



Volume 2015 – June, 2015 No. 6
Next Meeting – TBD
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
& Broadway 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
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:
Randy Baker, The Kent Family, The San Miguel Family, Frankie & Robert Sorrell, Sharon & Michael Tinnon, Marisa Alvarez, Marlene Garcia & Irene Garcia, Patricia Bailey, Danny & Cyndee Bruen, Larry Cook, John & Dorothy Creswell, Bill Hamilton/Charlene Hooker, Glenn & Donna Hughes, Carolyn Osborn, Audrey Vertucci.
To renew your RR membership, fill out the application attached or print off of our website:
www.RandolphRoadrunners.info and send it with \$4 for 1 year or \$10 for 3 years, to Caryl Swann c/o RR, PO Box 2744, Universal City, TX 78148.
Remember: Lifetime Memberships are available for \$30 per person.

Welcome, New Members:

The DeAnda Family San Antonio
Chris & Ellen King New Braunfels
Janine Osterberg San Antonio

RR MEETING LOCATION

Esplanade Gardens
10790 Toepperwein Road
Converse, TX 78109
www.esplanadeseniorecampus.com
The Roadrunners meet the third Tuesday of each month.
Because of the AVA convention, the RRs will not have a club meeting in June. **There will be NO June, July or August meetings scheduled. The next RR get-together will be announced.**

**Attention RRs –
Newsletter news**

There will be NO newsletter published for the month of July.

We are looking for input from the RR members and want to make *The Roadrunner* truly a “club newsletter.” Please feel free to submit an article or any information that might be of

interest to our club readership for publication in the RR newsletter.

If any RR member is interested in volunteering to do the newsletter publishing/editing/circulation, please email audreyve@aol.com.

The next RR walk event is the Taco Cabana July 11th Sunrise Event at 6826 N. Loop 1604 E. (1604 and Nacogdoches Rd.) in San Antonio. The event start is 6:15 – 8:15 am and finish by 11:15 am. Volunteers are needed to work the walk. Contact Ellen at ellenott@sbcglobal.net or 210-723-8574 if you can help.

TC Worker's Roster 7/11/15

Registration: 0615 – 0815 - Pat and Darlene
Start: 0615 - 0815 - 1 person
Finish: 0630 - 0845 - 1 person
0845 - 1115 - 1 person
Sales: 1 person
Check pt: -0615 - 0815 - 2 people
- 0815 - 1015 - 2 people
- 1015 - Finish - 1 person

We might only need 1 check point if John Ives keeps the route the way we planned.



King William/Beethoven

“Thank you” to all who volunteered to work at the Beethoven/King William walk on Friday 15 May. “Thanks” to Leon LeVan for stepping up to coordinate the walk, especially the route directions. On the day of the event when Leon discovered part of the route was flooded, he rewrote and printed new directions. And having to deal with the San Antonio River Authority and the City Parks Department was also a

hassle. *Leon, thank you for your perseverance.*

Other willing workers were: Joanne and Carlen Forinash, Pat Gunter, Wiley Smith, Herb Laing, Pat Roberts, Diana Battan, Tony and Nancy Paulson, Pat Heller, Randy Baker, Mike Hermes, Rick White, Larry Cook, Susan and Raul Soto and Mike and Kathy Schwencke.

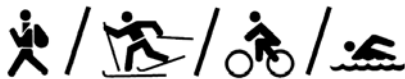
Ellen

New Walker Column - F.Y.I. -- Did You Know?

The first night Volksmarch in America was in Comfort, TX on 16 June 1980;
The first multiple event weekend was held by the Randolph Roadrunners;
The first year around event was held in Fredericksburg, Texas;
First cross country ski event was held in Fraser, Colorado in 1980;
In 1981 AVA headquarters moved to Universal City from Fredericksburg, TX;
The first president of the AVA was David Toth, a Roadrunner member;
The IVV's gift to the AVA for their 10th anniversary was a gingko tree;
And Volkssports moved to Canada in 1987.

THE BIG GIVE S.A.

If you have not previously received the email regarding the Big Give S.A. fundraising initiative results --- we have exceeded our goal of \$30,000. These numbers are still preliminary as checks are still arriving in the mail.
Total raised via mail: \$12,240
Total raised online in 24 hours on May 5th: \$27,442
Anonymous Donor Match: \$30,000
Grand Total as of 5/6/15: \$69,682



Walk the Talk and Talk about the Walks...

By: Susan Alton, RR Publicity Chair

Hi fellow walkers. My name is Susan Alton and I'm Publicity Chair for Randolph Roadrunners. Audrey asked me to share what my duties are as Publicity Chair.

A little about me: Volksmarching has been in my blood for 18 years. Currently, I'm working on 3500k and 325 events. I worked for AAA Oregon/Idaho for six years. One of my duties there was compiling a yearly AAA Calendar of Events for the state of Oregon. I worked in advertising for the Wilsonville Spokesman newspaper for four years, and have been Marketing Coordinator for two commercial roofing companies; one in Hawaii and one in Washington.

In hopes of getting Volksmarch information out to a broad number of people, internet Calendars of Events and Press Releases are being used.

Calendars of Events submissions are made to:

- www.visitsanantonio.com (San Antonio Convention and Visitors Bureau)
- www.saevents.com
- [www.boernestar.com.calendar](http://www.boernestar.com/calendar) (Boerne Star)
- <http://www.mysanantonio.com/events/> (San Antonio Express News)
- AAA Journeys magazine (one submission was made for their May/June edition on the King William/Southtown Volksmarch. NOTE: lead time for the AAA Journeys magazine is four months. The walk info was submitted January 2. I don't know if they published it.)
- Greater San Antonio Road and Track Event Schedule by Bert Pickrell

Press Releases regarding World Walking Day were sent to two newspapers: the Northeast Herald (part of San Antonio Express News) and Wingspread (newspaper for Joint Base San Antonio - Randolph). An inquiry was also sent to La Prensa, a bilingual newspaper, but they did not respond to the inquiry.

Other great forms of publicity are our website, Volksmarch flyers and word of mouth. I'd also like to post our events on walklist@yahoo.com and am working on that. Thank you to everyone who helps "spread the word" about Volksmarching.



AVA 19TH BIENNIAL CONVENTION, SALEM, OREGON— JUNE 13-21, 2015

If you have not marked your calendar for the AVA convention in Salem, Oregon, June 13 thru 21, then it is time to do so. The committee has designed, mapped out and planned 9 walks (including pre and post events), a swim and a bike for our enjoyment. In addition to the events (walks, swim & bike) there is a week of activities, workshops, and socials that are sure to meet your desire for "Fun, Fitness and Friendship."

You may read the descriptions of each event, the schedule of activities and register by going to:
<http://www.nationalavaconvention2015.com/information>



2015 Summer Sunrise YREs & Traditional Walks for Volkssport Clubs of SW TX

*Provided by Joanne Forinash, SWRD
May:*

Sat. 5/30 – The Mission YREs Choice: Mission Concepcion & Mission Reach Mission San Jose - Mission Concepcion Mission San Jose – Mission San Juan Mission San Juan – Mission Espada plus the Mission Bike event #Y0463

June:

Sat. 6/6 – Comfort, Joshua Springs traditional walk #101616
WTS - Medina River Trail Bike #1
6/13 to 6/21 AVA Convention, Oregon
Sat. 6/27 – Brook Hollow YRE-Y1659

July:

Sat. 7/4 – Stonewall-LBJ – YRE-Y0547
Sat. 7/11 - Taco Cabana-1604 & Nacogdoches-traditional walk
Sat. 7/18 – Salado Creek Greenway YRE #Y0733
WTS - Salado Creek Bike #2

Sat. 7/25 – Comfort Historic YRE
#Y0275

Fri. 7/31 – TVA – Ft. Worth guided
Walk – “Hotter than Hell”

August:

Sat. 8/1 – TVA – Irving morning walk

Sat. 8/1 – TVA – Plano night walk

Sun. 8/2 – TVA – Dallas guided walk

Sat. 8/8 – Taco Cabana-Bitters & 281,
traditional walk

Sat. 8/15 – Austin – YRE’s Choice:

Capital

Fairview Park

Lady Bird Lake

Bouldin Creek

Sat. 8/22 – Kerrville YRE’s Choice:

Downtown walk

Residential walk

Schreiner University walk

Sat. 8/29 – Shiner YRE #Y0559

WTS - E. Austin Walnut Creek – Bike 3



Coming Texas Events:

6/6/2015 - 6/6/2015 - Walk

Event Number: 101820 10km/5km

Start: JOSHUA SPRINGS PARK
AND PRESERVE

Event City: Comfort - Joshua Springs
Walk

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) 496 -
1746

E-Mail: tinabohnert@gmail.com

6/6/2015 - 6/6/2015 - Guided Bike

Event Number: 101749 13km/25km

Start: Medina River Greenway parking
lot

Event City: San Antonio - SoTex

Traveling Bike #1

Host Club: Whatever of Texas

Sporting Club

Event Website: [http://faculty.sulross.edu
u/cbaulch/index_files/Page615.htm](http://faculty.sulross.edu/u/cbaulch/index_files/Page615.htm)

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

Write for more information to:

21 Lowe St., Quemado, TX 78877

Contact: Clay Baulch, (210) 204 - 9301

E-Mail: btcotx@gmail.com



7/11/2015 - 7/11/2015 - Walk

Event Number: 10165 10km/5km

Start: Taco Cabana Loop 1604 and
Nacogdoches

Event City: San Antonio - July

Summer Sunrise

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

7/18/2015 - 7/18/2015 - Walk

Event Number: 101936 10km/5km

Start: Murphy Central Park pavilion

Event City: Murphy

Host Club: Plano Walking Club

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

Club Website:

www.walktx.org/planowalkingclub

7/18/2015 - 7/18/2015 - Guided Bike

Event Number: 101777 13km/25km

Start: Lady Bird Johnson Community
Park

Event City: San Antonio - SoTex

Traveling Bike #2

Host Club: Whatever of Texas

Sporting Club

Event Website: [http://faculty.sulross.edu
u/cbaulch/index_files/Page615.htm](http://faculty.sulross.edu/u/cbaulch/index_files/Page615.htm)

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

Write for more information to:

21 Lowe, Quemado, TX 78877

Contact: Clay Baulch, (210) 204 - 9301

E-Mail: btcotx@gmail.com

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

Blanco State Park Walk – April 11, 2015



Papa Joey's the Start point for Blanco State
Park Walk.



Pat Gunter, Darlene Oner and SWRD,
Joanne Forinash working the Start point at
Blanco State Park Walk.



Pat Roberts, Doug Eide and Diane Battan -
4/11/5 Blanco State Park



Martin Callahan & pups at Blanco State
Park in front of Amenthal, once the home of
President L.B. Johnson's grandparents.

Walking for your Brain

Regular walking isn't just good for the
dog. It's also good for your brain.
In a study published on Jan. 31, 2011 in
The Proceedings of the National
Academy of Sciences, researchers
randomly assigned 120 healthy but
sedentary men and women (average age

mid-60s) to one of two exercise groups. One group walked around a track three times a week, building up to 40 minutes at a stretch; the other did a variety of less aerobic exercises, including yoga and resistance training with bands. After a year, brain scans showed that among the walkers, the hippocampus had increased in volume by about 2 percent on average; in the others, it had declined by about 1.4 percent.

Since such a decline is normal in older adults, “a 2 percent increase is fairly significant,” said the lead author, Kirk Erickson, a psychologist at the University of Pittsburgh. Both groups also improved on a test of spatial memory, but the walkers improved more. Other walking studies suggest spending time in a natural setting like walking in a park reduces brain fatigue and that for people in their 60s, regular walking appears to lower the risk of dementia.

While it is hard to generalize from this study to other populations, the researchers were delighted to learn that the hippocampus might expand with exercise. “And not that much exercise,” Dr. Erickson pointed out.

People don’t even have to join a gym, he noted. They just need shoes.

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 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 _____