



Volume 2014 – March, 2014 No. 3
 Next Meeting – March 18, 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:
Patricia Heller, George & Ginny Klotzbach, Hal & Marilyn Leonard, Anne White, Albert Binch, John & Carol Glass, Jacob Gollinger, Ruth Liggins, Wendy Martin, Jacqueline Morris, Elaine Adams, Pari Dean, Terry Forinash & Judy Dalmolin, Jack & Susan Jeter, Suzy Krisak, Cheryl Lardy, Minnie Regalado, Narendra & B.P. Agrawal, the Aguayo family, James Andermann, Diane & Wesley Bair, Anna Barton, Tiger Davila, Colleen Freeman, Frank Gresham, Edna Kitchen, Linda & Sean Kook, Chris & Julie Koval/Caleb, Don & Geri Kraft, James Lytle, John Mason, Shauna McGoon, Mario & Barbara Medina, the Morgan family, John & Helen Murphy, Lucy Poludniak, Lesley Rubin, Melinda Travis, Virginia Valenzuela and Teresa Ybarra 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!

Nadine Sinclair	Colorado
Herbert Schwencke	San Antonio
Christopher Sanchez	San Antonio
Cindy Krueger	San Antonio
The Ellison family	Cibolo

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, March 18, 2014.

Congrats to RR members, Tony & Nancy Paulson on completing their 50th State walk this February in Hawaii!

Upcoming RR walks:

15 March - Boerne Main Plaza Family Fair. (The walk begins at 8 am and the Family Fair is from 10 am to 2 pm in the Main Plaza.)

16 May – King William/Beethoven Halle. Call Ellen 210-723-8574 or email ellenott@sbcglobal.net if you can volunteer to work at the events. The more volunteers we have, the shorter the shifts.

Monthly Friendship Walks – Changes*

Come do a 10 km group walk with us.

The Schedule has changed as follows:

*6 Mar: [Junction](#) at 9:00 am

In Boerne for the whole month of April it's "Get Fit Boerne" month. All three of the Boerne YREs will be featured as follows with a start time of 8:30 am.

April 3 - Cemetery

April 10 – Nature Center

April 17 – Town walk

Ellen



A walker on the Del Webb Persimmon trail *Event Photos courtesy of Martin Callahan



Del Webb Event 2/8/14

"Thank you" to all who worked the Del Webb walks on Saturday: Susan Medlin and Carol Shaner at the Start table, Heinz & Priscilla Johnson and Pat Gunter & Darlene Oner at Registration,

Joanne & Carlen Forinash at Finish table and Diane Battan & Pat Roberts at Sales. Thanks to our Check Point volunteers: Don & Bilita VanCleave, Janis Witt, Rick White, Larry Cook and Jerry Rehmar and also to Holly Hermes for monitoring the indoor swim event.

Between the two walks, there were 115 walkers and 24 swimmers. Again, thank you to all for making the Roadrunner events so special.

Ellen



Ted Cieslak next to a sculpture made from canoes on Navy Pier along the Chicago Downtown YRE.

Tales from the Trails

By **Ted Cieslak*

Four trips (one business trip, two weddings, and a family reunion) to the Midwest in rapid succession last summer and fall afforded the opportunity to sample many new walking trails in Illinois, Indiana, Ohio, and Western Pennsylvania. Moreover, they gave me a chance to experience not one, but two (this will sound very weird, but.....) Pierogi Festivals (more about that later). I'll focus on two of those trips here (the two that included pierogi):

Starting out from my Chicago convention hotel, I decided to play hooky on a spectacular summer morning in order to do the Chicago downtown YRE. The walk proved to be a great orientation tour of Chicago's sights, supplemented by the additional couple of kilometers it took to walk to the start point (I had no desire to brave Chicago traffic in my rental car and even less desire to attempt to find a parking space for it). The trail winds around the lakefront, past the Aquarium and Adler Planetarium, down Navy Pier, and along the Magnificent Mile shopping district. It would difficult to

imagine that one could design a better walking tour of Chicago's attractions or that more sights could be crammed into 10 kilometers.

Nonetheless, after a week of sitting in day-long meetings and fighting Chicago crowds at lunch and dinner, I felt a need to get out of the city and thus selected a pair of walks on the far periphery of Chicago's exurbs. The first proved to be a very relaxing stroll in the cool of the evening along the Old Plank Road Rail Trail in Frankfort Illinois. Walking under a canopy of arching trees made it difficult to imagine that urban Chicago was nearby. I followed this event up by venturing even further out to the little town of Morris, along the Illinois River. The YRE there is a pleasant combination of small town sidewalks, riverfront levees, and hike-and-bike trails.



Barb, Colleen, Clarissa and Marie Antoinette at the Whiting Pierogi Festival.

A few days later, the convention finally over, I headed to Whiting Indiana on the south shore of Lake Michigan to take in the Whiting Pierogi Festival. The descendant of Polish immigrants (my father's parents arrived at Ellis Island as newlyweds from Poland on the 4th of July of 1911), I was raised on Polish cooking and relished the opportunity to partake of this unique celebration of gluttony with its 70 pierogi vendors (don't tell my boss, but the opportunity to visit Whiting was the real reason I agreed to go to the convention in the first place). Several thousand calories later, I figured a good walk was in order and settled on the Valparaiso YRE. Trekking through this pleasant college town gave me an opportunity to complete my "Baseball Walks" special

event book and wear off a tiny fraction of those calories before heading home to San Antonio.

A month later, I was back in the Midwest, this time for a get-together with friends and family in Ohio. My choice of YREs there was in the quaint rural town of Orrville, home to the Smuckers Company. While I walked, my wife and daughter visited their store, ensuring that we had enough jelly and jam to compensate a hundred-fold for any glucose I may have metabolized while walking. Once our reunion was over, I headed back to Indiana (this time to the Eastern edge of the state) to visit friends and partake of a couple of very nice YREs. The first meandered through the city of Fort Wayne, through which three rivers also flow. Trails along the banks of each of these rivers, a visit to the historic frontier fort that serves as the city's namesake and a bucolic little botanical garden made for a very scenic walk. The next morning, a cool misty one in the northeastern-most corner of Indiana, I was off to Pokagon State Park, where the YRE trail originates at their rustic lodge and traverses miles of quiet woods and peaceful prairies.

With two days of vacation left, I decided to head to Erie PA, my family's ancestral home, to visit cousins. Erie is a historic lakefront town which was instrumental in the American victory in the War of 1812. Moreover, as my visit occurred around the time of the 200th Anniversary of the 1813 Battle of Lake Erie, the city would be especially festive. The YRE there (the only one in the western half of the state) did not disappoint, providing a nice tour of the downtown, waterfront, and historical sites.

My trip nearly complete, I had one more piece of unfinished business: a stop at Erie's Zabawa Festival, a bacchanalian feast hosted by the Polish parish where my parents were married and buried. Many pounds of pierogi and kielbasa later, it was time to head back to Texas, my event and distance books 8 stamps heavier and my waist 8 inches larger.

(*NOTE: RR Member, Ted Cieslak is being assigned to Jordan in April for a four month tour of duty as a pediatric disease specialist. Contact information will be sent later, members are encouraged to send emails, etc.)

Kudos to the following RR walkers on the move!

Taken from the latest issue of TAW:

EVENTS COMPLETED:

10 – Cindy Krueger

10 – Helen & John Murphy

75 & 100 – Carole & Victor Hernandez

125 - Susan Medlin

225 - Susan Alton

800 - Patricia Heller

1150 – Ted Cieslak

1800 – Ellen Ott

1900 – John White

DISTANCE:

1500 km – Mary Beth Cieslak

11000 km - Patricia Heller

16000 km - Joanne Forinash

BIKE:

5000 km – Jane Radigan



2014 Centurion Achievement Challenge -

Registration for the 2014 Challenge is open to Associate member volkssporters. Walking for record began January 1. The program for 2014 requires 100 events to be completed by 12/31/14. The annual participation fee is \$25. (Click for the [2014 registration form, complete and submit by email.](#)) Walking for the 2013 Challenge ended December 31, 2013.

As of this printing, 150 individuals have completed the 2013 challenge and that includes several RR club members.

National Executive Director - Stephanie Sánchez Sinclair

The American Volkssport Association National Executive Council XVIII is pleased to announce the appointment of Stephanie Sánchez Sinclair as its national executive director effective January 27, 2014. The selection was approved by the National Executive Council during its meeting held January 10-11, 2014 in Tucson, Arizona. For more than a decade, Sinclair has worked in community relations, communications, and fund development roles for major nonprofits and corporations in San Antonio, Texas. In senior nonprofit management positions, Sinclair has implemented individual donor campaigns, grants, special events, alumni relations,

advocacy, social media, public relations, general operations, board development, and has extensive experience working with volunteer driven organizations.

“I have wonderful memories of Volkssporting adventures with my mother and grandmother as we frequently participated in events across South Texas during the late 1990’s. It is a privilege to be selected to work with the National Executive Council and AVA national headquarters staff to promote our mission to provide fun, fitness, and friendship across the country,” says Sinclair. Sinclair holds a Master of Science in Nonprofit Management from Our Lady of the Lake University, along with a Master of Arts in Communication Studies and a bachelor’s degree in English Communication Arts from St. Mary’s University in San Antonio, Texas. Sinclair is a graduate of Leadership San Antonio, Class XXXV, and was selected as the Girl Scouts of Southwest Texas 2012 Best of the Best staff excellence recipient. She resides in San Antonio, Texas with her husband and daughter. Connect with Stephanie Email: ssinclair@ava.org Facebook: www.facebook.com/stephanie.sinclair.

Special Thanks

From Executive Dir. Stephanie S. Sinclair

I would like to extend a word of thanks to our National Board President, Dennis Michele and our entire National Executive Council for offering me the opportunity to join your team. I believe in our mission to provide fun, fitness, and friendship through noncompetitive sports and am glad to be able to offer my skill set to help secure a viable future for the AVA.

A special word of thanks goes to Candace Purcell. Candy has “held down the fort” at the AVA Headquarters serving in two capacities as both Finance & Operations Director and Interim Executive Director. Please continue to show your appreciation for all her hard efforts throughout the years. Candy, and our headquarters staff, has welcomed me aboard seamlessly. I am tremendously thankful to her for all she does for AVA. Candy continues in her work as our Finance & Operations Director and direct supervisor for our staff. Thanks to her expertise and

dedication, I feel confident in moving into the public realm across the country to work with you all as we actively seek partners for our movement and promote our mission.

IVV World Walking Day

Scheduled for May 8, 2014. Walks will be held by International Association of Popular Sports (IVV) associated clubs worldwide. AVA-HQ requests that AVA clubs provide to them, no later than March 15, the number of achievement certificates needed to support your walking events for this activity. Walks may be hosted the weekend before May 8, or on May 8, or the weekend after. Participating walkers will receive a certificate, if ordered from AVA.

Coming Texas Events:

3/1/2014 - 3/1/2014 - Walk

Event Number: 98173 10km/5km

Start: Mills County State Bank Community Room

Event City: Goldthwaite - Historic Goldthwaite - Mills County

Host Club: Texas Volkssport Assn.

Event Website: www.WalkTexas.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

3/1/2014 - 3/1/2014 - Walk

Event Number: 98172 10km/5km

Start: Pecan Creek Park - Pavilion (north section of park)

Event City: Hamilton - Historic

Hamilton - Hamilton County

Host Club: Texas Volkssport Assn.

Event Website: www.WalkTexas.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

3/8/2014 - 3/8/2014 - Walk

Event Number: 98376 10km/5km

Start: Post Oak Pavilion-Mercer Arboretum and Botanic Gardens

Event City: Humble - Mercer

Arboretum and Botanic Gardens

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: hkhpresident@houstonhappyhikers.com

Club Website:

www.houstonhappyhikers.com

3/15/2014 - 3/15/2014 - Walk

Event Number: 96517 10 km /6 km

Start: White Rock Sports Bar & Grill

Event City: Dallas - Irish Streets

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.org

3/22/2014 - 3/22/2014 - Walk

Event Number: 98502 10km/5km

Start: Kerr Wildlife Management Area 2625 Fm1340, Hunt, Tx 78024

Event City: Hunt - Kerr Wildlife Management Area Walk

Host Club: Kerrville Trailblazers

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

Club Website:

www.walktx.org/KerrvilleTrailblazers/

3/29/2014 - 3/29/2014 - Walk

Event Number: 98528 10km/5km

Start: Watermelon Thump Pavilion

Event City: Luling - Historic Zedler Mill Walk

Host Club: Selma Pathfinders

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

Write for more information to:

17314 Springhill Dr

San Antonio, Tx 78232

Contact: Phyllis Eagan, (210) 496 - 1402

E-Mail: papre1947@yahoo.com

Club Website:

www.selmaphinders.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 _____

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. Telephone number _____

If the \$2.00 fee was not paid with the original application, add family members including \$2.00 for each person.

now by _____

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 _____