



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2015 – November 2015 No. 10
 Next Meeting – November 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

John Ives 210-694-4582

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

Susan Medlin 210-325-3523

sw_rd@ava.org

Renewal Time

The following membership renewals are currently due:

Velma Herber, Jill Zimmerman, Maggie/Gus/Finn Roberts, Judge Marcia Weiner, Clarence & Dianne Johnson, Jess Meyer and Thomas & Betty Arbaugh. 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 Member:

Marianne Fletcher San Antonio

RR MEETING LOCATION

Esplanade Gardens
 10790 Toepperwein Road
 Converse, TX 78109

www.esplanadeseniorcampus.com

The Roadrunners meet the third Tuesday of each month. The next meeting is November 17, 2015.



From the Desk of the Pres-

The following Special Programs were approved to begin January 1, 2016:

- Bridges – spanning the USA
- Lady Liberty
- Make a Wish – Water Fountains
- National Parks Centennial
- Points of Reference
- State Street Sashay
- Take a Walk in a City Park
- Treasure Hunt
- Vice Presidential Walks
- U.S. Post Offices
- Walking America's Ports of Call

Walking the Path of Inventors
 Walk the USA – Street by Street.
 So in 2016, there will be 28 current Special Programs to pick and choose from!

Did you Know?

(from Better Homes & Gardens-10/15)

Walking in nature causes changes in blood flow to your brain that helps you relax and think positive. Feeling stressed? Head for the nearest park and stroll your cares away!

Ellen



AVA is Celebrating 40 Years! - Susan Medlin, Chair, AVA 40th Anniversary: Come to Fredericksburg, Texas on June 10 -12, 2016 and join in the celebration of the AVA's 40th Anniversary. The very first walking event was held in Fredericksburg on June 12- 13, 1976. Next summer we will celebrate this historic event with multiple walks, a bike event, and a swim. You'll enjoy the scenic countryside, the Wine Road 290 (featuring 15 wineries just minutes apart), a world-class WWII Museum and our many fine restaurants. Join us on the Saturday morning Founders Day Walk. We also offer 6 Year Round Walks, with new routes updated in 2014, and 2 County walks (Mason & Llano) that you can enjoy.

National Patch Contest: AVA HQ is sponsoring a national contest to design the 40th Anniversary Patch. Send your 4" x 4" or 5" x 3" patch to sueammed@aol.com as a PDF. Original drawings can be mailed to Susan Medlin, 12527 Fern Creek, San Antonio, TX 78253. All entries must include the AVA/IVV symbol, our slogan "Celebrating 40 Years" and the words "American Volkssport Association". The deadline for patch submissions is December 1, 2015. The winning entry will be announced on January 8, 2016. The winner will receive \$100!

The Next NEC meeting

The next NEC meeting will be held January 22 – 24, 2016. Location is to be determined.

Tales from the Trails

*Tater Tours Fall Foliage Trip,
By Caryl Swann*

In October I joined 51 other people on a Tater Tours 11 day trek through the 7 New England states. Everywhere we drove the predominant view was rural and dense with trees displaying their fall colors.



Albany Capitol

We started in Albany NY with 2 walks; the Capital Walk downtown where we viewed numerous historic buildings and landmarks as well as some impressive modern sculptures and architecture, and the Clifton Park walk through a neighborhood loaded with trees turning from green to yellow and red.

Day 2 we drove about an hour from Albany to walk in Williamstown, MA, which took us through the campus of Williams College and the surrounding town and residences. This was our only day of rain, but no one opted out of walking. From there we drove about ½ hour to our walk in the historic town of Bennington VT. Yikes – I had a hard

time grasping being in 3 states with a total of only 2.5 hours roundtrip driving time.

Our 3rd day was spent in VT, starting in Woodstock where we walked through National Park trails and the town's quaint shops and restaurants. One of the trails went to a beautiful lake encircled by trees displaying their fall colors.



Day 4 we walked in Stowe VT along a wooded stream and then played tourist by visiting Ben & Jerry's Ice Cream manufacturing plant and Cold Hollow Cider Mill. Our 5th day we walked the streets of Montpelier, the capital of VT, full of historic buildings. In the afternoon we toured the Morse Farm Maple Sugarworks and sampled maple ice cream. (Notice all of our tours involved food.)

Our 6th day took us to NH - Concord for the capital walk, and the seaport of Portsmouth for a walk through the quaint town and harbor.



Kennebunk Harbor

On day 7 we took off for Maine, walking in Augusta, the capital, and in Kennebunk through the seaside town and beach. We could see the Bush home in Kennebunkport at the tip of the coastline. Lobster was plentiful in the

restaurants. On day 8 we headed to Salem MA which was gearing up big time for Halloween – witches everywhere. We also stopped in the seaport town of Gloucester, where The Perfect Storm was filmed. Day 9 was spent in Boston walking the historic freedom trail and checking out the shops and restaurants.



Newport RI

Day 10 saw us in RI, starting in Newport which featured the breathtaking Cliff Walk along the ocean's rocky shore. We also did the Capital Walk in Providence with more historic homes and buildings.

Our last day was spent doing the Capital Walk in Hartford CT and gathering together for a pizza party in the evening to celebrate surviving and enjoying our 17 walks!

Coming Texas Traditional Events:

10/31/2015 - 11/1/2015 - Walk
Event Number: 103489 10km/5km
Start: Waring VFD Hall
Event City: Waring - Halloween Walk-River Trail
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

10/31/2015 - 11/1/2015 - Walk
Event Number: 103490 10km/5km
Start: Waring VFD Hall
Event City: Waring - Halloween Walk-Pumpkin Trail
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
11/7/2015 - 11/8/2015 - Walk
Event Number: 10189 10km/5km
Start: Schlitterbahn Employee Cafe
Event City: New Braunfels - Wurstfest Walk
Host Club: NB-Marsch-und Wandergruppe
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

11/14/2015 - 11/14/2015 - Walk
Event Number: 102573 10km/5km
Start: CHANGED: Bell Athletic Center, Trinity University, San Antonio 78212
Event City: San Antonio - 1st Hannibal Pianta Art Walk
Host Club: Randolph Roadrunners
Event Website: randolphroadrunners.info
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
12527 Fern Creek
San Antonio, Tx 78253
Contact: Susan A. Medlin, (210) 325 - 3523
E-Mail: sueammed@aol.com
Club Website: www.randolphroadrunners.info

11/14/2015 - 11/14/2015 - Guided Bike
Event Number: 102267 27km/13km
Start: Jack White Park
Event City: San Antonio - SoTex Traveling Bike #5
Host Club: Whatever of Texas Sporting Club
Event Website: Faculty.sulross.edu/cbaulch
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
21 Lowe Rd, Quemado, TX 78877
Contact: Clay Baulch, (210) 204 - 9301
E-Mail: Btcotx@gmail.com

11/14/2015 - 11/14/2015 - Walk
Event Number: 103655 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, Tx 77464
Contact: Catherine Kellner, (979) 478 - 6203
E-Mail: hhhpresident@houstonhappyhikers.com
Club Website: www.houstonhappyhikers.com

11/14/2015 - 11/14/2015 - Walk
Event Number: 102857 12km/6km
Start: Trinity Hall Irish Pub & Restaurant
Event City: Dallas - Dallas "M" 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, (214) 549 - 0851
E-Mail: debwalk@earthlink.net
Club Website: www.dallastrekkers.org

11/21/2015 - 11/21/2015 - Walk
Event Number: 104278 10km/5km
Start: Run Wild Sports
Event City: San Antonio - Government Hill
Host Club: Selma Pathfinders
Event Website: [Click here for directions, ratings, etc.](#)

Write for more information to:
1726 Fawn Crest
San Antonio, TX 78248
Contact: Joanne Forinash, (210) 872 - 2743
E-Mail: sjforinash@yahoo.com

11/21/2015 - 11/21/2015 - Walk
Event Number: 103608 10km/6km
Start: Kilgore City Park
Event City: Kilgore - Historic Kilgore
Host Club: East Texas Trekkers, Inc.
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/



11/28/2015 - 11/28/2015 - Walk
Event Number: 101915 10k/6k
Start: Eastland County Museum
Event City: Eastland - Eastland County
Host Club: Texas County Walkers, Inc.
Event Website: www.walktx.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
1134 Thistle Dr, Mesquite, TX 75149
Contact: Deborah Carter, (214) 549 - 0851
E-Mail: debwalk@earthlink.net
Club Website: www.walktx.org

11/28/2015 - 11/28/2015 - Walk
Event Number: 101916 10k/5k
Start: Texas & Pacific Railway Depot
Event City: Baird - Callahan County Walk
Host Club: Texas County Walkers, Inc.
Event Website: www.walktx.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
1134 Thistle Dr., Mesquite, Tx 75149
Contact: Deborah Carter, (214) 549 - 0851
E-Mail: debwalk@earthlink.net
Club Website: www.walktx.org

11/28/2015 - 11/28/2015 - Walk
Event Number: 103825 10km/5km
Start: Redbud Pavilion, Brushy Creek Lake Park, 3300 Brushy Creek Rd., Cedar Park TX 78613
Event City: Cedar Park, TX - Thanksgiving Recovery
Host Club: Colorado River Walkers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
3109 Rogge Lane, Austin, TX. 78723
Contact: Carol Obianwu, (512) 771 - 9566
E-Mail: cobianwu@utexas.edu
Club Website: www.coloradoriverwalkers.org/

12/6/2015 - 12/6/2015 - Night Walk
Event Number: 104321 10km/6km
Start: VFW Post 76

Event City: San Antonio - 1st Annual Christmas Lights Walk



Host Club: LoneStar Walkers

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

Write for more information to:

12527 Fern Creek

San Antonio, TX 78523

Contact: Susan Medlin, (210) 325 - 3523

E-Mail: sueammed@aol.com



Happy Thanksgiving

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 _____