



Volume 2024 – December No. 11

A member of the American Volkssport Association (AVA) & the International Federation of Popular Sports (IVV)  
The Public is always welcome

**Randolph Roadrunners  
Volkssport Club  
A Walking Club Established 1980  
PO Box 2744  
Universal City, TX 78148-1744  
Elected Officers**

**President:**

Ellen Ott 210-723-8574

**Vice President:**

John Ives [jbives@texas.net](mailto:jbives@texas.net)

**Treasurer:**

Pat Gunter 210-479-0805

**Secretary:**

Jill Troyer 830-237-6230

**Committee Chairs**

**Membership:**

Suzanne Markgraf 210-710-4842

**Publicity:**

Susan Alton [daxkitten@aol.com](mailto:daxkitten@aol.com)

**SALES: - OPEN-**

**Webmaster:**

Randy Baker [Randy826@gmail.com](mailto:Randy826@gmail.com)

**Newsletter:**

Audrey Vertucci – [AudreyVe@gmail.com](mailto:AudreyVe@gmail.com)  
210-861-5588

**Year-round Events: Boerne**

Pat Gunter 210-479-0805

**Year-round Events: DeZavala Daily Bread,  
Broadway Daily Bread, Leon Creek,  
Salado-1604, Land Bridge at Hardberger  
Park, CrownRidge, Friedrich Park.**  
Ellen Ott 210-723-8574

**Year-round Events: Eisenhower Park**

Susan Medlin 210-325-3523

**Year-round Events: Schertz**

Patricia Heller [paheller001@gmail.com](mailto:paheller001@gmail.com)

**Club Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**AVA Website:** [www.ava.org](http://www.ava.org)

**TVA Website:** [www.walktexas.org](http://www.walktexas.org)

**TVA President:** Dave Roberts

**Deputy SW Region:** Susan Medlin

**SWRD:** Andy Thomas

## From the Desk of the Pres--

As of January 1, 2025, all Roadrunner memberships will carry over to the San Antonio Pathfinders when the clubs merge, unless Ellen hears from you to remove your name. The new website is up. The address is:

[sanantoniopathfinders.org](http://sanantoniopathfinders.org)

**First Friday:** The First Friday Walk is held each month starting at the new AVA headquarters, 1032 S. Alamo Street, San Antonio, TX 78210. Friday, December 6, 2024 is the next scheduled free 5K walk. From 4:00 to 7:00 p.m. you can register for the walk. It will be a good time to check out the new AVA headquarters and do a 5k sanction walk.

### AVA Office Relocation:

As of October 15th, 2024 our new address will be: 1032 S Alamo Street, San Antonio, TX 78210. Our phone number will remain the same at (210) 659-2112.

Please contact the AVA Finance Director, Erin Grosso, with any questions or concerns.

### Upcoming RR Events:

#### December 1 – CHRISTMAS PARTY!

**December 14** – Boerne Christmas Walk will be the last RR sponsored walk before the clubs merging. A pancake and sausage breakfast will be offered and a ceremony to celebrate merging the clubs is in the planning

#### Workers needed in all positions for the 14 December Boerne Christmas Walk.

This will be the last official walk for the Randolph Roadrunners. If you wear a RR item like a t-shirt, polo shirt, sweat shirt, cap, jacket, etc. you will receive a special gift. Workers walk for Boerne will be Friday the 13th at 9 am starting at the parking lot by Luther Hall.



### Sneakers/Tennis shoe

**fundraiser:** Ellen is still collecting gently used sneakers or tennis shoes for the AVA. Bring to any RR meeting or walk event.

Also, still accepting any donated volksmarch medals and/or Fiesta medals for the AVA sales table.

### Welcome New Member!

Cristina Salgado

San Antonio

### RR - Opt Outdoor Walk

36 folks braved a very chilly morning to do the Opt Outdoor Walk at Pearsall Park on Friday the 29th. Much thanks go to the workers John Ives, Kathy and Mike Schwencke, Pat Gunter and Mike Hermes. Thanks also to those who volunteered but were not needed this time because we did not want anyone who wasn't absolutely needed to have to sit out in the wind and cold!!

### First Meeting of San Antonio Pathfinders-2025

The first meeting of the San Antonio Pathfinders (that the Roadrunners are now a part of) will be held on 14 January 2025 at 901 North East Loop 410 in the conference room on the 3rd floor.

Going east on 410 exit Nacogdoches - go left staying on the access road until you see 2 high-rise buildings side by side. You want the farthest building with 901 number on front of the building. Going west on 410 exit Nacogdoches and follow the above directions.

There should be plenty of free parking in the front of the building. If the door is locked, please call Ellen at (210) 723-8574. The number will be posted on the door. There will be a social time with food at 5:30 p.m. Please bring your own drink. Meeting will start at 6:15 p.m.

## HOLIDAY CHRISTMAS PARTY!

1 December, 2024  
4 p.m. to 8 p.m.



### HUNTER'S CREEK CLUB HOUSE

3630 Hunters Circle 78230  
Pot Luck Dinner  
Bingo plus surprises!



## AVA's Walking Waves Rob McDaniel

Dear Cruisers,  
You may have received emails from Shore Excursions Group, a third-party company offering excursions that claim lower rates, smaller group sizes, and guarantees of returning to the ship on time. While they do provide some options, here's what you should know:  
About Shore Excursions Group:  
They promote savings of up to 40% compared to cruise line excursions.  
Offer excursions with an average group size of 12 guests.  
Provide a money-back guarantee and 24/7 traveler support.  
Ensure timely returns to the ship before departure.

If you're interested, you can learn more or book through their Excursions Experts at 866-999-6590 or via their website.  
Important Note for AVA Walk Participants:

Our plan is to gather as soon as the ship docks and complete the 5 km IVV walks before exploring the port further. However, keep in mind that many excursions offered by Shore Excursions Group and similar companies often use up a significant portion of your time in port. It may be impossible to participate in both the walk and an excursion, so plan accordingly to make the most of your day. If there's an excursion you're excited about, feel free to book it—but ensure it aligns with your priorities and the timing available.

Happy planning, and we look forward to an amazing cruise adventure together!  
Best regards,  
**Rob McDaniel**

### CRUISE ITINERARY DETAILS

*Date/Day Port of Call Arrival Departure*

15 Nov/Sat New Orleans 5:30 pm  
16 Nov/Sun Day At Sea  
17 Nov/Mon Cozumel, Mexico 7:00 am 5:00 pm  
18 Nov/Tue Harvest Caye, Belize 11:00 am 6:00 pm  
19 Nov/Wed Roatán, Honduras 8:00 am 5:00 pm  
20 Nov/Thur Costa Maya 7:00 am 3:00 pm  
21 Nov/Fri Day At Sea  
22 Nov/Sat New Orleans 8:00 am  
Disembark



## PRESIDENT/CEO - HENRY ROSALES

### Big Give Update

Our annual individual donor campaign for 2024 has concluded with another extraordinarily successful campaign. We exceeded our goal by raising \$95,262! These funds will be used to supplement our revenue decline in participation and sanctioning fees and our new membership and walk application initiatives. Thank you to all who supported our campaign! Results of the Big Give convention winners will be announced in December and the Regional winner will be announced in January.

We are pleased to announce the successful conclusion of our Big Give fundraiser, which raised an impressive \$95,262! We extend our heartfelt gratitude to each and every donor whose generosity contributed to this remarkable achievement. Thank you for leaving your footprint. Your support is invaluable, and we couldn't have done it without you. As we look ahead, we invite you to mark your calendars for the Big Give 2025, which will take place from 6 PM on September 17th to 6 PM on September 18<sup>th</sup>, 2025. We are excited to continue this journey with all of you and make an even greater impact together. Thank you once again for your unwavering support!

**WEBSITE MAINTENANCE OF MY.AVA.ORG IN MID-NOVEMBER HAS BEEN POSTPONED UNTIL FEBRUARY, 2025.**



## Publicity Committee

### - Susan Fine, Chair

TEXAS TRAIL ROUNDUP IML The Texas Trail Roundup IML event is February 14-16, 2025 in San Antonio, TX.

This year, the event will be in honor of Susan Medlin, the founder of the event and President of TTR. She was also co-chair of the 2023 Olympiad, past Vice-President of AVA, past Southwest RD, and much more. Susan was recently diagnosed with ALS, so volunteers have stepped up to carry on this IML tradition.

The event starts and finishes each day at the Beethoven Mannerchor Halle und Garten in the King William District of San Antonio. Friday's 5K and 10K walk will be "Stars over San Antonio Friendship Walk", including famous landmarks and locations used for filming several movies and TV shows, or visited by celebrities.

Saturday's event includes a marathon, half-marathon, 13K and 5K along the historic Mission trail. Sunday features a 21K, 12K and 5K event along the famous River Walk to the Pearl district and beyond.

More information will be available soon on the website: [texastrailroundup.org](http://texastrailroundup.org). The group also needs volunteers during the three days. Please help if you can: [shkathy@yahoo.com](mailto:shkathy@yahoo.com)

## Programs Committee - Diane Howell Evans, Chair AVA Special Programs

The last date to complete any purchased challenge books and redeem for the AVA Special Program "Great Lakes, Great Fun, Great Fitness and Great Friendships" is **12/31/2024**.

The last date to purchase a challenge book for the AVA Special Program "Town Hall/City Hall" is **12/31/2024**.



**EXTENDED** - The redemption of already purchased books for the Border Crossing Special Program has been extended to **12/31/2025**. Look for an international walk at the 2025 AVA Convention in Las Cruces, NM.

**NEW for 2025** – Grain Elevators - Monarchs of the Plains and Walking with the Wild Things (Trolls, Gargoyles, Fairies and Gnomes). For more information check out the Special Program articles in the December TAW or visit the Future Special Program webpage at:  
<https://cb.ava.org/futureprog.php>



## TEXAS VOLKSSPORT ASSOCIATION 2024 VOLKSSPORTING CLUBS OF SOUTHWEST TEXAS CALENDAR

Note: This is **NOT** an official document. Always verify events/dates on [ava.org](http://ava.org) or with the applicable club.

### December:

SUN/01 – Volkssport Christmas Party, Hunter Creek

SAT/07 – VVF, Johnson City Lights (T)

SUN/08 – TTR, Christmas Lights VFW

SAT/14 – RRR, Christmas in Boerne (T)

SAT/ 21 –

WED/25 – Christmas Day

SAT/28 –

TUE/31 -- Last 2024 Walk, Fredericksburg (Y)

### January 2025:

WED/01 -- First 2025 Walk, Fredericksburg (Y)

### Local Club Abbreviations

CRW – Colorado River Walkers

HCV – Hill Country Volkssportverein

KAV – Kyle AMVETS Club

LSW – LoneStar Walkers

NBW – NB Marsch-und Wandergruppe

RRR – Randolph Roadrunners

SAP – San Antonio Pathfinders

TTR – Texas Trail Roundup

TVA – Texas Volkssport Association

TXW – Texas Wanderers

VVF – Volkssportverein Friedrichsburg



## Traditional Events for

**December, 2024:** (Please check the AVA website for any changes or cancellations)

Dec 7th, 2024 Saturday for 1 day  
Lights Spectacular  
Traditional Night Walk  
SN: 128835 - 2024  
Start: 11 a.m. - 5 p.m.; Finish NLT 8 p.m. POC: David Roberts  
Lady Bird Lane, Johnson City, Texas

Dec 8th, 2024 Sunday, for 1 day.  
San Antonio, TX - 10th Christmas Lights Walk – SN: 129134 – 2024 - 3,7,10km - Start table open: 5:30 - 7 pm  
VFW Post 76, 10 10th Street, San Antonio TX 78215  
Texas Trail Roundup (AVA-0979)  
POC: John Ives

Dec 14th, 2024 for 1 day.  
SN: 128086 – 2024 - 5km, 10km  
Boerne, TX - Christmas Walk  
Start Point: 315 E. Rosewood, Boerne  
FREE pancake and sausage breakfast starting at 0730.  
Walk start at 8:00 am until Noon.  
POC: Ellen Ott (210) 723-8574  
[ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

This will be the last official Roadrunner event since they will be merged with the San Antonio Pathfinders starting 1 January 2025. Everyone is asked to wear a Roadrunner shirt since there have been many different designs over the club's 44 years of existence. Anyone who wears a Roadrunner shirt will receive a gift.

Dec 21st, 2024 for 1 day.  
Fernland Historical Park  
770 Clepper Dr, Montgomery, TX  
Traditional Walk - 5km – 10km  
SN: 129098 - 2024  
Houston Happy Hikers (AVA-0015)  
Event website:  
[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)



## West Texas Trail Walker's Event, October 10-12, 2025, Lincoln National Forest, Ruidoso, New Mexico.

Good news! The West Texas Trail Walkers are going to Ruidoso, New Mexico, October 10-12, 2025, The Lincoln National Forest, Ruidoso, New Mexico announced last month that all trails in the Forest are open for hiking. Small businesses in Ruidoso are anxious for tourists to return after the fires earlier this year and are going all

out to welcome the West Texas Trail Walkers in October 2025.

In late April 2025, the Board will be conducting a reconnaissance mission to New Mexico to select new hiking trails not damaged by the fires. By popular demand, we will also offer Four Shorties that can be walked anytime over the weekend. These are shorter, easier trails that will help you warm up for the more difficult mountain trails.

Keep checking our webpage: [westtexastrailwalkers.org](http://westtexastrailwalkers.org) for updates. The event brochure and registration forms will be posted to the webpage in June 2025. La Quinta Inn will be our host hotel. Hike with an Altitude!

Susan Noonan, President  
West Texas Trail Walkers

## Waring Halloween Walk 26 October 2024



Gerry Kamicka and Linda Goodman working at the walk start table.



Andy Thomas, Susan Alton, Jeff & Rob Busse, Gayle Weinraub and Mike Schwencke on the walk trail.



Audrey Vertucci and Suzanne Markgraf on the walk trail at the checkpoint.



JoAnn & Johnie Laredo and their grandchildren Patrick and Lane Arnold.



Tina & John Bohnert – Guadalupe Gallivanter - Walk POC

## What to Wear for Cold Weather Walking – 7 Tips from WALK Magazine

### *Dress for the Right Temperature*

Because your body generates an enormous amount of heat when you are walking hard, dress for temperatures about 10° warmer than it really is. The harder you walk the more body heat you will generate.

**How to Layer** - Dressing in layers traps warm air between them, helping to keep you warm. Because you will generate body heat, your base layer should be made of a wicking fabric to pull sweat away. You don't want to be sweaty and wet, especially once you stop moving. This layer can be long-sleeved or short-sleeved.

The next layer should be insulating. A heavier long-sleeved shirt, a vest, fleece, or light sweatshirt are options, depending on the temperatures. Finally, a windproof and water-resistant outer layer.

**Legs** - Winter-weight tights made of a wicking fabric are a good start for your legs. Some include wind-resistant panels, which can be very helpful. Looser-fitting pants will trap warm air, so walking pants or sweatpants may keep you warmer than tights. When it is very cold, layer loose pants or wind pants over tights.

### **Head and Neck** –

Most of your body heat is lost through your head, so invest in a warm hat that covers the ears. If you tend to get overheated, a headband or other ear covering are options.

### **Gloves or Mittens?** –

Because the fingers are separated in gloves, they are not as effective as mittens for warmth. If you still prefer gloves, look for pairs that have a mitten-like cover for wind protection.

### **Socks** –

It can be difficult finding the right socks to keep your feet warm. Some thick socks are great, but then again you can't always get your shoe on over them. Lately I opt for wool athletic socks. Wool is great for keeping you warm, even when wet. Crew-length socks will help protect your ankles.

### **Shoes** –

This time of year, water- and wind-resistant athletic shoes or trail running shoes can help to keep your feet dry and warm. If you plan to walk at a slower pace, or if it is very snowy, a hiking boot may be a better choice. For added safety, trekking poles can be helpful.

### **Conclusion** -

Regardless of your sensitivity to cold, if you follow these suggestions, you can walk safely outside all winter long.

## RANDOLPH ROADRUNNERS

PO Box 2744

Universal City TX 78148-1744

