

Activity Schedule

Thursday (Madera Canyon)

6:00					
6:30					
7:00	7:00 Cook Flats Trail Run (HP) Running with the buffalos from 2-6 miles.	6:30 Morning Tempo Walks Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.	7:15 Marfa-Alpine Loop (HP) 83 miles for advanced riders only. The ride returns after not being offered for several years due to road construction. Ride to Marfa, Alpine and back to Ft Davis. You can re-supply and have lunch in Marfa and/or Alpine, bring money.	7:00-9:30 Breakfast	7:00 Bird Walk (HP) Join our fellow camper Nancy Decker find some West Texas Birds
7:30					
8:00					
8:30	8:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early	7:45 Brown Mountain Hike (HP) First I didn't think Mike could do it, but he has. He brought another new hike for us to enjoy. Hike 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.	9:00 Alpine Ride (HP) 29 miles from Alpine to the Ranch. Before 9:00 am Leave your bike on the pool lawn, bike staff will put on the trailer. 9:30 Bus and loaded trailer leave for Alpine	8:00 Boot Camp (HP) Get ready for the day with this action packed session.	(Continued from previous row)
9:00					
9:30					
10:00	10:00 Low Impact Cardio Class (GY) Low impact aerobics class designed for all fitness levels.	9:00 CDRI Entrance - Out & Back Bike Ride (HP) 20 mile ride. Ride from the Ranch from Ft Davis, to the entrance of the Chihuahuan Desert Research Institute (CDRI) and return to Ranch.			(Continued from previous row)
10:30					
11:00	11:00 Video Tape Running (HP) Get your running style videotaped. Signup sheet posted by the dining hall.	(Continued from previous row)			(Continued from previous row)
11:30					
12:00	12:00 Run Video Playback (DH) See yourself run and gain insight on your running form.	(Continued from previous row)			(Continued from previous row)
12:30					
1:00	1:00 Lunch at Ranch; Sack Lunch for specific groups				
1:30					

Thursday

2:00				2:00 Strength Training (Gym) One hour of training with weights and bands.	
2:30	2:30 Free Advice(LMR) Here is the time to ask those questions!!				
3:00		3:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early	3:00 Goat/Cook Mt Hike (HP) Arrive on-time to meet our camp founder, Jack, and join him for a hike.		
3:30					
4:00		4:00 Swim Training Sessions (SP) Personalized Training!! 2-30 min slots; Sign up early		4:00 FBI Pilates (GY) Full body intergation. Discover how to use your body, not momentum.	
4:30					4:30 Coffee: Green to Black (DR) Join Bob Wuest to see coffee roasted, learn about coffee types and guidelines for brewing good coffee at home.
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.			5:00 Yoga and Breath (GY) Coordinate breath and movement, deepen your practice.	
5:30					
6:00	6:00 Dinner				
6:30					
7:00					
7:30	7:30 "Grow-it, Cook-it, Eat-it" (LMR) Diane will discuss good food for your sports activities, your health, and the planet.				7:00 Bird Walk (HP) Join our fellow camper Nancy Decker Find some West Texas Birds
8:00					
8:30	8:30 Book Discusion (LMR) Come discuss <i>Diadema</i> by Carlos Aceves. A fictionalized account of actual events, which came together in Paseo, a Texas border town.				
9:00					
9:30	Movie Under the Stars (DR Porch Lawn) Join everyone else and bring your chair, blanket and ice chest in watching "Dancer Texas". This was filmed in and around Ft Davis, Texas.				
10:00					

Thursday

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