



Hey, Campers:

It's time for Camp Countdown.

If you have not yet registered, go to:

<http://www.fitnesscamp.org/registration.html>

Registration for Camp 2010 closes on Sunday, August 1. All registrations must be submitted and **postmarked by Sunday, August 1.** To see the fee structure, go to [Meals & Lodging page](#) and scroll down to bottom of page.

Upon submitting the *online registration*, you will receive an email with instructions on how to complete the Fitness Camp registration process. (Please check your spam folder!) Print and fill out the medical form attached to the email (click on the link embedded in the e-mail), write a check for the amount due, and mail both to: DMFTC, PO Box 13311, Austin TX 78711-3311.

Important: Registration is not complete until your deposit payment is received.

You will receive an invoice via email upon receipt of payments. Your balance for Fitness Camp 2010 will be due in full no later than July 1. Ensure your final payment is postmarked on or before July 1 to avoid paying a \$25 late fee.

Keep in mind the following deadlines:

- July 1 - Cancellation of fitness camp registration with refund of deposit
- July 1 - Payment of **camp registration** is due in full to avoid \$25 late fee
- July 31 - Mail-in Registration must be received for **Prequel Dinner** and **Prude Ranch Races**. *Online registration closes for these activities.*
- Aug. 1 - Online and mail-in registration closes for Camp 2010.
- Aug. 7-8 - On-site registration available for Prude Ranch Races.
- Aug. 8 - No refunds of any kind will be given after Camp Registration starts.

Here is a summary of prices for activities:

- Fitness Camp – See “Meals & Lodging” link in website <http://www.fitnesscamp.org/lodging.html>. Camp cost varies depending on your lodging choice.
- Prequel Dinner - \$25 (paid reservation by 7/31/10)
- Prude Ranch Races (PRR) - \$25 (no refund after payment is received)

Preparing for the drive to Camp:

Ensure that your vehicle is ready for the drive to west Texas. Much of the 400+ mile ride (for many of us) is in desolate country with small towns few and far between. Consider having your tires checked, as well as fluid levels, air filters, etc.

Carpooling:

If anyone needs a ride or wants to carpool with someone to camp, or has space for a rider, please contact [Katy Kappel](#) and she will coordinate the carpooling. Katy Kappel can be reached at: register@fitnesscamp.org

Preparing your Bike for Fitness Camp:

You will receive an email from Jerry Barrett, Director, DMFTC Cycle Staff, with suggestions on getting your bike ready for Camp.

Prequel Dinner: Saturday, August 7, 6:30 p.m.

Join your friends before camp starts for our Prequel Dinner at the historic Hotel Limpia in Fort Davis before camp starts:

- \$25 per person. Cash bar available.
- Great menu – check it out on the flyer.
- Print form at: http://www.fitnesscamp.org/Documents/Prequel_Flyer_2010.pdf
- *Prepaid mail-in reservation deadline is July 31.* You must have a prepaid reservation to participate in the Prequel Dinner!!

Prequel Dinner Night Lodging:

To reserve a bunk in the group cabins, reserve your tent or RV space, or request your Hilltop or Ranch Cabin for Prequel Night, please contact the Prude Ranch directly: 1-800-458-6232

Prude Ranch Races: Sunday, August 8, 7:30 a.m.

5K, 10K, Half Marathon, and Duathlon/Duathlon Relay (2mR/10mB/2mR)

- *Entry fee:* \$25.
- *T-shirt* guaranteed only if registered by July 15.
- *Mail-in registration deadline is July 31.* No refunds will be given for Prude Ranch Races after payment is received. (See attached flyer)
- On-site registration is also available.
- *Packet pick-up* @ Prude Ranch, Saturday, August 7, 3:30-5:30, or Race Day, 6:00-6:45 a.m.
- Register online: <http://www.fitnesscamp.org/registration.html>

Prude Ranch Races Volunteer Opportunity:

Race Director TJ Green is seeking volunteers to help with registration, "man" the water stations, and set up and pull down. Volunteers will once again get the most awesome t-shirts. Please contact TJ at PRR@fitnesscamp.org if you are willing to volunteer.

Camp Book for Book Review:

"Diadema" by Carlos Aceves

Diadema is a fictionalized account of actual events, which came together in Paseo, a Texas border town. San Benito, across the U.S.-Mexico border, shares with Paseo centuries of history. Close by there is a set of small, strange volcanic rock mountains, an ancient archeological site that also reminds Paseños of a deeper, mystically past. Mary leaves the Midwest and finds her way to Paseo where she meets Carlos Alvarado who embodies the many historical contrasts of the city. Carlos is obsessed about his Mexican Native heritage, frustrated with what he considers the colonized reality of the present, and haunted by his past involvement with the American Indian Movement, he unwittingly leads Mary into labyrinth of mystery and intrigue. Their search intertwines with a theft of ancient skeletal remains from the local university museum, an L.A. medical examiner, and a Harvard anthropologist doing research at the sites. The mystery of Diadema's name and efforts to find her son blend into the mythology of the Virgin of Guadalupe to give an insightful look at the underground Indian traditions that still permeate Mexican American culture.

The spiritual path is a search for authenticity. From Mexican American, to Chicano and finally, Native American, the author of DIADEMA presents the steps one takes in traveling on this path that all of us must travel in our search for true meaning of who we are. Carlos Aceves paints a fascinating picture of a Southwest City (which we all know), a spiritual search for identity, the indigenous cultures of the area and a cast of characters who represent the people inhabiting this area.

What to bring to Camp:

Refer to the FAQ Link, Q.15, on our website for a suggested packing list. "What to Bring": <http://www.fitnesscamp.org/faq.html>

Stay tuned for more information as we COUNTDOWN to Fitness Camp 2010! See you at Camp!

Eva Quearry