



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2013 – November, 2013 No. 11
 Next Meeting – November 19, 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

AVA Website
www.ava.org

TVA Website
www.walktexas.org

SW Regional Director
Joanne Forinash 210-493-8543
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, Elaine Talarski, Leanne Blackburn, Carrie Blackburn, Mary Quandt and Laurie Taylor. 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.



Welcome new members!

Sandra Lamprecht San Antonio
 Betsy Kernahan San Antonio
 Gerry Wagner San Antonio
 Laura Cortez San Antonio

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, November 19th.

The election for the offices of Vice-President and Secretary of the Randolph Roadrunners will be held at the November meeting. If you would like to serve as a club officer, contact Nancy Paulson, nantony6@hotmail.com or Rick White RickWalks@aol.com

Thanks bunches to the following volunteers for making the Land Heritage Walk a success: Leon LeVan who was the liaison to the Land Heritage staff and Bill Radigan for the walk routes. Heinz and Priscilla Johnson, Pat Gunter, Darlene Oner,

Joanne and Carlen Forinash, Tony and Nancy Paulson, Jill Troyer, Cheryl Lardy, and Pat Roberts.

While you all were enjoying the beautiful scenery and new walking trails, I was on the island of Mallorca for the day.....

The Texas Volkssport Association Special Program books for the Texas Historical Marker Program are available from Ellen Ott and also at all traditional Volkssport events. Checks for \$10 made out to the TVA will purchase a program book.

December 31, 2013 is the conclusion of the 35 on 35 Program. If someone cannot complete the program by then, they will receive the patch with a note to complete the program as they can.

Ellen



Christmas Party - 2013!

This year the Roadrunner Christmas party will be held on Tuesday, December 17 in lieu of a regular club meeting.

We will meet at 6 P.M. at the River City Seafood and Grill which is located at 115 N. Loop 1604, suite 1108. The restaurant is located on the north side of 1604 between 281 and Stone Oak Parkway (and there are other items besides fish on the menu). We will be able to order off the menu and receive separate checks.

We will also have our traditional Chinese Auction with the gift costing between \$10 and \$15. So, come join us!



Peruvian woman in traditional dress with a baby & adult llama. This was taken on a hill outside Cusco near a large statue of Christ called Cristo Blanco.



Randy & Marge - Machu Picchu ("Old Mountain") with Huayna Picchu ("Young Mountain") in the background.

Tales from the Trails

Machu Picchu, Perú -1-7 Sept.

2013 - By Randolph Baker

Margie and I had planned to travel to Machu Picchu for a few years now, but it was her father's suggestion that he wanted to visit it that prompted us to plan the trip. We planned and set up the whole thing ourselves -- no travel agency. It was a lot of work, but I like that we weren't herded through tours from one place to another like cattle. It was nice to be on our own schedule. We practiced by climbing the trails in Friedrich Wilderness Park every week for two months leading up to the trip. The practice helped, but Friedrich is no match for the Andes Mountains of Peru!

Our journey to Machu Picchu started with an early morning flight to Cusco, a city in the mountains. The altitude in Cusco is over 11,000 feet, and altitude sickness can be a problem. There are pills available at any pharmacy to counteract the effects of the altitude, and our hotel offered us tea made from coca leaves to drink. The tea seemed to help us with the altitude, and I recommend it for when you go. In Cusco, we saw some fascinating architecture, the Plaza de Armas, a busy

square with restaurants and shops surrounding it, and the Cathedral de Cusco. Everywhere we went in Peru in general, people were trying to sell us something such as paintings or trinkets, or wanting us to take pictures of them in their traditional clothes, and there were even a few ladies carrying around baby llamas for photo opportunities.

From Cusco, we took a bus to Ollantaytambo, and then a train to Aguas Calientes, which is a small town in the Sacred Valley right below Machu Picchu. There are no roads to Aguas Calientes - the train is the only way to get there. To get to Machu Picchu, you can walk up the hill, which they said would take about two hours, but I'm pretty sure it would have taken us all day. We took the bus instead, which winds up the side of the hill on a narrow road full of switchbacks. Buses are going up and down all day and it was pretty scary when two buses passed each other on this road! As we rode up the winding road, we saw the steps going up the side of the mountain for the adventurous walkers. Once we got into the park (it is a Peruvian National Archeological park), we walked for about three hours amongst the ruins. There are hundreds if not thousands of stairs to get from place to place, and it was quite impressive. From the ruins, you can see Huayna Picchu, a mountain almost 9,000 feet high, right above Machu Picchu. Although you can't see it in the picture, we could see people climbing up the side and thought we would never be able to do that. But we had already planned to do it, and had paid for the entrance, so we decided we would make it even if it killed us!

So on our last day, we hiked up to the top of Huayna Picchu. First, we had to go all the way through Machu Picchu to get to the gate for Huayna Picchu. Then it was down a small valley before the climb started. What a climb it was! We climbed up hundreds of stairs, and there were lots of switchbacks, and some cables along the way to assist the effort. We had to stop every twenty steps, but we made it all the way to the top! At the top, there were many large boulders to climb over and even a small cave-like tunnel to crawl through. The journey down was not much easier or faster. It included a narrow, steep stairway that we had to "spider-climb" in places to get down. The whole trip took about 2 hours 45

minutes, which is pretty good considering all the stops for picture-taking and resting that we had to do. The views were breathtaking, the local food was worth trying, and the people were very friendly. We had a very good trip, and I would recommend it to anyone who likes lots of walking and climbing!



The top of Huayna Picchu, 2,693 meters (8,835 ft.)

*Trip photos by Randy and Margie.

Monthly Friendship Walks

Susan and Darren Medllin are organizing the following group walks and inviting walkers to come join them. "Come do a 10km group walk with us. We will bring the walk box and a snack. You bring a smile and your Volksmarching books."

Contact Susan at sueammed@aol.com for any other information on the walks:
 Nov. 11 (Mon) 7:30 am - Boerne Cemetery walk
 Dec. 4 (Wed) 8:00 am - Friedrich Wilderness Park
 Jan. 15 (Wed) 8:00 am - Boerne Town walk
 Feb. 19 (Wed) 8:00 am: Crownridge
 Mar. 6 (Thur) 8:00 am - Boerne Nature Center walk
 Apr. 9 (Wed) 9:00 am - Junction
 May 1 (Thur) 7:30 am - Schertz/Cibolo

"Save For Someone" List

The following items are being saved by club members for different organizations, charities, or personal use. If you have any of these items and wish to donate, bring them to a club meeting or contact Ellen Ott for info.

Toilet/Paper Towel rolls	Ellen
Shoe Boxes	Ellen
Can Tabs	Linda G.
Pill bottles	Gerry K.
Baby Diaper Coupons	Suzanne M.
Betty Crocker Box tops for Education & Codes from Coke Products	Pat R.

Land Heritage Institute Walk Event - 9/28/13

photos by Martin Callahan



Event start point, registration and finish table



Check point at the Presnall-Watson homestead



Entrance to LHI



Carlen Forinash, kneeling at the map, points out some interesting sites along the trail to volkssporters.



Coming Texas Events:

11/2/2013 - 11/3/2013 - Walk
Event Number: 96404 10km/5km
Start: Behind Christmas Store
Event City: New Braunfels - Wurstfest Walk
Host Club: NB-Marsch-und Wandergruppe
Event Website:
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
746 Shady Hollow
New Braunfels, TX 78132
Contact: Marlin Brendsel, (830) 226 - 7035
E-Mail: mbrendsel@hotmail.com
Club Website:
www.muw.walktexas.org

11/9/2013 - 11/9/2013 - Walk
Event Number: 96602 10km/5km
Start: Mineola Nature Preserve
Event City: Mineola - Mineola Nature Preserve (Wood County)
Host Club: East Texas Trekkers
Event Website:
www/WalkTx.org/EastTexasTrekkers
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/

11/9/2013 - 11/9/2013 - Walk
Event Number: 96885 10km, 5km
Start: Pavilion 1 Johnson Park
Event City: Marble Falls
Host Club: Selma Pathfinders
Event Website:
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
17314 Springhill Dr.
San Antonio, Texas 78232
Contact: Phyllis Eagan, (210) 496 - 1402

E-Mail: papre1947@yahoo.com
Club Website:
www.selpathfinders.com

11/9/2013 - 11/9/2013 - Walk
Event Number: 97073 10km/5km
Start: Miramar Park and Pool Pavilion
Event City: Seabrook - Seabrook
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, Texas 77464
Contact: Catherine Kellner, (979) 478 - 6203
Email:
hphpresident@houstonhappyhikers.com
Club Website:
www.houstonhappyhikers.com

11/16/2013 - 11/16/2013 - Walk
Event Number: 96466 10km/5km
Start: Lower Colorado River Authority (LCRA) Redbud Center Building
Event City: Austin - Red Bud Isle Volksmarch
Host Club: Colorado River Walkers
Event Website:
www.coloradoriverwalkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
2012 Krizan Ave.
Austin, Tx 78727
Contact: Sam Harris, (512) 828 - 1229
E-Mail: jaltex@sbcglobal.net
Club Website:
www.coloradoriverwalkers.org/

11/16/2013 - 11/16/2013 - Walk
Event Number: 95588 12 km/15 km/6 km
Start: Hotel Lawrence

Event City: Dallas - JFK & Officer Tippet
Host Club: Dallas Trekkers, Inc.
Event Website:
www.DallasTrekkers.org
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.dallastrekkers.org

11/30/2013 - 11/30/2013 - Walk
Event Number: 97093 10km/5km
Start: Texas A&M-Northgate Hensel Park
Event City: College Station
Host Club: Brazos Valley Trailblazers
Event Website:
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
4044 Bird Pond Rd
College Station, TX 77845
Contact: Patricia Salzmann, (979) 739 - 1029
E-Mail: bvtrailblazers@gmail.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 _____
Apt No. _____

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

City _____ State _____ Zip code _____

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

Telephone number _____

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.

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 _____