



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2017 – March 2017 No. 3
Next Meeting – March 16, 2017

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
Pat Roberts 210-846-1801

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:
Karen Boyte, Betty Jarvis, Kim & Bart Thomas, Stephanie Vega, Erika Bernardo, Neil & Beth Brown, Robert Fannin, Lucette Garza, Robyn Kelley, Bryon Kilgore, Wayne Klucas, Joe Matava, The Nath Family, Meghan & Grayson Richter, Marabel Rolon, Susan Wright, Susan Alton, Bob & Sharon Burhorn, Suzy Krisak, Sarah & Devon Reveria, Janis Witt, Glenn Brucks, Linda & Sean Cook, Don & Geri Kraft, Jim & Jackie Lytle and Miriam Solis.

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.

NEW Meeting Place & Date

New RR Club Meeting Place:
Universal City Library
100 Northview Drive
Universal City, TX 78148

We now meet the 3rd Thursday of every month.

The next club meeting will be held March 16. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.

Welcome New Members

Terry Cowles & Tim Zimmer – San Antonio

From the Desk of the Pres

Plan now! Trans Canada Train Trip – September 2018.

The Roadrunners have been invited to participate in German Heritage Day at the Institute of Texan Cultures Sunday, 12 March from 12 noon to 4 p.m. We will wear our green RR club shirts. If you're interested, please contact ellenott@sbcglobal.net for info.

Sunday, March 12, 2017

Texas German Heritage Day

12:00 PM - 04:00 PM

Free Second Sunday - Explore German heritage and culture in Texas.

Free Second Sunday:
The day will include a presentation on the historical importance of baseball to the German communities of Texas.

Partner organizations for the event include the Randolph Roadrunners Volkssport Club, San Antonio Conservation Society, Wendish Heritage Museum of Serbin, Local Castroville historian Bradford Boehme, and the Pioneer Museum of Fredericksburg. Each group will bring photos, artifacts and stories specific to their German communities.

At 1 p.m. and 3 p.m. museum researcher Greg Garrett will continue the museum's annual spring baseball speaker series with "From Deutsche Ballspiel to the Hill Country of Texas: Baseball and its German Connection." He will discuss the German ball-and-stick game of the 18th century and the evolution to the "baseball craze" growing in German Texas communities by the 20th century. He will discuss the importance of the game to rural German farming communities, then conclude with insight to the German baseball team that played while interned at Crystal City, from 1942-47, and his conversation with one of two survivors, Eberhardt 'Eb' Fuhr of Cincinnati, Ohio.



Kudos to the Following Roadrunners:

Taken from Feb./March TAW EVENTS:

- | | |
|-------------|------------------|
| 50 events | Leilani Nunley |
| 100 events | Elaine Talariski |
| 100 events | Susan Barnes |
| 300 events | Patricia Roberts |
| 500 events | Caryl Swann |
| 1400 events | Ted Cieslak |
| 2000 events | Martin Callahan |
| 2300 events | Patricia Heller |

- DISTANCE:
- | | |
|-----------|-----------------|
| 1,000 km | Susan Barnes |
| 4,500 km | Caryl Swann |
| 5,500 km | Susan Medlin |
| 30,000 km | Patricia Heller |



RR Andy Thomas and fellow walkers at El Mercado check point - TTR



We had a wonderful weekend in San Antonio at the Texas Trail Roundup. Friday was a warm afternoon, perfect for evening dining on the River Walk. Saturday was sunny, with a steady cold breeze that kept the walkers comfortable as they walked the Mission Reach to the World Heritage Site Spanish Missions.

We had 11 walkers who completed the Marathon on Saturday:

- Bryon Kilgore** (Cibolo)
- Jim Tree** (San Antonio)
- Susan Medlin** (San Antonio)
- Wayne Henry** (San Antonio)
- Patricia Heller** (Schertz)
- Sheri Logan** (New Braunfels)
- Ryan Rudnicki** (San Marcus)
- Pat Astill** (Maryland)
- David Hooker** (Colorado Springs)
- Sue Filipovits** (Pennsylvania)
- Yens-Peter Friedrich** (Germany)

On Sunday rain threatened, but the skies cleared and walkers enjoyed the Pearl Farmers Market, Breckenridge Park, Trinity University and El Mercado. Our local clubs manned 12 checkpoints and provided an endless stream of delicious food and drink. We sold 399 Start Cards, and had walkers from England, Germany, and Mexico. 13 States were represented at the event, including a group from the Freedom Festival IML event in Arlington. They are mentoring us as we work toward IML Status. It was a great start. Thanks to all for a fun weekend!

Susan A. Medlin
 Southwest Regional Director
 AVA: America's Walking Club
 210-325-3523
sueammed@aol.com



Missions walk at the Saturday TTR event



An INVITATION to all Walkers!

Take Part in the TVA Weekend
 "DEEP, DEEP in the HEART of EAST TEXAS"

3-4-5 March 2017 - AVA Sanctioned Traditional Walk and 3 Featured YREs. Hosted by: East Texas Trekkers, AVA-863:

- TVA Business Meeting
- TVA Board of Directors Meeting
- 4 Walks
- Trailmaster Training & Certification - Workshop
- Luncheon

Look for Times, Details and Locations In TVA Weekend Walk Events Schedule and East Texas Trekkers Event Brochure.

LODGING In Livingston, Texas:
 Best Western Plus, Telephone 936.327.8500
 Hampton Inn, Telephone 936.327.2300
 Holiday Inn Express, Telephone 1 + 877.859.5095
 La Quinta Inn & Suites, Telephone 936.328.5299

Host: East Texas Trekkers, AVA-863
 - Helen Hull, Events Director
 972.530.1026



Walk & Party...Gonzales!

Join the Roadrunners on Friday 23 June as they feature the Gonzales year around event before participating in the Main Street Concert Series where food

and music are in abundance. The Roadrunners have permission to have a table to feature Volkssports and our year around event in Gonzales.

The "Come and Take it" logo that is seen all over Gonzales is a historic slogan used in 1778 at Ft. Morris during the American Revolution and in 1835 at the battle of Gonzales during the Texas Revolution. This battle was between Texian settlers and a detachment of Mexican Army Troops. Eighteen townsmen stood on the bank of the Guadalupe River and refused to give up their small cannon to the Mexican Army.

So "Come and Take It" with us and enjoy walking, music, and food in historic Gonzales!

Ellen



Registration Available

The online 20th AVA Biennial Convention Registration is now available. There actually is a lot of information for you to peruse before clicking on the appropriate button on the registration page to actually begin the registration process. You can opt for the entire convention experience, or pick and choose those options that make sense for you or your club. If you are going to be a club delegate, i.e. the person that votes on all issues brought to the Membership, your club must be in good standing and you must be 'Credentialed' by the AVA Secretary at the Convention utilizing the official AVA forms that will be sent to each club shortly.

The time crunch means we were unable to write our own convention registration system. The software we are using is online, and they get their money by charging \$1 for each item purchased. We have attempted to mitigate these fees to you by doing some consolidation of choices. Please read everything carefully first, then make your selections. Additionally, if you wish to pay online with a credit card, the credit card fees (about 3%) will be added to

your order total. To not pay these fees, you can spend 49¢ and snail-mail a check. Your choice. Again, please read all of your choices carefully, and then choose.

Register for the Full Convention

The items below are what are included when you register for the full convention. Before member discounts the cost of the **Full Convention Registration** is \$295. If you are an AVA Annual Associate Member or an AVA Lifetime Associate Member, go find your Membership Card. To receive the discount you will need to enter your Membership Number (Example: VAL-1234) in the questions, and your Discount Code (shown where you input your Membership number) on the Summary Page. A Lifetime Associate Member gets a 15% discount on the Full Convention and an Annual Associate Member gets 10%. Remember to bring your Membership Card with you when you pick up your registration packet at the convention. If you are not yet an AVA Associate Member, we have created a discount code just for you. To receive a 10% discount, prior to receiving your membership, enter the New Member discount code on the Summary Page. Then, complete your membership application and send it in to AVA National Headquarters. Or, bring it with you to the convention and become a member when you pick up your discounted registration materials at the Red Lion Hotel and Convention Center Billings at the start of the convention. If you have any questions, please fill out a question on our Contact tab and let us know. We will answer as soon as we are able.

Registering for Individual Choices

The second choice is to choose only what you need. This could be individual events, individual social events, a workshop, access to the Silent Auction. Each selection has its own price. There are no discounts for this option. The options are as above, but with more details. Additionally, the registration system we are using has a cost of \$1 PER ITEM that is ordered. (Next convention we will have written our own, but not for this one!) There are multiple options to choose from, especially with the daily convention registration and the events. Please be

sure and read all of the information provided so you know what is actually included. To ease the fees, we have combined some probable combinations so you only pay one fee for multiples. As an example, there is a selection for ALL walk events. That total is 7, and if you were to select them individually the fee would be \$7 instead of \$1. Your choice, actually, but we are trying to look out for your best interests. Really. So, read all of the information, then scroll back up to the top of the registration form to make your intelligent selections.

To stay updated on our progress, connect regularly to our website 2017AVAConvention.org, sign up for our [newsletter](#), and let us know if you have any questions or concerns. Looking forward to seeing you there 20th AVA Biennial Convention Committee
1020 Parkway Ln
Woodland Park, CO 80863
Message Phone: 303-785-6177



Fun, Fitness, Friendship

Traditional Events:

3/4/2017 - 3/4/2017 - Walk
Event Number: 107560 10km/5km
Start: Coldspring Community Center
Event City: Coldspring - San Jacinto County - TVA meeting
Host Club: East Texas Trekkers, Inc.
Event Website: www.WalkTx.org/EastTexasTrekks
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

2334 Saharah Dr
Garland, TX 75044
Contact: Helen Hull, (972) 530 - 1026
E-Mail: helenthehun@yahoo.com
Club Website: www.Walktx.org/EastTexasTrekks/

3/11/2017 - 3/11/2017 - Walk
Event Number: 107612 13/10/5
Start: 1530 Stoneleigh Road, Comfort TX 78013
Event City: Comfort - Cypress Creek Walk
Host Club: Kerrville Trailblazers
Event Website: www.walktx.org/KerrvilleTrailblazers

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

Write for more information to:

446 Vicksburg Ave
Kerrville, TX 78028
Contact: Robert Theis, (830) 896 - 3550
E-Mail: rbellparkhurst@gmail.com
Club Website: www.walktx.org/KerrvilleTrailblazers/



3/18/2017 - 3/18/2017 - Walk
Event Number: 107378 5/10 km
Start: Dunbar Center, 801 Martin Luther King St., San Marcos, TX 78666
Event City: San Marcos
Host Club: San Marcos River Walkers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
100 E. Laurel Ln.
San Marcos, Tx 78666
Contact: Barbara Piersol, (512) 396 - 4463
E-Mail: bpiersol@grandecom.net

3/25/2017 - 3/25/2017 - Walk
Event Number: 107639 10km/5km
Start: Raymond Rimkus Park
Event City: Leon Valley - Raymond Rimkus Park/Huebner-Onion House
Host Club: Selma Pathfinders
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

7035 Forest Mont
San Antonio, Tx 78240
Contact: John Hoyt, (210) 249 - 6020
E-Mail: jmakhoyt@att.net
3/25/2017 - 3/25/2017 - Walk
Event Number: 107849 10km/5km
Start: Lowe's / Murphy
Event City: Murphy - Spring Fever
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: Maggie Cole, (469) 233 - 0161
E-Mail: maggiec01@verizon.net
Club Website: www.walktx.org/planowalkingclub

3/25/2017 - 3/25/2017 - Guided Bike
Event Number: 107681 13km/25km
Start: Raymond Rimkus Park
Event City: Leon Valley - Bike with
 WoTSC 2017 #3
Host Club: Whatever of Texas
 Sporting Club
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

3/25/2017 - 3/25/2017 - Walk
Event Number: 107711 11km/5km
Start: Carter & Cooley
Event City: Houston - Heights
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:
hkhpresident@houstonhappyhikers.com
Club Website:
www.houstonhappyhikers.com

**Alamo Quarry Market/Lincoln Heights
 and Toilet Seat Lid Museum/Alamo
 Heights Walk Events Saturday, 7
 January 2017**



Walkers leaving the Quarry Market



*Martin Callahan at the Olmos Basin
 Greenway Trail.*

***Photos courtesy of Martin
 Callahan.**



Walkers in the Quarry Market Center



Barney Smith at his Toilet Seat Lid Museum



RR's Rick White and Randy Baker



Common Walking Injuries and How to Avoid Them

*BY JODI HELMER FROM "MAP MY
 WALK" BLOG*

It's not just activities like running, weightlifting and football that could cause injuries.

Despite its reputation as being an ideal low-impact exercise, walking can also lay you up if you're not careful. Injuries ranging from blisters to tendinitis happen to walkers, but that certainly doesn't mean you should hang up your walking shoes. "The benefits of walking for exercise outweigh the risks," says Liz Poppert, an assistant professor of physical therapy at the University of Southern California.

Here are a few of the most common walking injuries and tips on how to manage them — or avoid them altogether.

BLISTERS

Blisters are caused by friction from ill-fitting shoes and sweaty socks. Even though they're usually small, these fluid-filled sacs can derail a walk, hike or run. No matter how tempting it might be, podiatrist James R. Christina, the executive director of the American Podiatric Medical Association, warns against popping blisters. "When you puncture the skin, you open up the potential for bacteria and that can make the problem worse," he says.

The Fix: For a minor blister, a bandage is often a simple solution to continue walking. For a larger blister, consider switching to another activity until it heals. To avoid blisters altogether, Christina suggests wearing shoes that fit properly and socks that wick moisture.

PLANTAR FASCIITIS

The inflammation of the band of tissue, called the fascia, which connects the heel bone to the base of the toes, can cause severe pain. In mild cases, the pain often disappears during a walk, says Poppert. "A walking workout may be initially uncomfortable for the first several minutes, then often the pain

goes away for the remainder of the walk,” she says. “If it is more severe, symptoms may escalate during the walk.”

The Fix: An over-the-counter pain reliever and applying ice to the fascia for 20 minutes at least three times a day can help ease the pain; regular stretching or physical therapy can also help stretch the fascia and ease the tension. Supporting the arch with taping or arch supports or strengthening the arch muscles may ease tension on the fascia, says Poppert. “Once tissues are less irritated, activity level can increase again.”

SHIN SPINTS

Pain and inflammation along the inner edge of the shinbone (or tibia) is often diagnosed as shin. The pain can be sharp or dull and throbbing — and it can occur both during and after exercise.

Although shin splints are most often associated with running, walking can cause them, too. “You can get shin splints from overuse or doing too much too soon,” explains Christina. Ill-fitting shoes are another common cause of shin splints; the pain is also more common in people with flat feet.

The Fix: A combination of rest, ice and over-the-counter pain relievers can help calm inflammation and alleviate shin splints. To keep the pain from returning, go slow.

“You need to ease into an exercise program, even walking,” says Christina.

TENDINITIS

An inflamed tendon causes tendinitis. The condition, which can result from tight calf muscles, bone spurs or walking too far or too fast too soon, can trigger swelling, pain and irritation. Depending on which tendon it affects, tendinitis can make a walking workout next to impossible. Poppert says that it most commonly affects the Achilles tendon, connecting the calf muscle to the heel bone, and the tibialis posterior tendon, which runs under the foot and supports the arch.

The Fix: Don’t walk through the pain. Rest, apply ice and take over-the-counter anti-inflammatory medications to ease tendinitis. When the pain subsides and you’re ready to return to your walking workout, Poppert notes that adding heel lifts and/or arch supports to your shoes can prevent a recurrence.

METATARSALGIA

This condition is diagnosed when there is pain around the metatarsals, the five bones in the area under the toes around the ball of the foot, causing a sharp or burning pain.

The causes of metatarsalgia range from torn ligaments and inflammation of the joint to ill-fitting shoes and calluses that increase pressure on the bone. “If the pain gets worse with activity, it’s important to stop and rest,” says Christina.

The Fix: The treatment for metatarsalgia depends on the cause and may include buying shoes that fit properly or inserting arch supports or soaking feet to soften and remove calluses. If the pain is caused by a bone deformity, surgery may be necessary. While dealing with the pain of metatarsalgia, Christina suggests switching to other activities like swimming, biking or using the elliptical machine, which will keep pressure off the ball of the foot.

Injuries might force you to briefly suspend your walking workout, but with preventive measures like wearing the right shoes and avoiding overtraining, you can enjoy miles and miles of injury-free walking.

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 _____