



Volume 2014 – January, 2014 No. 1
Next Meeting – January 21, 2014
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 210-723-8574

Vice President

Susan Medlin 210-325-3523

Treasurer

Pat Gunter 210-479-0805

Secretary

Pat Roberts 210-657-5814

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 Event, DeZavala Daily Bread

Jackie Morris 210-558-7231

Year-round Event, Junction

Ellen Ott 210-723-8574

Year-round Event, Leon Creek

Bill Radigan 210-882-8527

Year-round Events, San Antonio

Ellen Ott 210-723-8574

Year-round Events, Schertz

Tony Paulson 210-658-8324

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:
Charles Dill, Carrie

Blackburn, Laurie Taylor, Patricia Heller, George & Ginny Klotzbach Rueben & Marta Knape, Hal & Marilyn Leonard, Caryl Swann, Bilita & Don VanCleave, Anne White Albert Binch, Mary DeLagarza, Robert Fannin, Ofelia Garcia, John & Carol Glass, Jacob Gollinger, Ruth Liggins, Wendy Martin, Cynthia Mayfield and Jacqueline Morris.

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!

The Rocha Family San Antonio
James Hull & the Roberts Family 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, January 21, 2014.

Upcoming RR walks:

4 January - Corner Bakery Café, Lincoln Heights walk event.
8 February – Del Webb Hill Country walk event. Call Ellen 210-723-8574 or email at ellenott@sbcglobal.net to work the events. The more volunteers, the shorter the shifts. Workers can do the walks as their schedule allows.

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.

Boerne Christmas Event A Big Success!

We had 168 walkers, (10 of them for the first time) beautiful weather, nice trails, wonderful fresh bread, homemade fruit cake and we gave out over 50 Christmas surprises. “Thank You” wonderful Randolph Roadrunner Team. You always step up to the plate and help where needed. This kind of walk does not and cannot happen without the kind of support we get from all of you. A special “Thanks” to those who were volunteers for the first time. I hope you had lots of fun, met some new friends, felt rewarded for your efforts and will become a regular part of our volunteer team. A huge Texas size “THANK YOU” to the Volunteer Team for this walk: Nancy & Tony Paulson, Pat Gunter, Darlene Oner, Susan & Darren Medlin, Herb Laing, Wiley Smith, Bilita & Don Van Cleave, Carol Shaner, Liz & Leon LeVan, Rick White, Raul & Suzan Soto, Pat Heller, Heinz & Priscilla Johnson, Pat Roberts, Ellen Ott, Mike Hermes, Bill Radigan and Carlen Forinash.
YOU ARE ALL WINNERS IN MY BOOK!

Joanne Forinash

Rockport Tropical Christmas Walk

I want to personally say THANK YOU to the Randolph Roadrunners who drove to Rockport on the 6th to walk and work the walk and swim on the 7th. You went far beyond the call of duty to support and help a new club put on their first walk. You did all this in severe cold and windy weather. The Rockport City Parks & Recreation staff took notice of your generous spirit and wiliness to help them. Again a big THANK YOU to: Heinz & Priscilla Johnson, Ellen Ott, Mike Hermes, Pat Gunter, Darlene Oner, and Carlen Forinash.
YOU ARE ALL WINNERS IN MY BOOK!

Joanne Forinash



Next NEC Meeting

The next NEC meeting is set for Friday and Saturday, **January 10-11, 2014**. Meeting begins Friday, 7 p.m., at the Hotel Tucson, Windmill Suites, 475 N. Granada, Tucson, AZ 85701

Centurion Achievement Challenge

Associate member volkssporters still have until December 31, 2013 to complete your remaining walks and qualify for the 2013 Challenge awards. The completed 2013 Challenge record books must be returned to AVAHQ no later than February 15, 2014. Event carryover from one calendar year to the next is not permitted. Registration is now open for the 2014 Challenge. You can start walking for record January 1, 2014. The annual participation fee is \$25. Find the registration form on the AVA website:
http://www2.ava.org/avaforms/Centurion_Fillable_Form.pdf

Donations to AVA are Tax Deductible

The closing days of 2013 present the perfect opportunity for volkssporters to make tax deductible donations to AVA, a 501(c)(3) corporation. Your generous support will enable us to offset our current limited revenue base. (download donation form from AVA website) We're not asking you to give, but to give back for all the great times you have experienced with AVA. Thank you in advance for your donation in support of Volkssporting in America. Your donation to AVA is deductible the same year in which it is made. The contribution is considered paid when you put the check in the mail, or when it is charged to your credit card (not when you pay the credit card company). Make sure that your donation is made by December 31. Check IRS guidelines on contribution limits. We will provide a donation receipt that will allow you to claim your deduction for cash, check, or other monetary gift. Go to the AVA website for further information on planned giving opportunities.

AVA Member Survey

This study was conducted by Virginia Tech University as part of their partnership agreement with the AVA -- *By Chuck Blische*

Volkssporters view personal fitness and exercise as an important part of their daily lives; they are using social media more and they expressed overall satisfaction with their AVA experiences. These were some of the findings from a three-part survey conducted as part of a collaborative partnership with Virginia Tech University and AVA. There were 1,238 respondents who provided feedback on issues of social media use, age and participation. Its purpose was to gain understanding and analyze involvement, beliefs, attitudes and general demographics.

Nine out of ten respondents feel competent in using the internet with about half that percentage indicating competence in using a smart phone and social media in general. Younger members (50 and under) feel more competent using a smartphone (73% vs. 44%) and social media (84% vs. 45%) and are more likely to hear about AVA through an internet search (22% vs. 5%). Male respondents feel more competent with using social media than women (63% vs. 51%) and smart phones (54% vs. 47%).

The survey found that 93% of member respondents are over 50 years old and that women now represent 70% of the AVA population. Although women feel more connected than men because of friendships created at the club levels, only half of surveyed AVA members joined because of this. Fitness and exercise were cited as the main reason for joining. Fun and enjoyment ran a close second. Eighty five percent of older members (50 years +) also expressed satisfaction with their AVA memberships. Ninety-eight percent of all respondents participate in AVA sponsored walking events with 72% indicating participation in the IVV Awards Achievement Program. There are more women than men participating in the program and survey results indicate they find the record books useful. 36% of AVA members first heard of AVA through word of mouth. Volkssporters indicate minimal interest in participating in cause-related marketing walks. Women are more likely to participate in walking, biking and swimming which remain the three most participated in sport by all participants. Walking tops the list with 99% of respondents having walked. According to the survey, respondents represent a well-educated group with a majority of them indicating they had some college with 39% having earned post graduate degrees. Volkssporters receive updates on AVA news and events from the AVA and club websites, The American Wanderer (TAW) and email, in that order. Other sources include the Checkpoint and

club newsletters, word of mouth and Facebook. The survey revealed a lack of knowledge from respondents regarding the AVA organization in general. Nearly 40 % responded negatively to the question did they know what AVA region their club was in.

In part two of the survey, telephone interviews were conducted with Regional Directors from the last Executive Council XVII. Seven of the 10 surveyed are no longer serving on the Council. They provided some insights as follow: AVA should take advantage of technology to improve efficiency and promotional efforts. Clubs should concentrate on the promotion of fellowship and community through social events and hold more themed walks and that events should continue to offer opportunities for not only national but international travel though AVA and IVV events. They identified a lack of knowledge by some club members regarding AVA operations, to include the AVA national HQ tasks and nationwide regional organization. Some misgivings were expressed about partnering with other nonprofits on national walks. Some feel that the current two-year RD terms are too short and inhibit efforts to implement change while others are concerned that our conventions and conferences are too expensive. Additionally, RDs suggested that guidelines are needed for promoting AVA to internal and external publics. A third survey conducted research in a community with no existing AVA organization or activity. The survey provided detail among targeted age audiences and results indicated a positive acceptance of AVA activities across all age groups. Younger male audiences (18-29) want medium to intense competitive workouts, but not so from 30 years on. About 90% of male and female respondents said they would like to participate in an AVA sponsored event and more than half would consider travel to events outside the state. Most respondents preferred walking with a partner. Finally, 75% of that community prefers walking over other outdoor activities.

The survey project coordinator was Professor John Tedesco, PhD, Associate Professor and Director of Research and Outreach, in the Virginia Tech University Department of Communications. In his letter to AVA Marketing and Publicity Director Chuck Blische, Tedesco indicated that \$68,700 presents a conservative estimate of the in-kind donation amount made by the university students' collective efforts on the survey and other related projects. His 20 students worked an average of 10 hours per week for 15 weeks which translates to 3,000 service hours. The University has agreed to work with AVA on future projects.

Coming Texas Events:

1/1/2014 - 1/1/2014 - Walk

Event Number: 98087 10km/5km

Start: St Joseph's Halle

Event City: Fredericksburg - Midnight Walk

Host Club: Texas Volkssport Assn.

Event Website: www.WalkTx.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: walktexas.org

1/4/2014 - 1/4/2014 - Walk

Event Number: 98130 10km / 5km

Start: Corner Bakery Cafe in Lincoln Heights (Quarry)

Event City: San Antonio - Alamo Heights Museum Trail

1/4/2014 - 1/4/2014 - Walk

Event Number: 98131 10km / 5 km

Start: Corner Bakery Cafe - Lincoln Heights (Quarry)

Event City: San Antonio - Alamo Quarry Market Trail

Host Club: Randolph Roadrunners

Event Website: www.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

1/4/2014 - 1/4/2014 - Walk

Event Number: 98078 10km/5km

Start: Huffhines Recreation Center

Event City: Richardson - Duck Creek Trail

Host Club: Dallas Trekkers, Inc.

Event Website: www.DallasTrekkers.org

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

Write for more information to:

429 Terrace Dr

Richardson, Tx 75081

Contact : Linda McDonald, (972) 977 - 4845

E-Mail: lsmcdon@gmail.com

Club Website: www.dallastrekkers.org

1/11/2014 - 1/11/2014 - Walk

Event Number: 98158 10km/5km

Start: Mosquito Cafe

Event City: Galveston - Galveston-Winter

Host Club : Houston Happy Hikers

Event Website: www.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

2/1/2014 - 2/1/2014 - Walk

Event Number: 98315 10 km/5 km

Start: College Station Southside

Historic District and Texas A&M-

Event City: College Station, TX -

Southside Historic District and Texas A&M

Host Club : Brazos Valley Trailblazers

Event Website: bvt.walktx.org/

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) 774 - 9038

E-Mail: bvtrailblazers@gmail.com

Christmas Party -

12/17/13

River City Seafood & Grill



River City Seafood & Grill Restaurant.



River City Seafood & Grill party/dining room.



River City party/dining room



Chinese auction gifts.



Herb Laing watches Ellen Ott and Linda Goodman get cake ready to serve.



Carol Shaner displays the 4th and last gift she selected.



End of the night.

*All photos courtesy of Martin Callahan

Boerne Christmas Walk- 2013



Mike Hermes visiting Nancy & Tony Paulson at the Registration table.



Priscilla & Heinz Johnson and Pat Gunter at the Finish Table.



Refreshment table at the start point.



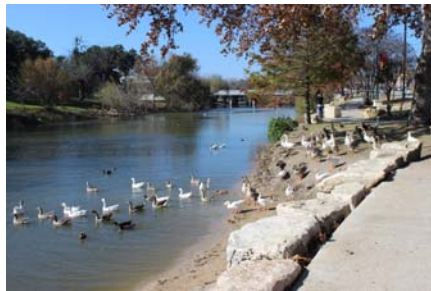
Pat Roberts, Joanne & Carlen Forinash at the Sales table.



Martin Callahan in the Kronkosky Tower.



Coffee can bread baked by the San Antonio Loafers.



Water fowl at the Boerne River Park.



Boerne holiday street banner along the walk

*All photos courtesy of Martin Callahan



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 _____