



Volume 2015 – March, 2015 No. 3  
 Next Meeting – March 17, 2015  
 Esplanade Gardens, Converse, TX  
 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 210-846-1801

*Committee Chairs*

*Membership*

Caryl Swann 210-842-4128

*Publicity*

Susan Alton 503-789-9166

*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*

*Year-round Event, Gonzales*

*Year-round Event, Palmetto State Park*

Pat Gunter 210-479-0805

*Year-round Event, DeZavala Daily Bread*

*Year-round Event, Junction*

*Year-round Event, Leon Creek*

Ellen Ott 210-723-8574

*Year-round Event, Crownridge & Friedrich Park*

Susan Medlin 210-325-3523

*Year-round Events, Schertz*

Herb Laing 210-414-0954

*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:  
**Ofelia Garcia, The Roberts**

**Family, James Hull, The Rocha Family, Howard & Lynn Tidwell, Steve & Rita Anderson, Louise & Stephen Botts, John & Betty Dupre, Douglas Eide, The Genung Family, Mike Hughes, Gloria & Julia Hurtado, Sonja Montgomery, Christopher Sanchez, Nadine Sinclair, Randy Baker, The Ellison Family, Jack & Susan Jeter, The Kent Family, The San Miguel Family, Frankie & Robert Sorrell and Sharon & Michael Tinnon.** 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 Caryl Swann c/o the club address.

**Welcome, New Members**

Peggy Seifert San Antonio  
 Steve & Kathy Feinstein San Antonio  
 Nancy Fix Anderson San Antonio

**New Walker Column - first in a series for new walkers**

**F.Y.I. -- Did You Know?**

The Randolph Roadrunners Volkssport Club was chartered by the American Volkssport Association on Thursday, 27 March 1980 as the 44th club in the United States and the 14th in Texas?

**RR MEETING LOCATION**

Our new RR meeting Place is:

Esplanade Gardens  
 10790 Toepperwein Road  
 Converse, TX 78109

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

The Roadrunners meet the third Tuesday of each month. The next RR meeting is March 17, 2015 with a “meet and greet” at 6:30 and general meeting at 6:45 p.m.

Don't forget the club is collecting used shoes in any condition during the month of March. You can give them to me at any walk or drop them off at the temporary U.C. Library on Byrd St.

**Del Webb Walk - 2/21/15**

With out the loyal work of many Roadrunners, the club could not put on a successful event. A special “Thanks” goes to the following folks for working at the Del Webb event: Pat Gunter, Joanne Forinash, Darlene Oner, Susan Medlin, Patricia Heller, Tony and Nancy Paulson, Margie Kent, Randy Baker, Victor and Carole Hernandez, Elaine Talarski, Rick White, John Ives, Pat Roberts, Diana Battan, Mike Hermes and Carlen Forinash. And “Thank You” to all who brought the goodies for the refreshment table. Sorry, I don't know who you all are. Ellen



Doug Eide & Barney Smith at his “Museum” which was a checkpoint for the Alamo Heights Quarry Market walk on 1/31/15.

In the San Antonio Magazine March 2015 Issue is a very nice article and picture about Barney Smith’s Toilet Seat Art Museum on page 26.

“The Toilet Seat Art Museum has received international attention and for good reason. This is a ‘see it to believe it’ kind of place in a large garage in Alamo Heights. Retired plumber Barney Smith has been turning toilet seats into works of art for decades and now has more than 1,000 examples of his handiwork. Visits by appointment only: 210-824-7791.”

In the same March issue of San Antonio Magazine on page 54 is a write-up on the Wedding Oak Winery in San Saba which the start of a TVA Reunion walk on March 7, 2015.



Belleville Cookie Mascot

## **Tales From the Trails**

*By: Patricia A. Heller*

RUN RUN ... or should I say WALK WALK as fast as you can... yes, we saw "Sam" the gingerbread man – I am talking about this past years 10-11-12-13-14 program walk in Belleville, Illinois. I noticed in the American Wanderer that this may be the last year this walk would be conducted and it seemed rather intriguing. So I packed my bags and soon was off to the St. Louis area. A gingerbread cookie walk? OK. Walk 10km and collect cookies along the route. Oh, was I in for a treat; it was much, much more than that.

That morning, yes ... 12/13/14, I was excited to do a walk with another great group, The Illinois Trekkers Walking Club. I rolled out of bed with visions of sugar plums - I mean gingerbread, dancing in my head. I arrived into the Belleville Bank parking lot about a half hour early and was already met with a line out the door and around the building. Wow! So many here to walk or collect cookies? I soon found out that this is an experience, not just a walk, not just cookies, but an all-around great adventure.

I reached the double doors to the bank and received my brief on how this was all to go down. I had pre-registered, as was recommended and a good thing or noooo cookies for me. With walk instructions and brown cookie bag in hand, we (group from Missouri and I) headed off on the first five kilometers which was through quaint

neighborhoods and the beautiful campus of Lindenwood University. We had a few cookie stops along that route; the majority was impending on the second half. It is obvious that I cannot even begin to tell all about this part, the last half of the 10km, which in fact was one of the longest 5kms I have ever walked. With over 530 walkers all trekking and accumulating cookies, it was a wonder that we ever finished the walk at all. I felt like a little girl waiting to open presents on Christmas morning. We tried to move as quickly as possible, but there was sooo much going on in the center of town. Stop number four was the Belleville City Hall, where we were serenaded with a fantastic barbershop quartet. They were really good! Almost forgot to collect my cookie, sure would have hated to have to go back, NOT! We saw Santa in the town square which was also where the Christkindlmarkt was. Many unique and interesting surprises were lurking along the avenue and in the alleyways. There wasn't any snow on the ground, but it still felt like Christmas with the horse drawn trolleys, Christmas scenes, lights, carolers, decorations posted on electric poles, Christmas trees and the sweet smells of nutmeg, ginger and cinnamon. Some of us even managed to win prizes at different venues and stores along the route. One of the most impressive sites as we were strolling was seeing the award winning gingerbread houses. Such talent these champs had. All were nicely displayed in the windows of businesses along the way.

In all, we each collected three dozen cookies, not just gingerbread, but numerous varieties and proceeded to collect our special stamp in our AVA books. What a fantastic and fun walk, experience, adventure or whatever you want to call it.



### **New Addition to National Headquarters Staff:**

Please welcome Jessica Blazejewski, a native of Niagara Falls, NY, to the American Volkssport Association's National Headquarters staff. She came to us as an intern from Northeast Lakeview College and is currently

working on her Associates Degree in Liberal Arts. She is an inducted member of the National Society of Leadership and Success. Jessica will be working part time as the Communications Specialist for AVA, email [avawebmaster@ava.org](mailto:avawebmaster@ava.org). Her duties will include maintaining the AVA website, and assisting the Executive Director with social media outlets. Please note Jessica is not a programmer, programming to the website or database is handled by outside sources as it always has been. If you have a suggested change to the website please contact Frank Sayers the IT Chairman at [rm\\_rd@ava.org](mailto:rm_rd@ava.org).

### **Message from the AVA President:**

In accordance to Section 4.2 of the Bylaws, Dennis Michele is calling a Special Membership Meeting to resolve the AVA's entering or staying out of IVV Americas. The last convention was filled with rancor over this issue and resulted in a no decision. Furthermore, many clubs expressed concern that their proxy would not vote the way they wanted. Unfortunately, this does happen. The method outlined in TAW will resolve the issue and give every club a chance to vote without having to attend a convention or assigning a proxy. The notice will also appear in the next Two Checkpoints. Dennis Michele plans on having the final tally.

### **Friendly reminder from HQ Awards and Membership Coordinator:**

Karen would like to ask clubs for their help. If you see walkers with 10, 30, and 50 event books, ask them if they understand how the AVA programs work. Show the walkers the back side of event books. The back of the books tell what color book is needed for Awards levels. Do not cut up insert cards and paste into event books. Handwritten entries are also not allowed. Most of the distance books are printed with 10k walks in mind. If walkers can only do 5k's, let them know to use insert cards to reach the 500k that is needed. Remind walkers that Karen cannot process insert cards without a book. If there are carryovers and the amount is more than the next level book, \$6 needs to be sent to Karen

so she can supply a book to utilize the carryover.

### **Thank you for your support:**

The NEC going forward would like to recognize those who make a substantial donation to the AVA. Thank you for your generosity!

Holly Reiling

Phyllis Olson

Asheville Amblers

Michigan Pathfinders

Dogwood Trailblazers

Freestate Happy Wanderers Walking Club

Ruth Herman

Tucson Volkssport Klub



Getting regular, moderate-intensity exercise, such as brisk walking, can lower a woman's stroke risk by as much as 20 percent.

### **Coming Texas Events:**

#### **TVA Reunion Walks:**

3/7/2015 - 3/7/2015 - Walk

**Event Number:** 101370 10km/5km

**Start:** Wedding Oak Winery

**Event City:** San Saba - Historic San Saba

**Host Club:** Texas Volkssport Assn.

**Event Website:** [www.WalkTexas.org](http://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](mailto:helenthehun@yahoo.com)

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

3/7/2015 - 3/7/2015 - Walk

**Event Number:** 101369 10km/5km

**Start:** Brady National Bank Community Building

**Event City:** Brady - Historic Brady the Heart of Texas - McCulloch County

**Host Club:** Texas Volkssport Assn.

**Event Website:** [www.WalkTexas.org](http://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](mailto:helenthehun@yahoo.com)

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

3/14/2015 - 3/14/2015 - Walk

**Event Number:** 101494 10km/5km

**Start:** Onion Shed

**Event City:** Farmersville - Historic Farmersville

**Host Club:** Plano Walking Club

**Event Website:**

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

**Write for more information to:**

4221 Whistler Dr., Plano, TX 75093

**Contact:** Margaret "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)

3/14/2015 - 3/14/2015 - Walk

**Event Number:** 100742 10km/5km

**Start:** Walker Ranch Trail Head off Rhapsody

**Event City:** San Antonio - Walker Ranch Walk

**Host Club:** Randolph Roadrunners

**Event Website:** [randolphroadrunners.info](http://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](mailto:ellenott@sbcglobal.net)

**Club Website:** [www.randolphroadrunners.info](http://www.randolphroadrunners.info)



3/21/2015 - 3/21/2015 - Walk

**Event Number:** 101247 10km/5km

**Start:** William Blair Jr. Park

**Event City:** Dallas - Trinity Forest 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:**

PO Box 743813, Dallas, Tx 75374

**Contact:** Dianne Duke, (214) 368 - 9730

**E-Mail:** [d.w.duke@live.com](mailto:d.w.duke@live.com)

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

3/21/2015 - 3/21/2015 - Walk

**Event Number:** 101491 10km/5km

**Start:** High Island Bird Sanctuaries- Boy Scout Woods Sanctuary

**Event City:** High Island - High Island-- RESCHEDULED FROM MARCH 28, 2015

**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:** [hphpresident@HoustonHappyHikers.com](mailto:hphpresident@HoustonHappyHikers.com)

**Club Website:** [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

3/21/2015 - 3/21/2015 - Walk

**Event Number:** 101618 10km/5km

**Start:** Inn of the Hills Motel/Resort

**Event City:** Kerrville - Kerrville River Trail and Town Walk

**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) 895 - 4070

**E-Mail:** [guadalupesigns@omniglobal.net](mailto:guadalupesigns@omniglobal.net)

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

3/28/2015 - 3/28/2015 - Walk

**Event Number:** 101321 5/7/11Km

**Start:** El Gallo Mexican Restaurant, 2910 South Congress Ave. Austin, TX 78704

**Event City:** Austin Tx. - South Austin Volcanoes Walk

**Host Club:** Colorado River Walkers

**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](mailto:jaltex@sbcglobal.net)  
**Club Website:** [www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

**Alamo Heights/Quarry Walks**



Darlene Oner, Tony & Nancy Paulson and Pat Roberts working at the start point.



Volksmarch medals from Europe/Germany donated by Jane & Bill Radigan to the Barney Smith Toilet Seat Museum.



Doug Eide & Martin Callahan in front of the Alamo Cement Plant smoke stacks in the Alamo Quarry Market shopping center.



Walkers on the 10K trail

***\*All event photos, courtesy of Martin Callahan***



The Start point 2/14/15 – Broadway Daily Bread Co. parking lot on DeZavala Road



Our RR volunteer workers at Broadway Daily Bread Co. on DeZavala Road: left to Rt. – Carlen & Joanne Forinash, Mike Hermes, Pat Gunter, Pat Roberts & Diane Batten.



2/14/15 – Valentine YRE walk - Lockhill School gate – one of the oldest public schools in Texas.

**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.

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_ Apt No. \_\_\_\_\_

**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.

E-mail address \_\_\_\_\_

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

Family members \_\_\_\_\_

**Lifetime membership for (1) one person is available for a \$30 fee.**

Amount submitted \$ \_\_\_\_\_

AVA Volkssport Associate     Yes     No

Eager to serve as club officer \_\_\_\_\_ or committee chair \_\_\_\_\_