



Volume 2013 – January No. 1  
Next Meeting – January 15, 2013  
Universal City Library, Universal City  
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 210-525-8574  
*Vice President*  
Pat Roberts 210-657-5814  
*Treasurer*  
Pat Gunter 210-479-0805  
*Secretary*  
Anne White 210-281-5865

*Committee Chairs*

*Membership*  
Nancy Paulson 210-658-8324  
*Programs & Publicity*  
Ellen Ott 210-525-8574  
*Sales*  
Joanne Forinash 210-493-8543  
*Webmaster & Event Flyers*  
Randy Baker 210-369-9538  
*Newsletter*  
Audrey Vertucci – AudreyVe@aol.com  
210-496-2197

*Year-round Events, Boerne*  
Pat Gunter 210-479-0805  
*Year-round Events, Schertz*  
Tony Paulson 210-658-8324  
*Year-round Events, San Antonio*  
Carlen Forinash 210-493-8543  
*Year-round Events, Abilene*  
Joanne Forinash 210-493-8543

*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)

*SW Regional Director*

Bill Hamilton 830-285-7062  
Houston, TX  
[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

**Renewal Time**

The following membership renewals are currently due:  
**Diane Duesterhoeft, Craig Holguin, Mark & Cecilia Tyler, Clarence & Dianne Johnson Thomas & Betty Arbaugh, Mary Miller & Travis Perez, Anne White, Leon & Liz LeVan, Preciliana Cabral, Carlen & Joanne Forinash, Jan Heyer, Patti Paulson and Suzanne Markgraf.**

Please send in your renewal fees now. We value your membership. To renew your membership, fill out the renewal application attached or print one from the following website address:  
[www.RandolphRoadrunners.info](http://www.RandolphRoadrunners.info)  
and send it with your fees to Nancy Paulson c/o the club address.



*Start Point - Boerne Christmas Walk*

**From the Desk of the Pres-**

The next RR club meeting will be held at the Universal City Public Library at 7 p.m. on January 15, 2013.

See Joanne Forinash for the new long-sleeved RR white T-shirts with the AVA logo and the RR logo on the front (just like our 30<sup>th</sup> anniversary short sleeve T-shirts!)

For everyone who stepped up to the plate and worked at the Boerne Christmas event, it was most appreciated. Nancy and Tony Paulson Pat Gunter and Darlene Oner on registration; Patti Paulson and Pat Heller at start table; Totsy Miller, Pat Roberts and Carlen Forinash at the finish table with the Northeast regional

director's special stamp; Joanne Forinash and Jerry Rehmar at the finish table; Bill Radigan and Mike Hermes on route patrol and other duties as needed and check points; Rick White, Jackie Morris, Don and Bilita Van Cleave, Carol Shaner, Blanca Betancourt, Caryl Swann and Herb Laing.

Aromas of freshly baked bread filled Luther Hall with Richard and Cecelia Simmons from the San Antonio Loafers providing the special treat.

Doug Reynolds, the Northeast Regional Director, and his wife Jackie enjoyed the walk and then spent the day visiting with many of the walkers. Total participation - 158 with 31 awards sold.

Trinity University-2 walks Jan. 5, 2013  
DelWebb-2 walks & a bike Feb. 9, 2013

Trinity's 2 events for 5 January are fast approaching. Please check with Ellen for available work spots.

Hope to see everyone on the trail!



*Mary Beth Cieslak at the Portland Head Light in Maine*

**Tales from the Trails**

*Maine - By: Ted Cieslak*

Mid-November may not be the optimal season for visiting Maine, but business takes me there annually at that time, and

this year my 'Aggie' daughter, Mary Beth, accompanied me, thanks to a frequent flyer ticket (on my part) and some use-or-lose vacation (on her part). She had never been to New England and was anxious to see some of it. Somewhat of a fitness buff, and anxious to fit into a wedding dress next fall, she was more than ready for a Volksmarch after several meals of lobster, clams, and Maine microbrews.

Volksmarching in Maine is problematic during the colder months. Most of Maine's walks are seasonal events and our choices were thus limited. Nonetheless, with clear blue skies and fantastic weather by Maine standards (albeit with temperatures in the 40's, it was a little chilly for us 'soft' Texans), we were determined to walk off our lemon butter and chowder and managed to find a couple of walks that proved to be spectacular.

The first was the Capital Walk in Augusta. After leaving the start point and crossing the Kennebec River, we circled the Maine State House and continued through Augusta's quaint riverside downtown. We then crossed back over the river to tour Fort Western, the oldest surviving fort in New England, dating to 1754. From there, we traversed the grounds of the Army's old Kennebec Arsenal before returning to the start point. In addition to spectacular scenery, the walk provides for several tough-to-secure special program stamps; on last-year's visit to Maine, I had collected the State Capital stamp, as well as my final 'Liberty Bell' and 'Forts' stamps.

A few days later, we found ourselves in Portland where another beautiful blue-sky day allowed us to tackle one of my all-time favorite walks, the South Portland Lighthouse walk. For you lighthouse buffs, it doesn't get any better than this. The walk heads out to what is, perhaps, one of the most impressive lights in a State that has a multitude of them. But the Portland Head Light, located on the grounds of Fort Williams, is but one of three that the Volksmarcher will encounter on this walk, the others being the 'Bug' Light and the Portland Breakwater Light. As if that weren't enough, one can view a couple of additional lighthouses on islands out in Casco Bay as they walk

along the beach. The spectacular beach walk culminates at another impressive stone bastion, Fort Preble, a War-of-1812- era structure now housing parts of Southern Maine Community College. The fort also played a role in the Civil War defense of Portland and the South Portland walk will thus qualify for Civil War Battlefield program credit in 2013.

The next morning it was time to head back to San Antonio. Despite a 6:00 am flight, I managed to get 'the Aggie' up semi-enthusiastically at 3:30 in order to have one more lobster omelet at Becky's Diner prior to departing. Becky's is a Portland waterfront icon and opens at 4:00 am, catering to the lobstermen. It was the perfect ending to a pleasant little getaway.



Mary Beth in front of the Maine State Capitol

### Holiday Christmas Party at Pam's Patio Kitchen – 12/18/12



Gerry Kamicka, Randy Baker, Wiley Smith and Herb Laing on the outside dining patio at Pam's Patio Kitchen



The Holiday Christmas Party dessert table



Ellen Ott & Nancy Paulson at the gift table



Martin Callahan with his "gift pick"



Ellen Ott at holiday Christmas party



*Richard and Cecelia Simmons from the San Antonio Loafers baking bread for the Boerne Christmas walk*



*Luther Hall - Boerne Christmas walk.*



*Main Street, Boerne - Christmas walk*



*Bilita & Don VanCleave and pups at Kronkosky Tower – Boerne Walk*

**\*All photos are courtesy of Martin Callahan.**



**Fun, Fitness, Friendship**

**AVA Website Re-design: What Changed?**

The AVA has a new redesigned official website just launched December 18. Before you start to explore, take a moment to read the following brief synopsis of some of the more significant revisions. Please submit any comments to [avawebmaster@ava.org](mailto:avawebmaster@ava.org) and tell a friend about the site.

We have created more user friendly and faster navigation schemes to help streamline communications and to enhance and simplify your overall online experience. As part of this, we added a Google search link to retrieve specific subject matter from anywhere on the site.

The homepage features a customized photo slideshow. Easy access links to revenue producing programs such as membership, donations and sponsorship have been prominently displayed and grouped together on the homepage. The donations page was created to provide an alternative for companies unable to support a major sponsorship with AVA, to donate a lesser but still substantial amount. And individuals who wish to donate more than the current membership amounts can do so. Two new updated fact sheets and a second walking video have been included under the *About Us* link. Other materials for this link are currently being developed.

Duplicate and unnecessary information listings have been eliminated. Subject matter areas have been reorganized and some major links consolidated. The existing links from the old site have been consolidated from 19 to 11.

In keeping with social media demands, individuals can now access the AVA website through their smart phones or tablets using multiple browsers. We installed an AVA Facebook page link on the homepage. However, you need a personal Facebook account to access it. Click the blue “F” button and follow the Facebook sign up instructions. Another new feature is a blog with direct postings to the AVA Facebook page. A feasibility study will be conducted regarding use of Twitter.

The listing of Associate and Lifetime individual membership benefits has been clarified, and new benefits have been added, with more on the way. Administratively, selected forms are being made interactive so you can enter requested information and e-mail them, thus eliminating the fax or postal mail process. This process is ongoing.

We have incorporated Google Analytics software to determine the number of individuals visiting our site, where they visited and for how long. This is important information for potential

**Coming Texas Events:**

1/1/2013 - 1/1/2013 - Walk  
**Event Number:** 95412 10 km/5 km  
**Start:** St. Joseph's Halle  
**Event City:** Fredericksburg - Midnight New Year's  
**Host Club:** Texas Volkssport Assn.  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 17314 Springhill Dr.  
 San Antonio, TX 78232  
**Contact:** Phyllis Eagan, (210) 496 - 1402  
**E-Mail:** [papre1947@yahoo.com](mailto:papre1947@yahoo.com)  
**Club Website:** [walktexas.org](http://walktexas.org)

1/5/2013 - 1/5/2013 - Walk  
**Event Number:** 95351 10 km/5 km  
**Event Number:** 95351 10 km/5 km  
**Start:** Bell Athletic Center - Trinity University  
**Event City:** San Antonio  
**Host Club:** Randolph Roadrunners  
**Event Website:** [randolphroadrunners.info](http://randolphroadrunners.info)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 11906 Pepperidge Cove  
 San Antonio, Tx 78213  
**Contact:** Ellen Ott, (210) 723 - 8574  
**E-Mail:** [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)  
**Club Website:** [www.randolphroadrunners.info](http://www.randolphroadrunners.info)

1/5/2013 - 1/5/2013 - Walk  
**Event Number:** 93328 10 km / 5 km  
**Start:** Northaven Gardens  
**Event City:** Dallas - Northaven Trail  
**Host Club:** Dallas Trekkers, Inc.  
**Event Website:** [www.DallasTrekkers.org](http://www.DallasTrekkers.org)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 P.O. Box 743813, Dallas, TX 75230  
**Contact:** Deborah Carter, (972) 285 - 8102  
**E-Mail:** [debwalk@earthlink.net](mailto:debwalk@earthlink.net)  
**Club Website:** [www.dallastrekkers.org](http://www.dallastrekkers.org)

1/12/2013 - 1/12/2013 - Walk  
**Event Number:** 94341 10 km/5 km  
**Start:** Texas Rivers Center

**Event City:** San Marcos - Spring Lake Preserve  
**Host Club:** San Marcos River Walkers  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 100 E. Laurel Lane  
 San Marcos, TX 78666  
**Contact:** Barbara Piersol, (512) 396 - 4463  
**E-Mail:** [bpiersol@grandecom.net](mailto:bpiersol@grandecom.net)

1/19/2013 - 1/19/2013 - Walk  
**Event Number:** 95399 10 km/5 km  
**Start:** Nesbitt Library  
**Event City:** Columbus - Historic

**Host Club:** Houston Happy Hikers  
**Event Website:** [HoustonHappyHikers.com](http://HoustonHappyHikers.com)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 P. O. Box 101, Orchard, Texas 77464  
**Contact:** Catherine Kellner, (979) 478 - 6203  
**E-Mail:** [hphpresident@houstonhappyhikers.org](mailto:hphpresident@houstonhappyhikers.org)  
**Club Website:** [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

1/26/2013 - 1/26/2013 - Walk  
**Event Number:** 94513 10km/5km  
**Start:** University Center Atrium @ St. Mary's University  
**Event City:** San Antonio - St. Mary's University Neighborhood  
**Host Club:** LoneStar Walkers  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 27727 Ramblewood  
 San Antonio, TX 782612013  
**Contact:** Heinz Johnson, (830) 980 - 4080  
**E-Mail:** [heinzjh@gvtc.com](mailto:heinzjh@gvtc.com)

**RANDOLPH ROADRUNNERS**  
 PO Box 2744  
 Universal City TX **78148-1744**

**RANDOLPH ROADRUNNERS APPLICATION**  
 PO Box 2744, Universal City TX 78148-1744

Please check applicable box (es):

Renewal                       New Member                       Family member(s) included (see instructions below) DATE \_\_\_\_\_

Name \_\_\_\_\_

**NEW MEMBER FEE:** \$4.00 for 1 year  
 \$10.00 for three years

Address \_\_\_\_\_

This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

Apt No. \_\_\_\_\_

**RENEWAL FEE:** \$4.00 for one year  
 \$10.00 for three years

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

This renewal fee includes each family member who paid \$2.00 with the original application. If the \$2.00 fee was not paid with the original application, add family members now by including \$2.00 for each person.

Telephone number \_\_\_\_\_

**Lifetime membership for (1) one person is available for a \$30 fee.**

E-mail address \_\_\_\_\_

AVA Volkssport Associate     Yes     No

Family members \_\_\_\_\_

Eager to serve as club officer \_\_\_\_\_ or committee chair \_\_\_\_\_

Amount submitted \$ \_\_\_\_\_