:30					
4:00				4:00 Pilates 101 (GY) Learn how Control, Breath, Precision, Stability & other techniques can improve.	3:45 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!
4:30					
5:00	5:00 Trail Run (HP) Work your lunch off and work up a dinner appetite.			5:00 Yoga for a Better Back (GY) Learn how to gently stretch, lengthen, and protect your back.	
5:30					
6:00	6:00 Dinner				
6:30					
7:00					
7:30					
8:00		8:00 Davis Mountains Vistas - Journey Through the Mountains (LMR) William MacLeod, geologist and author, summarizes his book <i>Davis Mountains Vistas</i> . He will describe the geology and landscapes along the Scenic loop, the Kent-Balmorhea loop and Alpine-Marfa loop. This will be great for cyclists as he will be talking about stuff on the bike routes in the coming week.			
8:30					
9:00					
9:30					
10:00					

Monday

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