



Volume 2013 – September, 2013 No. 9  
Next Meeting – October 15, 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** 210-882-8527

*Year-round Event, DeZavala Daily Bread*

**Jackie Morris** 210-558-7231

*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*

**Joanne Forinash** 210-493-8543

[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

### Renewal Time

The following membership renewals are currently due:

**Freya & Ry Snyder, Dorothy Breezee, Totsy Miller, Kwadwo Offei-Nnoma, Debbie & Steve Wilke, Barbara Bornemann, Adalina & Dinah Lawson, Gene & Joyce Lysik, Charles Dill, Pat Lagleder, Tony & Nancy Paulson and Carol Shaner.**

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.



### Welcome new members!

David & Wilma Reyes Live Oak  
Robert & Diana Adelman San Antonio  
Angela Segraves San Antonio  
Marsha LaFleur

### Tales from the Trails

By: Tony Paulson

7 little Capitols to go. But it is a trip with a dual purpose; one being to conquer six of those Capitols and the second being to attend our grandson's High School Graduation in the Cincinnati area.

Day one found us over-nighting in Little Rock, AR on Saturday night. Sunday we attended Mass at the Little Rock Cathedral (beautiful) and then on to Nashville, TN. We had a couple of extra hours on Monday so we walked the Vanderbilt campus YRE, then on to Cincinnati. Awards night on Monday (both Alec the graduate and his sister Sam (sophomore) received several awards).

Tuesday was free so we drove to West Virginia and did the Charleston capitol walk (one down). Hot and not a very interesting walk, mostly out and back. Back to Cincinnati on Wednesday for the rest of the graduation stuff, including parties, etc. We did manage to sneak in a ball game on Friday evening with the Reds defeating the Cubs. The actual graduation was Sunday afternoon.

Monday we were off to Harrisburg, PA, did the walk and stayed overnight (two down).

Tuesday morning we drove to Cape May, NJ. Our oldest son and his wife met us there and did the walk with us (three down). Very nice walk with a lot of it on the shoreline. We stayed overnight there and enjoyed a seafood dinner.

Wednesday morning we took the Cape May-Lewes ferry to Delaware and drove on to Dover. We did that walk (four down) and managed to get quarters on the base.

On Thursday morning I played golf on the base golf course and then we drove to Washington, DC. We were able to get two nights stay at Bolling AFB. On Friday we caught the AF bus to the metro line and rode that to the start point. We did the 11K version of the walk. Very nice walk, going by a lot of the more popular monuments and sights of our Capitol City (five down).

Saturday we drove to Richmond, VA and took care of that walk (six down). That met both goals of the trip, so we could say 'Mission(s) accomplished.' That afternoon we departed for Texas. After 4342 miles we were back where we started. Why do we do this? Now we only have to figure out Honolulu and we will have earned that certificate; 50 states, 51 capitols. Happy trails to all and to all a 'Bon Voyage.'

## From the Desk of the RR Pres-

The next RR club meeting will be held at the Universal City Public Library, Universal City at 7 pm on Tuesday, September 17th.

Hope your calendars are marked for: 28 September at the Land Heritage Institute and, 14 December for the Boerne Christmas walk.

Don't forget to always check the AVA website before doing the YRE walks listed in the "Starting Point." Sometimes information changes during the year and updates on walk times and walk information is posted and kept current on the AVA website.

After a sweltering few weeks I'm surprised any one came out to walk at our last Saturday morning Taco Cabana Sunrise walk, but there were 90 participants taking in the gently rolling hills of StoneOak.

"Thank you's" go out to our volunteer workers: Heinz Johnson, Nancy and Tony Paulson, Jackie Morris, Jim Lytle, Pat Roberts, Suzanne Markgraf, Audrey Vertucci, Rick White, Joanne Forinash, Caryl Swann, and Larry Cook.

And F.Y.I. We were in the News.....



On Friday, July 12, 2013 in the Fitness & Family Events section of the *San Antonio Express-News* and *mySA.com*, a very positive article was presented by staff writer, Jessica Belasco, featuring the Randolph Roadrunners Volkssport Club of Universal City, TX and their upcoming Traditional Event on Saturday, July 13.

"Like all volksmarches, the walk is noncompetitive and family friendly."

This article is also posted on the AVA website.

Remember - If you are out walking PLEASE go early, wear a hat and most importantly HYDRATE. Take care all,

Ellen



## Convention Photographs

Photos from the recent 18th AVA Biennial Convention have been posted to the [ava.org](http://ava.org) website at *Blogs/Photo Gallery*. Additionally, photos may be viewed on the site at *Convention/History*. The *convention website, biennial report* and *recognition awards* are contained in this area as well.

## New TAW Email Address

Articles and photographs for submission to *The American Wanderer* newspaper must be submitted to their new email address, [taw@ava.org](mailto:taw@ava.org). When you send your email, include in the Subject line, "TAW, the region you're covering and the article title." Continue to send information regarding advertisements in TAW, ad contracts or contract revisions to Linda Rebmann at AVA national headquarters, [linda@ava.org](mailto:linda@ava.org). Submission deadline for the October/November issue is August 25.

## Best Practices/Success Story Resource Library

AVA Marketing is working to create a Resource Library as a part of the *Club Publicity Toolkit*. A portion of it will include AVA club best practices/success stories that will be available for all to use on the official website. But we need your input to make it a viable resource. Tell us what you did to increase event participation, recruit new members, or gain additional revenue and community exposure. How about those club social media initiatives you use? Talk about any local partnerships that enhanced your events (i.e. worked with local clinic to create health fair at one of your events). Let us know how you approached the local media and convinced them to use your

press releases. Do you have a personalized speaker's bureau script? Share with your fellow club members how you keep club members interested and involved. Describe some of your club social activities and celebrations or just recommend some links you think others could use. You get the picture. Clubs are asked to send their input using the *Contact Us* link on the [ava.org](http://ava.org) website homepage. The Resource Library will become another tool in the toolkit. [marketing@ava.org](mailto:marketing@ava.org)

## October – National Volkssport Month



Patch design courtesy of Dorm Batson Northwest Region.

October is National Volkssport Month. The 2013 limited edition patch is 100% embroidered. If your club is hosting an event during the month of October and would like to order the patches for your event, please order at least 30 days prior to your event date. Orders will be filled on a first come first filled basis.

## Coming Texas Events:

Write for more information to:

9/14/2013 - 9/14/2013 - Walk

**Event Number:** 95958 10 km/5 km

**Start:** Crestview United Methodist Church

**Event City:** Austin - Violet Crown Community Volksmarch

**Host Club:** Colorado River Walkers

**Event Website:**

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

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

Write for more information to:

10806 Plains Trail  
Austin, TX 78758  
**Contact:** Elayne Barber, (512) 834 - 0492  
**E-Mail:** [elayne\\_barber@yahoo.com](mailto:elayne_barber@yahoo.com)  
**Club Website:**  
[www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

9/21/2013 - 9/21/2013 - Walk  
**Event Number:** 96183 10km  
**Start:** Alamo Springs Cafe  
**Event City:** Comfort - The Bat Tunnel  
**Host Club:** Kerrville Trailblazers  
**Event Website:**  
[www.walktx.org/KerrvilleTrailblazers](http://www.walktx.org/KerrvilleTrailblazers)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
215 Mineola, Ingram, TX 78025  
**Contact:** Brian Fisher, (830) 377 - 4239  
**EMail:**  
[guadalupesigns@omniglobal.net](mailto:guadalupesigns@omniglobal.net)  
**Club Website:**  
[www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

9/21/2013 - 9/21/2013 - Walk  
**Event Number:** 96070 10km & 5km  
**Start:** Georgias Market Downtown  
**Event City:** Houston - Georgia's Market Downtown  
**Host Club:** Houston Happy Hikers  
**Event Website:** **Error! Hyperlink reference not valid.**  
**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  
**EMail:** [hvhpresident@houstonhappyhikers.com](mailto:hvhpresident@houstonhappyhikers.com)  
**Club Website:**  
[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

9/28/2013 - 9/28/2013 - Walk  
**Event Number:** 96190 10km/8km/6km  
**Start:** Hamilton Park  
**Event City:** Dallas - High Five Walk  
**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:**  
15612 Overmead Circle  
Dallas, Tx 75248  
**Contact:** Shelia Brookshire, (214) 663 - 4652  
**E-Mail:** [scbrook@juno.com](mailto:scbrook@juno.com)  
**Club Website:** [www.dallastrekkers.org](http://www.dallastrekkers.org)

9/28/2013 - 9/28/2013 - Walk  
**Event Number:** 95898 5 km/10 km  
**Start:** Land Heritage Institute  
**Event City:** San Antonio - Land Heritage Institute  
**Host Club:** Randolph Roadrunners  
**Event Website:**  
[randolphroadrunners.info](http://randolphroadrunners.info)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
26 Spring Lake Drive  
San Antonio, Tx 78248  
**Contact:** Leon LeVan, (210) 492 - 1778  
**E-Mail:** [leon4126@satx.rr.com](mailto:leon4126@satx.rr.com)  
**Club Website:**  
[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

#### **Brook Hollow Sunrise YRE - 6/29/13**



Priscilla Johnson, Jerry Rehmar, Herb Laing, Heinz Johnson, Bill Radigan, James Wiley & Doug Eide with Indie at the registration table.



Start table with Heinz Johnson and Bill Radigan at the Brook Hollow Sunrise walk.



John Zimmerman, Darlene Oner, Pat Gunter, and Brenda Zimmerman Brook Hollow walk.

#### **Taco Cabana Sunrise Walk - 6/8/13**



Start Point & Registration – Wiley Smith, Pat Roberts, Pat Heller, Doug Eide, Ellen Ott, pat Gunter & Darlene Oner. Taco Cabana 6/8/13



The neighborhood near Deerfield Park – Taco Cabana Sunrise walk 6/8/13



John Pavlovsky stops for picture before starting the 10k route at the Taco Cabana Universal City Sunrise walk 7/13/13.



Pat Booker Road - Taco Cabana Universal City Sunrise walk 7/13/13.



**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 \_\_\_\_\_