

Activity Schedule

Tuesday (Scenic Loop Day)

6:00					
6:30	6:30 Ft. Davis Adventure Run (HP) Choose your distance 2, 4 or 6 miles. Bus out and run back to ranch.	6:30 Morning Tempo Walks Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.	7:00 Scenic Loop Bike Ride (HP) 76 challenging miles. Full support including 3 water stops, snacks & sack lunch. See bike staff for details. Advanced & experienced riders only.	6:30-9:00 Breakfast	7:00 Bird Walk (HP) Join our fellow camper Nancy Decker Find some West Texas Birds
7:00					
7:30		7:45 The Shoe Tank Hike (HP) Mike has brought a new hike to camp this year. Arrangements with Davis Mountain Preserve to hike along the mountain wilderness and take advantage of scenic overlooks. Hike is limited to 30 hikers and SIGN-UP is required. BRING A SACK LUNCH. Total time away from camp is approximately 7 hours.	8:30 Back Side of Scenic Loop Bike Ride (HP) 31 mile ride. Leave your bike on the pool lawn so the bike staff can put it on the trailer. 9:00 Bus departs for Valentine cutoff. Ride back to ranch.	8:00 Boot Camp (HP) Get ready for the day with this action packed session.	
8:00					
8:30					
9:00					
9:30					
10:00	10:00 Low Impact Cardio Class (GY) Low impact aerobics class designed for all fitness levels.			9:00 Tomato Plant Bike Ride Out and Back(HP) 20 mile ride from ranch toward Marfa. Proceed to the tomato plant parking lot on the right.	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.
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 & Analysis (Dining Room Foyer) See yourself on tape and gain insight on running form.				
12:30					
1:00	PICK UP SACK LUNCHES AT BREAKFAST				
1:30					

Tuesday

2:00			2:00 Strength Training (Gym) One hour of training with weights and bands.	
2:30	2:30 Ultimate Speed (Lodge & Polo Field) Guess this is just what it means, speed and more speed.			
3:00		3:00 Basic Cycling Skills Session (HP) Sign-up for one of Keith's four-30 minute sessions and get some individual attention on riding technique.		
3:30			3:30 What The Hips Lack Hurts The Back: Pilates (GY) Hip strength and flexibility.	
4:00		4:00 Gear Shifting Refresher (HP) How to determine your proper gears for different situations.		
4:30			4:30 Yoga for the Bike (GY) Hikers & runners learn to counteract tension that builds up on a ride.	
5:00				
5:30	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.	
6:00	6:00 Dinner			
6:30				
7:00				7:00 Bird Walk (HP) Join our fellow camper Nancy Decker Find some West Texas Birds
7:30				
8:00	8:00 Eat (More) Chocolate - Lose Weight (Anyway): The Chocoholic's Survival Guide and Practical Handbook (LMR)			
8:30	Ann Isham is a writer, philosopher, an independent chocolatier; a storyteller, adventurer, a race walker and a former Ft Davis marathon runner.			
9:00				
9:30				
10:00				

Tuesday

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