



Volume 2013 – October, 2013 No. 10  
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, Ted Cieslak and Elaine Talarski.** 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!*

Rodney & Diana Hammond of San Antonio



*Ft. Smith, Arkansas*

### Tales from the Trails

*By: Mary Quandt*

I recently had the opportunity to walk in Allen, Texas on an out and back trail and in Richardson, Texas from park to park. Both walks were very peaceful in nice residential areas with shade. Both walks started in food stores with lots of free samples also!

Then on to Arkansas where the Ft. Smith route goes through the national park and cemetery. The town's Visitor

Center is a restored Victorian house that was once a brothel.

Van Buren was next and the 5km went through the quaint downtown. But the highlight happened when I was registering for the walk; the hotel manager came up to me and asked me to explain Volksmarching to him and invited me to breakfast. He and his wife had recently arrived from Michigan and wanted to know all about Volkssporting. What a great start point! Kudos to the Arkansas club.

Fayetteville's walk was through the U of A campus and the National Cemetery. Know what a columbarium is? Their downtown square has a wonderful farmer's market and even better flower gardens. Lots of wind in Arkansas so hold onto your hats.

Bentonville's walk took us through the trails around the Chrystal Bridge Museum. It's on 288 wooded acres with a chance to see sculpture along the route and wonderful natural landscaping. And if you're hungry I can tell you where to find some of the best donuts ever!!

### 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, October 15th.

The official RR nominating committee is being spear-headed by Nancy Paulson for the upcoming election for the offices of Vice-President and Secretary of the Randolph Roadrunners. If you would like to serve as a club officer, contact Nancy [nantony6@hotmail.com](mailto:nantony6@hotmail.com).

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

Barney Smith and his wife Velma of the famous Toilet Seat Museum celebrated their 74th wedding anniversary on 27 August. Bill and Jane Radigan gave all their German Volkssport medals to Barney and he built what he says is the world's largest toilet seat measuring over six feet to display all the medals. It looks really sharp!

Ellen



## TAW Deadline

Articles and photographs for submission to *The American Wanderer* newspapers deadline for the December/January issue is October 25. All articles to include Tails on Trails and photographs should be submitted to [taw@ava.org](mailto:taw@ava.org). Please include in your email Subject Line "TAW, the region you're covering and the article title." Send information concerning advertisements in TAW, ad contracts and contract revisions to Linda Rebmann at email, [linda@ava.org](mailto:linda@ava.org).

## Good Housekeeping Magazine Recommendation

The AVA received national recognition from Good Housekeeping Magazine in their September 2013 issue as the organization of choice for locating walking clubs. The recommendation appeared in an article in the Health News section, page 74, and was titled *BFFs Best Fitness Friends*. It read: "Workouts breeze by when you're catching up with pals. You'll also stick with them and get fit, a 19-study review group of walking programs found. Streamline scheduling at [meetomatic.com](http://meetomatic.com) or find a local walking club (try the American Volkssport Association at [ava.org](http://ava.org).)"

Good Housekeeping is the sixth largest of all U.S. magazines with a circulation of 4,354,740. The cost of an ad this size in this magazine would cost about \$66,880. This represents significant national exposure for the AVA.

## AVA Centurion Achievement Challenge

Registration for the 2014 Challenge begins October 1, 2013 for Associate member volkssporters with the actual

program walking activity starting January 1, 2014. The annual participation fee is \$25. To be eligible for 2014 awards, the record books containing 100 valid entries must be returned to AVA Centurion Achievement Challenge no later than February 15, 2015. Event carryover from one calendar year to the next is not permitted so hurry up and complete your 2013 record walks by the December 31, 2013 deadline. Completed 2013 Challenge record books are due to AVAHQ no later than February 15, 2014. Some 350 individuals signed up for the 2013 program. Fifty-five volkssporters to date have successfully met the initial challenge to become Centurion Champions. The program was started to encourage and recognize those Associate members who make a special, serious commitment to the "Fitness" aspect of our Fun, Fitness, Friendship slogan.

## Safety Reflectors

Walking at night can be quite dangerous for obvious reasons. We wanted to share an offer we received recently concerning personal reflectors. The literature states they are made in the U.S., weatherproof, shatter proof, 2-sided, ultra-lightweight and easy to transfer. The vendor, Gary Castelle, is offering a 25% discount on any orders placed on his website: <http://www.personal-reflectors.com>. Enter the AVA discount code AVA25. The price for a round reflector is \$1.50 with rectangle shapes running \$2.25. Shipping is free.



Patch designed- Dorm Batson Northwest Region.

## October – National Volkssport Month

Serious national recognition of Volkssporting began in 1987 with the Nationwide Volkssport Weekend. In 1991, the AVA National Executive Council (NEC) expanded the celebration to the entire month of September, and now of course, that has changed to October. The name was also changed to the National Volkssport Month.

Any event taking place in October can be designated as part of the national celebration and each participant qualifies. Contact a local club or sanctioned event for details.

The patch design was submitted by Dorm Batson of the Northwest Region and depicts a beautiful fall scene on a full-color, 100% embroidered cloth patch.

Historically, the month of October was selected to take advantage of more favorable weather conditions in most parts of the country. Additionally, it was felt that October dates could be more often coordinated with local autumn festivals such as Oktoberfest. This month normally generates the largest percentage of established, sanctioned activities during the year as well.

## Recording Achievements

As more volkssporters are finding it difficult, if not impossible to complete 10K walks, they are turning to some creative record bookkeeping. This is causing some concern with record book processing at AVA HQ. Books must be completed in the correct sequence and insert cards must be used to make up the required distances.

Clubs are required to keep a stock of record books and should not allow individuals to purchase record books out of sequence in lieu of insert pages. The conditions of attainment prescribed by IVV and printed on each book require that a new event and/or distance book must be purchased for each level of achievement starting with the lowest level. Use of the wrong book is resulting in carryover credit, and that in turn is increasing overall processing times and the possibility for error.

Insert cards will not be processed unless they are accompanied by the correct record book.

### **Coming Texas Events:**

10/5/2013 - 10/5/2013 - Walk

**Event Number:** 96444 10km/5km

**Start:** Texas Baptist Historical Center, Museum

**Event City:** Brenham - Independence

**Host Club:** Houston Happy Hikers

**Event Website:**

[www.houstonhappyhikers.com](http://www.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

**EMail:**

[hjhpresident@houstonhappyhikers.com](mailto:hjhpresident@houstonhappyhikers.com)

**Club Website:**

[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

10/5/2013 - 10/5/2013 - Walk

**Event Number:** 95813 10km/5km

**Start:** Castroville Area Chamber of Commerce

**Event City:** Castroville

**Host Club:** Castroville Chamber of Commerce

**Event Website:**

<http://www.castroville.com/volksmarch.html>

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

**Write for more information to:**

PO Box 572

Castroville, TX 78009

**Contact:** Brenda Kempf, (830) 538 - 3142

**E-Mail:**[brenda@castroville.com](mailto:brenda@castroville.com)

10/5/2013 - 10/5/2013 - Walk

**Event Number:** 96488 11km/5km

**Start:** Old Railroad Depot

**Event City:** Paris - Walk in Paris - Texas

**Host Club:** Star Trekkers of Irving

**Event Website:** [www.starttrekkers.org](http://www.starttrekkers.org)

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

**Write for more information to:**

805 Glenn Drive

Eules, Tx 76039

**Contact:** Gary Silkworth, (817) 571 - 9786

**E-Mail:**[gsilkworth@msn.com](mailto:gsilkworth@msn.com)

**Club Website:** [www.starttrekkers.org](http://www.starttrekkers.org)

10/11/2013 - 10/11/2013 - Walk

**Event Number:** 95844 10K, 5K

**Start:** Amphitheater, Chisos Basin, Big Bend National Park (stop at Ranger Station for map)

**Event City:** Big Bend National Park - Lost Mine Trail

**Host Club:** West Texas Trail Walkers

**Event Website:**

[www.westtexastrailwalkers.org](http://www.westtexastrailwalkers.org)

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

**Write for more information to:**

3200 Clawson Rd.

Austin, Tx 78704

**Contact:** Linda Fields, (512) 416 - 0100

**E-Mail:**[lgfields@sbcglobal.net](mailto:lgfields@sbcglobal.net)

**Club Website:**

[www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

10/13/2013 - 10/13/2013 - Walk

**Event Number:** 95847 10K, 5K

**Start:** Lower Burro Mesa Pouroff Trail head located in the parking area at the end of Burro Mesa spur road off the Ross Maxwell Scenic Drive.

**Event City:** Big Bend National Park - Chimneys Sunrise Hike

**Host Club:** West Texas Trail Walkers

**Event Website:**

[www.westtexastrailwalkers.org](http://www.westtexastrailwalkers.org)

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

**Write for more information to:**

3200 Clawson Rd.

Austin, Tx 78704

**Contact:** Linda Fields, (512) 416 - 0100

**E-Mail:**[lgfields@sbcglobal.net](mailto:lgfields@sbcglobal.net)

**Club Website:**

[www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

10/19/2013 - 10/19/2013 - Walk

**Event Number:** 96340 10km/5km

**Start:** John Bunker Sands WETLAND CENTER

**Event City:** Seagoville - John Bunker Sands WETLAND CENTER

**Host Club:** Plano Walking Club

**Event Website:**

[walktx.org/planowalkingclub/John\\_Bunker\\_Sands\\_Wetland\\_Center\\_Walk\\_10-19-2013.pdf](http://walktx.org/planowalkingclub/John_Bunker_Sands_Wetland_Center_Walk_10-19-2013.pdf)

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

**Write for more information to:**

4221 Whistler DR

Plano, TX 75093

**Contact:** Maggie Cole, (469) 233 - 0161

**E-Mail:**[maggiec01@verizon.net](mailto:maggiec01@verizon.net)

**Club Website:**

[www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)

10/19/2013 - 10/19/2013 - Boating

**Event Number:** 96394 1500m

**Start:** Zuehl's Hall @ Rio Cibolo Ranch

**Event City:** Zuehl - ZZZzzzzee Boat

**Host Club:** LoneStar Walkers

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

**Write for more information to:**

27727 Ramblewood

San Antonio, Tx 78261-2013

**Contact:** Heinz Johnson, (830) 980 - 5723

**E-Mail:**[heinzjh@gvtc.com](mailto:heinzjh@gvtc.com)

10/26/2013 - 10/27/2013 - Walk

**Event Number:** 95823 10km/5km

**Start:** Waring VFD Hall

**Event City:** Waring - Big Joshua

**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](mailto:tinabohnert@gmail.com)

10/26/2013 - 10/27/2013 - Walk

**Event Number:** 95824 10km/5km

**Start:** Waring VFD Hall

**Event City:** Waring - Little Joshua

**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](mailto:tinabohnert@gmail.com)



Martin Callahan, Indie and Pat Heller at the Kerrville Trailblazers' Bat Tunnel walk 9/21/13.



Barbara Duke (left) and Judy Perry pose for a picture at the Old Tunnel State Park Entrance.



Overlooking the Bat Tunnel



Entrance to the Bat Tunnel

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