



Volume 2015 – December 2015 No. 11  
Next Meeting – January 19, 2016  
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](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*

**Susan Medlin** 210-325-3523

[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

## Renewal Time

The following membership renewals are currently due:

**Velma Herber,**  
**Maggie/Gus/Finn Roberts, Judge**  
**Marcia Weiner, Clarence & Dianne**  
**Johnson, Jess Meyer, Sara Garcia,**  
**Reuben & Marta Knape, Gloria**  
**Knape and Shaun/Michel, Isaak**  
**Wofshohl.** To renew your RR membership, fill out the application attached or print off of our website: [www.RandolphRoadrunners.info](http://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:

**Karen Boyle** Universal City  
**Stephanie Vega** San Antonio

## RR MEETING LOCATION

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 meeting is January 19, 2016. There will be no meeting in December in lieu of the RR December Christmas Party



## From the Desk of the Pres-

The Christmas Party will start at 6 p.m. on December 15 at the same location as last year, the River City Seafood and Grill restaurant in the Stone Oak area: 115 N Loop 1604 E, Suite 1109, San Antonio, TX 78232. Chinese gift exchange limit, \$15.

*Ellen*



## Kudos to the following RRs for their achievements:

From the Dec 2015/Jan2016 TAW

Events:

30 Diana Adelman  
30 Robert Adelman  
30 Kathy Schwencke  
100 Mike Schwencke  
200 Darren Medlin  
225 Carole Merle  
250 John Ives  
350 Susan Alton  
400 Susan Medlin  
850 Carol Shaner  
900 Suzanne Markgraf  
1300 Ted Cieslak  
1700 Patricia Heller  
2800 Carlen Forinash

Distance:

500km Maggie Carswell  
1500km Cindy Krueger  
1500km Carole Merle  
12,000km Bart Marlar  
19,000km Ellen Ott  
22,000km Patricia Heller

## A Tale from the Trails

### By: John White

*Editor's Note: Ellen requested a special tale from John White about his lifetime of participation in Volksmarching....It's an interesting tale to say the least! Thank you, John!*

I am the runner you see at volksmarch's. I completed the Volksmarching books earlier this year for 2,000 events and 35,000 kilometers. My very first Volksmarch was the 1st Randolph Roadrunners Volksmarch in 1980 on Randolph Air Force Base.

In 1982 I was transferred to Ramstein, Germany. For 4 fantastic years, I enjoyed Volksmarching in Germany and 9 other countries. It was great

seeing all the small cities of Europe while running and walking through the countryside, over the hills of the different mountain ranges, hearing in the distance the cowbells as the cows wandered around, seeing the castles while walking along the rivers and even stopping to enjoy a few glasses of wine. You could even get beer and wine at some checkpoints. I enjoyed Volksmarching in the snow for the first time even though I would fall occasionally while trying to run on icy roads. I completed 67 Volksmarch marathons in Germany, Austria, France and 1 in the USA (Portland, Oregon).

I completed the Berlin marathon in September of 1985. That sure was something running along the Barenberg gate as well as the Berlin walls with the guard towers before they were taken down.

When you don't see me at the local volksmarches that usually means I am running a race somewhere in the USA. I have now completed 39 marathon races in 17 different states. Just this month I finally finished my military cycle by completing the Soldier Marathon at Ft Benning, Ga. Had previously completed the Marine Corps (certificate signed by Arnold Schwarzenegger - he was chairman, President's Council on Physical Fitness and Sports), Navy Marathon and 3 Air Force Marathon's at Wright Patterson AFB.

My biggest accomplishments were completing 3 Goofy's race and a half challenges at Disneyworld. This consists of running the Donald Duck 1/2 marathon on Saturday and then running the Mickey Mouse full marathon on Sunday. For being Goofy enough to accomplish this, you get a third medal (the Goofy medal) along with the Donald Duck and Mickey Mouse medals. I did the similar challenge one other time by running the Indy 500 half marathon (you actually get to run the Indy 500 race track) on Saturday and then running the full Flying Pig Marathon (Cincinnati) on Sunday.

Also enjoyed running the Green Bay Marathon (ran around Lambeau Field on the track), St Louis in the rain (ran through Cardinal baseball stadium), running on the beach's at Surf City

(Huntington Beach) and Long Beach Marathon's, plus running the whole marathon along the Indian River in the Cocoa, Florida 55 half Marathon. To get to Cocoa Beach from the mainland you actually go over 2 rivers. The Banana River runs along Cocoa Beach. The Indian River runs along Cocoa. It is a beautiful race which starts at 6 am, one hour before the sun rise. So about 1 hour into the race you get to see the most beautiful sun rise over the water. Then during the race I got to dolphins swimming, a bald eagle sitting on a post in the river, plus watching the pelicans diving for fish and all the sailboats going by. It really is one of the best and prettiest races around. All medals are space related with this being the 3rd year of a 5 year series on the 5 space shuttles. And, how could I ever forget my first 2 marathons in Honolulu running over Diamond Head and along the Pacific Ocean and beaches.

One other event I will also always remember, for a couple of reasons, is the Oklahoma City Memorial Marathon. I fell the day before in the Expo (pick up your bib and timing chip) parking lot and had to receive 21 stitches in my forehead from my broken glasses. I still completed the marathon the next day.

I belong to the Randolph Roadrunners, Texas Wanderers and am an AVA Associate Member plus the Marathon Maniacs, Half Fanatics, 50 States Half Marathon clubs. Working on completing Volksmarching 50 states and 50 capitals and running 50 states half marathons.

Next, the Rock-n-Roll Marathon in San Antonio this weekend. And then, see you at the Boerne Christmas walk.....

*John*



#### **The Next NEC meeting**

The next NEC meeting will be held January 22 – 24, 2016 in Las Vegas, Nevada.

#### **AVA 40th Anniversary/National Patch Contest - Susan Medlin, National Events Chair**

In the spin up to the 40th Anniversary of Volksmarching in America, we are looking for human interest stories, humorous antidotes, lessons learned, and other interesting events that would encourage folks to become volksmarchers. Please forward your memories to John McClellan, President of the Happy Wanderers, johnmc82@cfl.rr.com by January 31, 2016. We hope to include your memories in articles for Reader's Digest, AARP magazine, TAW and other publications.

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.

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!

**Strategic Planning Surveys Update – Nancy Wittenberg, SPC Vice-Chair** Thank you everyone for completing your individual surveys and your club surveys to help keep AVA moving forward. Each survey is important to the strategic planning process the committee is going through. Our next meeting is in the Dallas, TX area from November 17 – 19. We will be reviewing all the results of the two surveys and working hard to come up with three scenarios to present to the

National Executive Council Meeting in January for the NEC's input and decision. You will hear what the NEC tells the committee to focus on following that meeting.

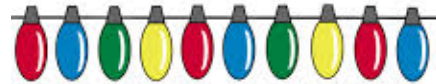
AVA Executive Director's Updates  
Diversifying Our Revenue Streams – Henry Rosales, AVA Executive Director In an effort to diversify our revenue streams the AVA headquarters is actively pursuing monetary grants from other sources like foundations, corporations, and the federal government. A standard part of the grant application process is to provide requested information about the work that we do to accomplish our mission. The mission of the AVA is to be the advocate for the promotion and organization of walking and other noncompetitive sporting events that encourage physical fitness, fun and friendship for people of all ages

and abilities. As an advocate the AVA, through its clubs, conducts events and educates individuals and communities as to the health benefits gained through participation in noncompetitive sports. Several grant applications recently requested information regarding AVA's involvement with advocacy initiatives that may have led to creation of more walkable communities. To learn more about walkable communities click here. [http://safety.fhwa.dot.gov/ped\\_bike/docs/marc.pdf](http://safety.fhwa.dot.gov/ped_bike/docs/marc.pdf) An example of a club advocacy initiative as it relates to a walkable community could include working with local, state or federal officials on community projects such as assisting in creation of walking paths in or around city/county parks, or requesting assistance with elevated pedestrian walk ways over busy streets or requesting placement of traffic signals to provide safer trails for pedestrians walking. Another good example would be an AVA Volkssporter's participation as a sitting member on a board that studies pedestrian traffic matters or community planning initiatives. There are many other examples out there. I would love to hear about your individual or club's advocacy efforts so we may include these testimonials in our grant proposals and share them with the greater community. Send us information on your advocacy efforts to: [marketing@ava.org](mailto:marketing@ava.org). Use the subject

line "Advocacy Initiatives." You can also mail us your information by sending it to the attention of Henry Rosales at the AVA Headquarters. Thanks in advance for sharing with us and keeping the spirit alive!

### **Coming Texas Traditional Events:**

12/5/2015 - 12/5/2015 - Walk  
Event Number: 104234  
15km/10km/5km  
Start: Arlington Visitors Center, 1905 E. Randol Mill Road, Arlington, TX 76011  
Event City: Arlington - Texas  
ChristKindl Market Volksmarch  
Host Club: Tarrant County Walkers  
Event Website: [www.facebook.com/TarrantCountyWalkers](http://www.facebook.com/TarrantCountyWalkers)  
More Details: [Click here for directions, ratings, etc.](#)  
*Write for more information to:*  
1049 Creek Hollow Lane  
Fort Worth, TX 76131  
Contact: Bill Wigton, (817) 847 - 5185  
E-Mail: [billwigton@gmail.com](mailto:billwigton@gmail.com)  
Club Website: [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)



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](mailto:sueammed@aol.com)



12/12/2015 - 12/12/2015 - Walk  
Event Number: 103735 10km/5km  
Start: St. John's Lutheran Church, Luther Hall  
Event City: Boerne - Boerne Christmas Walk  
Host Club: Randolph Roadrunners

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

**Club Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

12/12/2015 - 12/12/2015 - Walk  
Event Number: 102840 10km/5km

**Start:** McDonald's

**Event City:** Farmers Branch -

Vitruvian Holiday Lights

**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:**

7102 Abrams, Dallas, TX 75231

**Contact:** Lesley Bowen, (214) 732 - 6725

**E-Mail:** [LesleyBowen@aol.com](mailto:LesleyBowen@aol.com)

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

12/19/2015 - 12/20/2015 - Guided Bike  
Event Number: 104018

15km/25km/50km

**Start:** Maverick County Lake

**Event City:** Eagle Pass - SoTex

Traveling Bike #6

**Host Club:** Whatever of Texas

Sporting Club

**Event Website:** [faculty.sulross.edu/cbaulch/index\\_files/Page615.htm](http://faculty.sulross.edu/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](mailto:btcotx@gmail.com)

12/19/2015 - 12/20/2015 - Walk  
Event Number: 104020 10km/5km

**Start:** Maverick County Lake

**Event City:** Eagle Pass - December

Whatever Spree - Fort Duncan Walk

**Host Club:** Whatever of Texas

Sporting Club

**Event Website:** [faculty.sulross.edu/cbaulch/index\\_files/Page615.htm](http://faculty.sulross.edu/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](mailto:btcotx@gmail.com)

12/31/2015 - 12/31/2015 - Walk



**Event Number:** 104216 10km/5km  
**Start:** St. Joseph's Halle  
**Event City:** Fredericksburg - TVA  
 Memorial Walk  
**Host Club:** Texas Volkssport Assn.  
**Event Website:** [walktexas.org](http://walktexas.org)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 215 Mineola St., Ingram, Tx 78025  
**Contact:** Brian Fisher, (830) 377 - 4239  
**EMail:** [guadalupesigns@omniglobal.net](mailto:guadalupesigns@omniglobal.net)  
**Club Website:** [walktexas.org](http://walktexas.org)

1/1/2016 - 1/1/2016 - Walk  
**Event Number:** 104218 10km/5km  
**Start :** St. Joseph's Halle  
**Event City:** Fredericksburg - TVA  
 Midnight Walk  
**Host Club:** Texas Volkssport Assn.  
**Event Website:** [walktexas.org](http://walktexas.org)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
 215 Mineola St., Ingram, Tx 78025  
**Contact :** Brian Fisher, (830) 377 - 4239  
**EMail:** [guadalupesigns@omniglobal.net](mailto:guadalupesigns@omniglobal.net)  
**Club Website:** [walktexas.org](http://walktexas.org)



**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 \_\_\_\_\_