



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2016 – April 2016 No. 04
Next Meeting – April 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, Gonzales,
Palmetto State Park*

Pat Gunter 210-479-0805

*Year-round Events: DeZavala Daily Bread
& Broadway Daily Bread, Leon Creek*

Ellen Ott 210-723-8574

*Year-round Events: Crownridge, Friedrich
Park, Eisenhower 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: :

Patti Paulson, Louis & Amy Amici, John & MaryAnn Dorlon, Douglas Redd, Frank Gresham, Norman & Pam Haines, George Hext, Dorothy Contreras, The Magness family, Louise Underwood, Ann & Jennifer Angell, Gloria Castillo, Steve & Kathy Feinstein, Olga Flores, Young H. Forst, Russell Leigon, Leon & Liz LeVan, Lidia Martinez, Ariana Ramirez, Charlie & Nancy Redd, Anthony & Marcelle Schneider, Peggy Seifert, Regina Smith, Norma VonKriegenbergh, Cary Weldy and Marisa Alvarez.

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.

RR MEETING LOCATION

Esplanade Gardens
10790 Toepperwein Road
Converse, TX 78109

The Roadrunners meet the third Tuesday of each month. The next meeting is April 19, 2016.

From the Desk of the Pres- April is "Fit Boerne Month"

and the RR's will feature the Boerne YRE's on the following Sundays in April:
4/3/16 – Cibolo Wilderness YRE-1879
4/10/16 – Downtown YRE-1857
4/17/16 – Cemetery YRE-1858
Start time for each YRE is 8 a.m. at the Comfort Inn & Suites. Questions ?, contact Ellen 723-8574.
ellenott@sbcglobal.net

Help is needed to find different Taco Cabana's to start the summer SunRise walks. Over the years five Taco Cabanas have been used on a rotating basis, but would like to include others

that are near a walkable neighborhood or park. Twenty percent of the receipts from the walkers' purchases have been donated to the AVA.

The Baker's Dozen will continue through 2016. There's a beautiful patch or pin waiting for those who finish the program. Pat Roberts is the contact for this program

Happy wandering,
Ellen

Tales from the Trail

By: Ted Cieslak- April 2016

Realizing the need for frugality given that my annual \$4.00 Randolph Roadrunners dues are renewable soon, my wife, Barb, and I did what all good vacationing relatives do—we decided to mooch off of other relatives. In this case, cousins Binky and Denny, who winter in Destin, Florida. Armed with a couple of New Walker Packets for our cousins, we departed snowy Omaha for the white sand beaches and turquoise waters of Destin and, of course, for a change of volksmarching scenery.

First we tackled the walk through neighboring Fort Walton Beach. I have actually done this walk several times in the past (all while mooching off of my cousins) and always find it very enjoyable. The walk begins (after a two mile drive from the check-in at the Visitors Bureau) at Ferry Park in the heart of a working-class Fort Walton neighborhood. The park is a nice oasis and contains something for everyone—baseball diamonds and tennis courts, a stream frequented by ducks and geese, picnic shelters, and a winding trail for volksmarchers. The one-mile-long trail is incorporated into the walk and provides for the fact that the first 1/6 of the trek has elapsed before one realizes it. Moreover, it winds its way through a Disk (Frisbee®) Golf Course. Now -- I have encountered many disk golf courses over the course of my volksmarching career, but I have never

seen one like Fort Walton's. It stands out because people actually use it; lots of people. On each and every one of my 7 or 8 visits to Destin, the course was crowded with golfers. And these people take their disk golf very seriously. Many have push carts akin to those seen in conventional golf. The carts carry bags loaded with plastic disks—different ones for tee shots, fairway shots, dog leg 'holes,' 'putting,' and so on. I had the opportunity to talk to a few golfers; one told me that he was a novice and thus carried only 30-40 disks with him on any given round—he assured me that experienced golfers used more. The biggest challenge for the golfers (in addition to selecting from among their dozens of disks) was keeping their canine caddies from chasing after and retrieving the disks.



The Fort Walton Beach McDonalds

After pausing to take in a few holes of golf, we continued along the path which eventually connected to the Bud & Dorie Day Patriots' Trail, a tribute to a local Medal of Honor winner. From there the route followed city streets to one of the most interesting McDonald's restaurants seen anywhere. While I'm no longer a big fast food connoisseur (although I suppose I'm big because I was a fast food connoisseur), I did begin my career, at the age of 17 (I'll date myself by mentioning that this was before breakfasts, drive-through, and Happy Meals) working for the Golden Arches. I thus always enjoy stopping in the old-fashioned Fort Walton store, which contains a museum of McDonald's memorabilia, including the paper hats that I wore as a teenage grill cook. From there, we head out along city sidewalks to the downtown area, which has a number of interesting shops, before returning to Ferry Park via a two-mile-long stretch along Choctawhatchee Bay. Fortunately, there were a number of home construction sites along this stretch, each with its own Porta-Potty. Just in

case anyone had too much spirit at the previous day's Mardi Gras celebration and attempted to counter that spirit with too much coffee in the morning. Present company excepted, of course.



Ferry Park Trail

Two days later, we headed east from Destin to do a new walk at Grayton Beach. The walk is spectacular, progressing through Grayton Beach State Park, then heading out along the beach itself for a mile or so. It would have been even more spectacular if not for the steady 40-50 mile-per-hour winds that day. Fortunately, the winds were blowing west-to-east while we were walking in the same direction along the beach. Thus, only our backsides were sand-blasted.



Seaside's Quaint Post Office



The Truman House

The walk leaves the beach at the picture-perfect village of Seaside and traverses most of the community's scenic streets, including locations used

in filming 'The Truman Show.' It then proceeds through 'downtown' Seaside, home to many intriguing shops, eateries, and food trucks (advice: go hungry), before calling on one to return back to the start along the beach. We decided to ignore that call and, instead, proceeded along a tree-lined street which afforded protection from the still-roaring winds.

All-in-all, a very pleasant couple of volksmarches. I highly recommend both of them to anyone visiting the Florida panhandle's Emerald Coast.



NEC Meeting Updates

The next NEC meeting will be held June 10-12, 2016 in Fredericksburg, Texas.

National Special Programs - Susan Medlin, Chair ***Celebrating 40 Years of Volksmarching***

We are finalizing our plans for celebrating the 40th Anniversary of Volkssporting in Fredericksburg, June 10-12. We have a beautiful medal (A Award) for the Footsteps of the Founders walk on Saturday morning. It is an updated replica of the original medal awarded in 1976. We will be selling the patch and a beautiful commemorative stein during the weekend. Quantities of both the Medal and the Stein are limited and pre-registration information for the Medal, the Stein and the Saturday night dinner at Andy's will be available soon. Color photos of the Medal, the stein, and the patch are in the event flyer.

We welcome all of you to join us in Fredericksburg. It should be a wonderful weekend for volkssporters, and there are many other fun things to do in this quaint and historic German town. Go to:

[http://www.ava.org/checkpoint/2016/MAR/Flyer for 40th Anniversary.pdf](http://www.ava.org/checkpoint/2016/MAR/Flyer%20for%2040th%20Anniversary.pdf)

for the Flyer for the 40th anniversary weekend, which lists all of the weekend events; including the 4 events on Saturday, the YRE walks on Friday night and Sunday morning, the other numerous Year Round Events that are

available within an hour's drive, the NEC meetings, and specific Start times and locations for the events. Please join us in celebrating this joyous event.



So far, HEB and SAS are stepping up as sponsors for this celebration.

AVA Executive Director's Updates - Henry Rosales

The Big Give – Give BIG!

On **May 3rd, 2016**, the American Volkssport Association will join San Antonio and surrounding counties in The Big Give S.A. which is a 24-hour day of giving that brings donors and nonprofits together by creating a shared region-wide experience and connecting people to the causes that matter to them the most.

In the case of AVA this is a nation-wide experience and fundraising campaign to support the continued mission of the AVA. Last year individuals, clubs, and state associations came together to raise \$58,641 of which \$30,000 was an individual match from our beloved lifetime Volkssporter, Ms. Charlotte Phillips. **The goal this year is to raise \$50,000!**



Traditional Events in April:

4/2/2016 - 4/2/2016 - Walk
Event Number: 104703 10km/5km
Start: Kiest Park
Event City: Dallas - Kiest Park
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

4/2/2016 - 4/2/2016 - Walk
Event Number: 104644 10km/5km
Start: High Island Bird Sanctuaries-
Boy Scout Woods Sanctuary
Event City: High Island
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

4/2/2016 - 4/2/2016 - Walk
Event Number: 104668 10km/5km
Start: Event Tent @ Castroville
Regional Park
Event City: Castroville - Tour De
Castroville Volksmarch
Host Club: LoneStar Walkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
27727 Ramblewood
San Antonio, Tx 78261
Contact: Heinz Johnson, (830) 980 - 5723
E-Mail: tvapresident@gvtc.com

4/9/2016 - 4/9/2016 - Guided Bike
Event Number: 104414 13km/25km
Start: Medina River Natural Area
Event City: San Antonio - SoTex '16
Traveling Bike #4
Host Club: Whatever of Texas
Sporting Club
Event Website: 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

4/9/2016 - 4/9/2016 - Walk
Event Number: 104679 12km/5km

Start: Medina River Natural Area
Event City: San Antonio - Medina
River Natural Area
Host Club: Selma Pathfinders
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
12235 White Ash
San Antonio, Tx 78245
Contact: Mike Schwencke, (210) 679 - 7609
E-Mail: mschwencke@satx.rr.com

4/16/2016 - 4/16/2016 - Walk
Event Number: 104734 10km/5km
Start: Mitchell Lake Audubon Center,
10750 Pleasanton Rd., San Antonio, TX
78221-9688

Event City: San Antonio - Caminada
de Fiesta
Host Club: Texas Wanderers
Event Website:
www.walktx.org/TexasWanderers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
102 Wildridge Trail
Universal City, TX 78148
Contact: Gerald Kamicka, (210) 658 - 2160
E-Mail: GeraldK726@aol.com
Club Website:
www.walktx.org/TexasWanderers

4/23/2016 - 4/24/2016 - Walk
Event Number: 104770 10km/5km
Start: Gruene Hall
Event City: Gruene
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

4/30/2016 - 4/30/2016 - Walk
Event Number: 104620
12km, 7km, 5km
Start: Nelson Ranch Park
Event City: Cedar Park - The Caves
Volksmarch
Host Club: Colorado River Walkers
Event Website:
coloradoriverwalkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

2005 Autumn Fire Drive
Cedar Park, TX 78613

Contact : Doug Eide, (512) 948 - 6638

E-Mail: doug.eide@gmail.com

Club Website:

www.coloradoriverwalkers.org/

***Photos courtesy of Martin Callahan**



Martin Callahan, Rudy & Dolly at entrance to Del Webb Hill Country Retreat 2/13/16.



Del Webb community room Start Point



Rose Foerster, Herb Laing, Ellen Ott, Sandy & Bobbi Ligocky at the Finish Table.



Dolly, Livy, Tina & John Bohnert & Brian Fisher on the trail at Del Webb 2/13/16.

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 _____
Apt No. _____

This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

City _____ State _____ Zip code _____

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 _____