



Davis Mountains Fitness & Training Camp

Howdy campers

Camp starts Sunday, August 5, 2007!

In a few weeks you'll be enjoying the cool, dry mountain air at the 28th annual Davis Mountains Fitness and Training Camp starting Sunday, August 5, 2007. The week will be filled with plenty of activities for those with excess energy, and plenty of opportunities to kick back and recover from the pace and pressure of the working world.

Your ***balance is due in full by July 15, 2007***. Upon registration, you received a statement from our registrar with your balance. Please mail your remaining balance to DMFTC, Inc, PO Box 13311, Austin, Texas 78711-3311 by July 15, 2007 to avoid paying a late fee.

OPTIONAL PRE-CAMP ACTIVITIES

Prequel Dinner ~ Saturday 08/04/2007

The PREQUEL DINNER will be held in the Jaynes Pavillion at the Sproul Ranch (next door to Prude Ranch) on Saturday evening. It's a favorite for former campers, Prude Ranch racers, AND for new campers with those last minute questions. The meal is delicious and only \$15, payable in advance. Download the Prequel dinner [Registration](#) form, or contact Jerry Barrett if you have questions. jerrytex@swbell.net or 512 219-0020.

Prude Ranch Races ~ Sunday 08/05/2007 7:30 am

- 5K, 10K or ½ marathon
- Entry Fee: \$18 advanced registration or \$20 after August 1, 2007
- Packet Pick-up: The Prude Ranch August 4, 2007 3:30 to 5:30 p.m.; race day 6:00-6:45 a.m.
- Awards: Overall winners and the first three finishers in each age group
- Contact: Race Director [Barbara Kennedy](#) or (512) 990-7243
- Download Prude Ranch Races [Registration Form](#)

Checking In: Camp registration is Sunday August 5, from 3 p.m. to 5 p.m. You will receive your camp activity packet, name tag, T-shirt and room assignment, and check in with our camp nurse. Once you have registered, visit the Activity Fair. Tables will be set up for each activity [swim, bike, run, hike, massage, etc.]. Work out your kinks from the long drive at the Yoga clinic at 4:30 p.m.

Camp Orientation for everyone starts at 5:30 p.m. You will meet the camp managers, staff and board members and get a brief overview for this year's camp.

LOCATION:

Fort Davis, Texas: Population 1,050. With an elevation of 5,050 feet, Ft. Davis is “The highest town in Texas.” Fort Davis will remind you of an early old west Texas town before mega malls and 90 minute commutes. There are no theme parks, stop lights or theaters.

The Prude Ranch: Camp is held at the historic Prude Guest Ranch on TX Hwy 118 between "mile high" Fort Davis and the McDonald Observatory. The Prude Ranch was established over 100 years ago as a cattle ranch and received its Texas Historical Marker in 1977. Six generations of the Prude family have been active in running the ranch over the years. For more information visit the website or call 1-800-458-6232

TRANSPORTATION: Getting to and from camp is a camper responsibility. If you are interested in car-pooling, caravanning, or transportation for your bike, call one of the camp contacts listed at the end of this letter.

Driving: From Austin [450 miles], San Antonio [400 miles] or Houston [600 miles] IH-10 west to TX 17 south [exit 209] to Balmorhea and then Fort Davis. As you approach Fort Davis, take TX Hwy 118, travel 4.5 miles, Prude Ranch on the right

From Dallas [500 miles] or Midland [180 miles] ~ IH-20 west to Pecos, take TX Hwy 17 south toward Balmorhea; join IH-10 west for approx. 3 miles, then continue on TX Hwy 17 south [exit 209] to Balmorhea and Fort Davis. As you approach Fort Davis, take TX Hwy 118, travel 4.5 miles, Prude Ranch on the right

From El Paso [200 miles] ~ IH-10 east; at Kent, take TX Hwy 118 south to Fort Davis; travel 10 miles past the McDonald Observatory, the Prude Ranch will be on your left.

Other transportation

Midland-Odessa International Airport is about 170 miles from Fort Davis. American Eagle, Continental and Southwest are the scheduled carriers.

[El Paso International Airport](#) is about 205 miles from Fort Davis and most major airlines offer service to/from El Paso.

[Amtrak service](#) is available from and to Alpine: 1-800-872-7245.

[Alpine Auto Rentals](#): 432-837-3463 or 1-800-894-3463

WEATHER

Weather ~ August daytime temperatures usually in the upper 80's, night time temperatures in the 60's, and low humidity provide a great escape from the summer heat. However, due to the higher solar intensity and the thinner mountain atmosphere, you need to use sunscreen and wear a hat.

CYCLING: Road or Mountain Bike

The riding at camp is awesome!!! To ensure your safety, please make note of the following items:

DMFTC insurance requires that everyone wear a properly-fitted helmet while riding.

NOTE: For all beginner or novice cyclists, there are scheduled bike clinics that have been developed especially for you – check your camp schedule at registration and plan to attend.

Take the time to check your bike out to make sure it's in good working condition before you arrive at camp.

Cycling items to bring to camp -

1. Spare tubes
2. CO2 cartridges or your portable air pump
3. Fresh patch kit
4. Tire levers
5. Allen wrenches [for your seat post, bottle cages, etc.]
6. Floor air pump
7. Water bottles
8. Snacks [energy bars and gels, etc.]
9. Gloves
10. Sunscreen
11. MOST IMPORTANT - **HELMET**.

The cycling staff's highest priorities are to provide a safe ride, ride logistics (water & snacks, sag support, trailering), classes, and clinics. They are NOT required to perform repairs or fix flats. Be mindful that the staff needs the hour before the start of a scheduled ride to prepare for a successful and well-supported ride for you and the other cyclists.

CLOTHING & ATTIRE

The dress code at camp is pretty laid back with most people wearing what they need for the activity at hand (i.e. running or bike shorts with T-shirt or tank top). Casual is the style. Prior to the evening meal, most campers shower and trade in their grubby athletic clothes for clean ones. Bring along a light jacket or long sleeve sweatshirt for those cool nights and mornings. The closest laundry facilities are in Fort Davis.

LODGING & MEALS

Towels/linens/housekeeping

For those staying in the cabins, fresh towels are available daily. Sheets and linens are changed once during the week on Wednesday. Each morning, put your trash bags and dirty towels outside your door and the maid service will replace them with empty bags and clean towels. Some campers prefer to bring their own pillows, blanket, etc. For those who are tent camping or staying in an RV, be sure to bring all your necessities. Towels are provided at the pool for your use but you might want to bring your own swim towel. Remember to bring extra twin size sheets if you want to schedule a massage.

Amenities

The facilities are very rustic. The cabins do not have televisions, phones, microwaves, shampoo or the various items normally found in hotel rooms. There are three public telephone locations on-site. Cell service is spotty at the ranch; you will probably have to drive towards town to get reception. The lobbies in the registration area and the Lodge near the hilltop cabins have televisions that you are welcome to watch. If you forget a necessary item, Fort Davis has several grocery stores. There is an ATM machine at the bank near the Limpia Hotel. There are no public laundry facilities on the ranch.

Meals

The DMFTC Food Manager coordinates the camp meals with the Prude Ranch chef and kitchen staff in order to provide fresh produce, fruit and quality food. Although vegetarian options are available, you will be responsible for your own special dietary needs. The meals tend to be high carbohydrate, high calorie to meet the physical demands of the day. Please contact Diane Weidner, camp Food Manager; at 830-669-2112 you have specific questions.

There are two days during camp when sack lunches are provided.

Hikers ~ remember to bring a backpack or hydration pack to carry your lunch, snacks and water.

Water and energy drink powder will be provided on the porch at the Dining Hall on a daily basis. Bring your own water bottles! Water is also available in the Dining Hall and at the Lodge.

Food-related items to bring to camp:

- Ice chest [ice is usually available in the Dining Hall, the Lodge or in town]
- Snacks for in-between meals [especially during hiking and/or biking] - energy bars, pretzels, crackers, etc.;
- Soft drinks and/or sport drinks;
- Fanny pack or backpack;
- Water bottles;
- Special diet items

MEDICAL

Prior to coming to camp, consult your family physician regarding your participation level and update your tetanus immunization booster. The Camp Nurse will visit with you prior to the start of camp to review any medical issues or questions you might have.

CAMP BOOK DISCUSSION

This year's book discussion moderator is David Turner.

2007 Camp Book: *Tehano* by Allen Wier.

“With vivid and authentic detail and a storm of narrative power, Allen Wier’s *Tehano* brings together historical and imagined events, giving readers a sense of the final years of the nineteenth century- a time both brutal and majestic- that spawned our present time. The disparate narrative skeins are collected through the efforts of Gideon Jones, a westering *picaro* who sets down his adventures and those of the people whose path he crosses.”

POINTS OF INTEREST

[Balmorhea State Park](#) is an artesian spring pool ~ it is 25 feet deep and the 72-76 degree constant temperature makes it a cool spot for a swim! Open daily and located on Tx Hwy 17, seven miles west of Balmorhea, 36 miles from the Prude Ranch.

[Fort Davis](#) There are various gift stores downtown ~ or visit the Snake Farm ~ stop at the Grocery Store for last minute items ~ or get an ice cream at the Fort Davis Drugstore.

[McDonald Observatory](#) ~ *Star Party* every Tues, Fri and Sat 9:30 p.m. - 11:30 p.m. Visit the gift shop or take a tour. Enjoy a snack or meal at StarDate Café - on the large covered patio with breathtaking views of the mountains

[Davis Mountains State Park](#) ~ 2,708 acre Davis Mountains State Park; with 1,000 feet of elevation change within the park boundaries

[Fort Davis National Historic Site](#) ~ 19th Century frontier fort with interpretive and historical displays, book shop and museum

[Chihuahuan Desert Research Institute](#) ~ The Chihuahuan Desert Nature Center & Botanical Gardens, home of the Chihuahuan Desert Research Institute, is located 4 miles south of Fort Davis, TX, on HWY 118. Open Mon–Sat, 9–5.

THINGS TO BRING

Here is a suggested packing list:

- Running, walking, and/or hiking shoes
- Bicycle (road and/or mountain), riding gear, water bottles, helmet
- Tube patch kite, tire pump, bike tools, spare tubes, duct tape, extra rear derailleur cable, extra rear brake cable
- Swimsuit, goggles, aqua jogger and/or vest, kick boards and pull buoys
- Liquid replacement drink/powder and favorite snack/power foods
- Snorkel, mask, aqua shoes, noodles for Balmorhea Pool
- Sun hat, sunglasses, sunscreen, ice chest
- Canteen, fanny pack/knapsack, hiking/walking stick, binoculars, walkie talkies
- Light jacket/sweater/long sleeve shirt for possible cool nights, warm-ups for cool mornings
- Lightweight rain gear or a poncho for mountain rain showers
- Soap, shampoo, tissues, other toiletries
- Tent or RV campers: bring ALL things you need for camping, including linens
- Yoga mat (non-slip) and/or yoga kit (mat, blocks, strap)
- Books or articles about your sport to share
- Clothesline and pins for clothes drying
- Twin size bed sheets for massage therapy or if bunking at the Ranch Saturday night
- Musical instrument, alarm clock, camera
- Flashlight and reading lamp for night time use
- Lawn chair or camp stool for porch sitting and conversation
- Shoes/boots for dance classes and Friday dance
- Props and costumes for Friday night skits
- Diabetics/strict vegetarians: bring special foods/snacks compatible with your diets
- Coffee-maker
- Fly swatter, fly paper, insect vacuums, venus fly-traps, or any other anti-fly devices

Contact: Need more information? Contact [Camp Information](#) or:

- Houston SW – [Michael Schramm](#) 281-496-6607
- Austin & other – [AnnMarie Olson](#) 512-407-8995

