



## *Davis Mountains Fitness & Training Camp*

**Hey, Campers:**

**Fitness Camp starts Sunday, August 8, 2010!**

In a few weeks you'll be enjoying the cool, dry mountain air at the *31st* annual Davis Mountains Fitness and Training Camp. 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.

### ***OPTIONAL PRE-CAMP ACTIVITIES***

***Prequel Dinner ~ Saturday, August 7, 6:30 pm:*** Join your friends before camp starts for our Prequel Dinner at the historic Hotel Limpia in Fort Davis.

- \$25 per person. Cash bar available.
- Great menu – check it out on the flyer.
- Print form: [Prequel Dinner](#)
- Prepaid mail-in reservation deadline is July 31. **You must have a prepaid reservation to participate in the Prequel Dinner!!**

***Prequel Dinner Night Lodging ~ Saturday, August 7:*** To reserve a bunk in the group cabins (special rate of \$10 but bring your own sheets), 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. (bus leaves at 7:00 a.m.)***

- 5K, 10K, ½ Marathon & Duathlon/Duathlon Relay (2mR/10mB/2mR)
- Entry Fee: \$25
- Register online: <http://www.fitnesscamp.org/registration.html>. Mail-in registration deadline is July 31. *(See attached flyer or print from website)*
- No refunds after payment is received.
- T-shirts guaranteed only if you registered by July 15.
- Packet Pick-up @ Prude Ranch Saturday, August 7, 3:30 to 5:30 p.m.; or on race day 6:00-6:45 a.m.
- Contact [Camp Registrar](#) if you have any questions.

***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](mailto:PRR@fitnesscamp.org) if you are willing to volunteer.

***CAMP PLANNING***

***Activity Book & Camp Schedule:*** These should be available on the website by Saturday, July 31. We will send out a notice when they have been posted.

***Camp Book for Discussion:*** "Diadema" by Carlos Aceves. See Camp Countdown Newsletter #1 for synopsis of this book (attached & via our website <http://www.fitnesscamp.org/news.html>)

***Carpooling:*** Getting to and from camp is the camper’s responsibility. If you are interested in carpooling, caravanning, or transportation for your bike, contact [Katy Kappel](#) at [register@fitnesscamp.org](mailto:register@fitnesscamp.org). We will attempt to coordinate any requests we receive. Currently, we have one driver from Austin who would like a rider or perhaps folks with whom to convoy on Sunday.

***Checking in:*** Camp registration is Sunday August 8, from 3:00-5:00 p.m. You’ll 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 following registration.

**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 of 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.

## **DRIVING:**

- From **Austin [450 miles]**, **San Antonio [400 miles]** or **Houston [600 miles]**~ I-10 west to TX Hwy. 17 south [exit 209] to Balmorhea & then to Fort Davis. As you approach Fort Davis, take TX Hwy. 118, travel 4.5 miles; Prude Ranch is on the right.
- From **Dallas [500 miles]** or **Midland [180 miles]** ~ I-20 west to Pecos, take TX Hwy. 17 south toward Balmorhea; join I-10 west for approx. 3 miles, then continue on TX Hwy. 17 south [exit 209] to Balmorhea & then to Fort Davis. As you approach Fort Davis, take TX Hwy 118, travel 4.5 miles; Prude Ranch is on the right.
- From **El Paso [200 miles]** ~ I-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 to Alpine from many Texas cities: 1-800-872-7245.

**Alpine Auto Rentals:** 432-837-3463 or 1-800-894-3463

## **WEATHER**

August daytime temperatures usually in the upper 80's, nighttime 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 ample sunscreen and wear a hat.

## **CYCLING: Road or Mountain Bike**

**Jerry Barrett**, Cycle Staff, wants to help you prepare yourself and your bike for a satisfying camp experience. A copy of the attached Bike Tips Newsletter #1 is also available on our website: <http://www.fitnesscamp.org/news.html>

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

- DMFTC insurance requires that cyclists wear a properly fitted helmet while riding.
- For all beginner or novice cyclists, scheduled bike clinics have been developed especially for you ~ check your camp schedule at registration and plan to attend.
- 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. In addition, they will do Bike fits during the Activity Fair on Sunday afternoon. If you have a breakdown on the road, the staff will do whatever they can to get you going again or sag you in. Staff members are not required to perform repairs at the Ranch. Staff members need 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). Prior to the evening meal, most campers shower and trade in their grubby athletic clothes for casual summer attire. Bring along a light jacket or long sleeve sweatshirt for those cool nights and mornings. The closest laundry facilities are in Fort Davis.

## **MEDICAL**

Prior to coming to camp, you should consult your family physician regarding your participation level & 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.

## **LODGING & MEALS**

### ***Amenities***

The facilities are very rustic. The cabins do not have televisions, phones, microwaves, toiletries, clock/radio/alarm, or other “extras”. All cabins have soap, and the Hilltop Cabins have coffeepots. There are three public telephone locations on-site. Cell phone service is spotty at the ranch; you may have to drive toward town to get reception. Sometimes you can find a spot in the meadow around the cabins but you can't count on it. The lobbies in the office area and the Lodge near the hilltop cabins have televisions 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 our 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 if 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 & water.*

Water and energy drink powder will be provided on the porch at the Dining Hall on a daily basis. Water is also available in the Dining Hall & 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 - energy bars, pretzels, crackers, etc.;
- Soft drinks and/or sport drinks;
- Fanny pack or backpack;
- Water bottles;
- Special-diet items, if applicable

## ***Towels/linens/housekeeping***

If you are tent camping or staying in an RV, be sure to bring all your necessities, as the Ranch provides a bathhouse for showering and RV hookups only.

If you are staying in a cabin, towels, linens, and pillows are provided, and 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. If you 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 may want to bring your own swim towel. If you plan to schedule a massage, remember to bring extra twin-size sheets.

## 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.  
<http://www.tpwd.state.tx.us/spdest/findadest/parks/balmorhea/>

[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., 9:30-11:30 p.m. Visit the gift shop or take a tour. Enjoy a snack or meal at the StarDate Café indoors or outdoors 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.  
<http://www.tpwd.state.tx.us/park/davis/>

[Fort Davis National Historic Site](#) ~ 19<sup>th</sup> 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 kit, 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 (for bunkhouse accommodations)
- Fly swatter, fly paper, insect vacuums, venus fly-traps, or any other anti-fly devices

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

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

See you at camp!

Eva Quearry