



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2013 – May No. 5
Next Meeting – May 21, 2013
U.C. Public 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

Ellen Ott 210-525-8574

Year-round Event, Leon Creek

Bill Radigan 210-882-8528

Year-round Event, DeZavala Daily Bread

Jackie Morris 210-558-7231

Club Website

www.randolphroadrunners.info

AVA Website

www.ava.org

TVA Website

www.walktexas.org

SW Regional Director

Bill Hamilton 830-285-7062

Houston, TX

sw_rd@ava.org

Renewal Time

The following membership renewals are currently due: **Leon & Liz LeVan, Preciliana Cabral, Beverly Ahrens, Christine Anderson, Elanore Decker, Adrienne Hacker, Rachel Loreda, Bill & Pat Marcus, Pat & Laverne Middleswart, The Ryals family, Jim Speights, Dan & Jean Brock, Ruth Hemmi, Irma Obregon, Chris & Darby Riley and Freya & Ry Snyder.** 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 and send it with your fees to Nancy Paulson c/o the club address.



Congratulations to our Joanne Forinash Newly elected SW Regional Director.

Memo From: [Bill Hamilton, SWRD](#)

Date: 04/16/13

Subject: Director, Southwest Region 2013-2015

I am pleased to announce that Gerald Kamicka, Jr., Chair of the Nominating Committee, has reported that he has received the votes of a majority of the clubs in the region selecting *Joanne Forinash* to take the responsibility of Southwest Regional Director for the next biennium, July 2013 – June 2015.

I am delighted with your selection! I am sure that those of you who know Joanne will join me in that sentiment and those who are just getting to know her will soon be convinced that you have made a fine choice. Joanne will need our full support and cooperation as she serves us in the months ahead. Please make up your minds to give her just that and more.

Congratulations, Joanne!!

Bill Hamilton

Director Southwest Region AVA

From the Desk of the Pres-

The next RR club meeting will be held at the Universal City Public Library, Universal City at 7 pm on Tuesday, May 21. The membership voted at the April meeting to take a “Summer” vacation and not have meetings in the months of July and August. And there will be no RR newsletter published for the month of July.



With **World Walking Day** fast approaching on 8 May, I wanted to get the word out to the RR membership and anyone else who would like to walk with us, that the feature walk for that day will be the Crown Ridge YRE.

The registration and book stamping can be done at the park. The park will be manned from 0730 until 1100. There will be a special stamp for the World Walking Day event at Crown Ridge.

I have sent information to the Express News asking for coverage for World Walking Day on 8 May for the walk at Crown Ridge. Since I have done that, I

hope there will be some support for the walk on that day. I know many RR's still work and some will be heading home from the convention, but others, please make an effort to walk with us.

I'd hate to have coverage and no one shows up! Hope to see several folks out that day for great walk!

Ellen

Comfort Easter Walk Event & RR Awards – March 30



The following Roadrunner members were treated to lunch at the Comfort Easter walk by the RR's as they received awards for their service to the club during the last two years:

Meritorious Service - Pat Gunter

Certificates of Service awarded to:

- Randy Baker
- Joanne Forinash
- Carlen Forinash
- Nancy Paulson
- Tony Paulson
- Martin Callahan
- Audrey Vertucci
- Suzanne Markgraf
- Patricia Roberts
- Bill Radigan
- Rick White
- Darlene Oner
- Priscilla Johnson
- Heinz Johnson



A Certificate of Appreciation was awarded to Charlotte Kahl for her cooperative efforts in helping promote and support the national OST and Texas OST special programs.

Certificates of Appreciation were delivered on 30 March to Broadway Daily Bread on Broadway and to Broadway Daily Bread on DeZavala for hosting year round walk boxes.

We still have certificates of appreciation for Barney Smith, the Loafers, Universal City Public Library and Beethoven Mannerchor which will be awarded.



18th AVA Biennial Convention

Silent Auction: Pat Gunter has put together \$100 worth of gift cards as an auction item donation from the RR club to support the AVA convention.

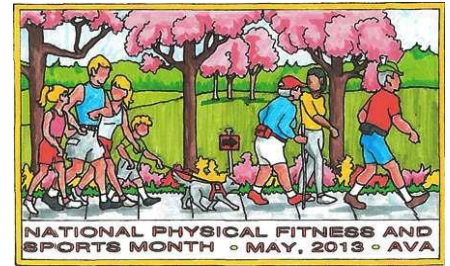


AVA Walking Blog Unveiled

AVA is proud to announce a new Walking Blog, authored by Dr. Michael Nirenberg. The blog can be accessed through the ava.org **Blogs** link. A member of the AVA-sanctioned club, the Windy City Walkers, he provides a unique slant on Volkssporting as an avid walker and a medical official.

According to the nationally renowned podiatrist, "I've spent a great deal of my career trying to find ways to get people on their feet, walking and reaping the benefits of the oldest and simplest exercise there is. I've recommended walking as a cure to anyone who needs to change their lifestyle, breathe easier, feel better, lose weight and improve their appearance (these are only some of the remarkable benefits of walking). It's free and it requires no equipment." Send

him your questions regarding feet and any suggestions for future articles. Dr. Nirenberg publishes www.Flowalking.com, a website devoted to walking research, ideas, clubs, routes and events.



National Physical Fitness and Sports Month Patch

May is National Physical Fitness and Sport Month. Once again Dorman L. Batson, an AVA Lifetime Member from our Northwest Region has designed a unique patch for AVA. Your club may order patches to have available at your May events. A limited number of patches have been ordered. The order form may be accessed through ava.org Administrative link.

IVV Calendar of Events

At the beginning of each year, the IVV publishes a book of Volkssport events organized by its members worldwide. The events are arranged by date and by member country. Types of Volkssport events are specified, their locations, hours, oftentimes their distance, and a name and address to contact for further information. The book is softbound, and is sold very inexpensively from national IVV association members. It is an excellent guide for travelers and to have for reference about the IVV and its programs. 1056 pages of information, it may be ordered from AVA **National Headquarters**, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148



Carlen & Joanne Forinash with Bill Radigan working the start point at Leon Creek YRE group walk & Doug Eide walking.



Darlene Oner & Pat Gunter walking the Monticello Park Historic District event.



Margie & Randy working the 1st checkpoint at Woodlawn Lake - Monticello Park walk



Edwin Brister, Rusty & Martin Callahan in front of a mural on Monticello walk route.



Carol Shaner & Blanca Betancourt at the Kerrville Singing Wind Spring walk.



Kerrville Singing Wind Spring walk event.

*Photos courtesy of Martin Callahan.

Coming Texas Events:

5/11/2013 - 5/11/2013 - Walk

Event Number: 95716 10 km/5 km

Start: Martin Creek Lake State Park

Event City: Tatum - Martin Creek

Lake State Park

Host Club: East Texas Trekkers

Event Website:

www.WalkTexas.org/EastTexasTrekker

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

2334 Saharah, Garland, Tx 75044

Contact: Helen Hull, (972) 530 - 1026

E-Mail:helenthehun@yahoo.com

Club Website:

www.Walktx.org/EastTexasTrekkers/

5/17/2013 - 5/17/2013 - Walk

Event Number: 95692 10 km/5 km

Start: Beethoven Maennerchor Halle und Garten

Event City: San Antonio - An evening walk at Beethoven Maennerchor Halle und Garten

Host Club: Randolph Roadrunners

Event Website:

www.randolphroadrunners.info

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

120 Thomas Edison Drive

Schertz, Tx 78154

Contact: Tony and Nancy Paulson,

(210) 658 - 8324

E-Mail:nantony6@hotmail.com

Club Website:

www.randolphroadrunners.info

5/18/2013 - 5/18/2013 - Walk

Event Number: 95771 10 km & 5km

Start: Visitor's Center-Brazos Bend State Park

Event City: Needville - Brazos Bend State Park Walk

Host Club: Houston Happy Hikers

Event Website:

houstonhappyhikers.com

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

P. O. Box 101, Orchard, Tx 77464

Contact: Catherine Kellner, (979) 478 - 6203

E-Mail:ckellner@twlt.net

Club Website:

www.houstonhappyhikers.com

5/18/2013 - 5/18/2013 - Walk

Event Number: 95756 5K/10K

Start: Balcones District Park

Event City: Austin - Balcones District Park Walk

Host Club: Colorado River Walkers

Event Website:

<http://www.coloradoriverwalkers.org/>

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

3806 Eton Lane, Austin, TX 78727

Contact: Kathy Daly, (512) 809 - 9927

E-Mail:dalykatherine@yahoo.com

Club Website:

www.coloradoriverwalkers.org/

6/1/2013 - 6/1/2013 - Walk

Event Number: 95822 10 km/5 km

Start: Joshua Springs Park & Preserve

Event City: Comfort - Joshua Springs

Park and Preserve

Host Club: Hill Country

Volkssportverein

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

P O Box 822, Comfort, TX 78013

Contact: John Bohnert, (830) 995 - 2421

E-Mail:tinabohnert@gmail.com

6/1/2013 - 6/1/2013 - Walk

Event Number: 95752 10K/5K

Start: Lake House (White Rock) Bar & Grill

Event City: Dallas - Peacock Walk

Host Club: Dallas Trekkers, Inc.

Event Website:

www.DallasTrekkers.org

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

7102 Abrams Rd, Dallas, Tx 75231

Contact: Lesley Bowen, (214) 732 - 6725

E-Mail:lesleybowen@aol.com

Club Website: www.dallastrekkers.org

6/1/2013 - 6/1/2013 - Bike

Event Number: 95761 25 km / 16 km

Start: Lake House Bar & Grill

Event City: Dallas - Bike Around

White Rock Lake.

Host Club: Dallas Trekkers, Inc.

Event Website:

www.dallastrekkers.org

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

1134 Thistle Dr., Mesquite, Tx 75149

Contact: Deborah Carter, (972) 285 - 8102

E-Mail:debwalk@earthlink.net

Club Website:

www.dallastrekkers.org6/8/2013 -

6/8/2013 - Walk

Event Number: 95758 10 km/ 5 km

Start: Taco Cabana #251

Event City: San Antonio - June

SunRise Walk

Host Club: Randolph Roadrunners

Event Website:

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

Club Website:

www.randolphroadrunners.info

6/8/2013 - 6/8/2013 - Walk

Event Number: 95874 10 km / 5 km

Start: Tom Thumb

Event City: Fort Worth

Host Club: Tarrant County Walkers

Event Website:

www.walktx.org/tarrantcountywalkers

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

P. O. Box 100325

Fort Worth, Fort 76185

Contact: Susan Fine, (817) 925 - 5447

E-Mail:finesusan@sbcglobal.net

Club Website:

www.walktx.org/TarrantCountyWalkers

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 _____

E-mail address _____

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

Family members _____

AVA Volkssport Associate Yes No

Amount submitted \$ _____

Eager to serve as club officer_____ or committee chair_____