

Activity Schedule

Wednesday (Balmorhea Day)

6:00				
6:30	6:30 Visitor Center at the Observatory Challenge (HP) Take the bus to the observatory and run to ranch or anything in between.	6:30 Morning Tempo Walks Meet at the Nurse's Station. Interval walks on ranch trails led by Jack Jennings.		
7:00				
7:30			7:45 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				
8:30			7:00-9:30 Breakfast	
9:00				
9:30	9:30 Drive straight to Balmorhea to maximize your time in the pool ☺		7:45 Pace Line Basics (HP) Learn before you do...	8:00 Boot Camp (HP) Get ready for the day with this action packed session.
10:00				
10:30			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.	9:00 Wild Rose Pass to Balmorhea State Park Bike Ride (HP) By 9:00 – Leave your bike on the pool lawn so the bike staff can load trailer. Bus and trailer leaves at 9:30am, followed by ride to Balmorhea State Park.
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			
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.			5:00 Yoga for Runners & Cyclists (GY) Loosen those tight leg muscles and increase your flexibility.		
5:30						
6:00	6:00 Dinner					
6:30						
7:00						
7:30						
8:00	8:00 Wind Power in Texas (LMR) Join David Turner as he discusses wind power in West Texas. Where it stands today, technical challenges being faced, and its future in Texas.					
8:30						
9:00						
9:30	9:30 Fitness Camp Star Party (PF) See the stars from our very own back yard					
10:00						

Wednesday

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