



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2017 – April 2017 No. 4
Next Meeting – April 20, 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, 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, Bob & Sharon Burhorn, Suzy Krisak, Sarah & Devon Reveria, Janis Witt, Glenn Brucks, Linda & Sean Cook, Don & Geri Kraft, Jim & Jackie Lytle, Miriam Solis, Carolyn Chorak & Beth Hammer and Brenda Dever-Armstrong.

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:

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 April 20. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.

Welcome New Members

Joy Miller
Angela Joyce

Cibolo
San Marcos



From the Desk of the Pres--

Plan now! Trans Canada Train Trip – September 2018.

The Roadrunners participated in German Heritage Day at the Institute of Texan Cultures Sunday afternoon, 12

March. Bob and Susan Alton, Pat Roberts, John Ives and myself shared the volkssport story with several folks interested in our walks. Some folks had already heard of volksmarching and others said they had heard of it, but didn't know it was here. Now they have no excuse not to join us!

The Roadrunners received the following note:

We would like to thank your club for its efforts in creating and supporting the 2017 Texas Trail Roundup. It was a great event that we thoroughly enjoyed and we plan a return trip for next year's edition.

Enclosed please find a check for \$50.00 as a donation to your club as an acknowledgement of your efforts for this fine event.

*Alice Filemyr and
Jeffrey Giddings*

And an email from Gary and Marietta Prichard:

Ellen,

Marietta and I had a really GREAT time walking your club's walks and participating in the Saddle Up!! And thank you for helping Marietta find her keys!! I also wanted you to know that we walked the Lions Club park walk, that you register for online, the Monday after the Saddle Up, and we liked it too! So, if we missed a Roadrunner YRE, it was not intentional, and we'll make it up next time we're in town. ☺

Thank you again,

Gary

And, it's that time again; is anyone interested in running for election as the new SWRD?

Our current SWRD, Susan Medlin, is going to seek re-election. The ballot is open to everyone. If anyone wants the job description, I will send it to them or they can check it out in the bylaws on the AVA website. This position, if done correctly, takes a lot of time, leadership skill and some financial responsibility.

Ellen

American Volkssport Association
Billings, Montana
 June 7-9, 2017
20th Biennial Convention

Things have been settling in here on the home front. New convention activities have slowed down, but everything is coming together nicely. For example, we ordered the first batch of gAVAn, our Stepping Out of Bounds plush bear. He was just delivered to our door, and I just had to show him off. He comes with either blue or yellow writing on his red bandana, and is just as cute as we had hoped. We will put the pictures on the Registration Tab of the Convention Web Site (<http://2017AVACConvention.org>).

Watch the web site for the Convention Event Brochure on the Events Tab. It will be available. We will email a link to download it to those that have already registered for the convention (up over 100 so far) or are on our convention mailing list. We will work with Headquarters for some additional email lists and get them out that way. We are trying to minimize the actual number of printed copies, so we save money and help the environment. That being said, if you read this and actually need a printed copy, let Headquarters know and we will get one to you.

Also, watch the convention web site for the final details on a surprise party on Sunday after the walk in Buffalo you will not want to miss. I know, telling you about it makes it a bit less of a surprise but hey, this whole thing is going to be so worth it. Don't forget there are also three Seasonal events in Buffalo.

We still need volunteers in all categories. Anyone can do it, and you will get a 'free' T-Shirt, so make sure and go to the Volunteer Tab and check it out. That also has a link to sign up for your T-Shirt so we get the correct sizes for you.

Radisson Hotel Rooms

A second block of rooms for the 2017 AVA Convention was reserved with the Radisson Hotel Billings. We have blocked room nights for June 6-9 at a

discounted group rate of \$89.95++ per night. For those arriving early or departing late, the discounted rate will be honored three days prior and three days post-convention. Rooms are still available. Don't miss out!

To make your reservations: please dial 1-800-333-3333 or 406-248-7701.

Make sure to mention the group block code 0606AVASSO to get your discounted rate. Stay tuned for hotel updates on Facebook and the Convention Website.

Radisson Hotel Billings
 5500 Midland Road
 Billings, MT 5910

As always, if you have any questions or concerns drop us an email at info@2017AVACConvention.org, or complete the Contact form on the Contact Tab of the web site.

See you in June.

Sherry Sayers, Convention Chairperson
 20th AVA Biennial Convention
 1020 Parkway Ln.

Woodland Park, CO 80863

Chairperson@2017AVACConvention.org

In Memory of Rusty-

By Martin Callahan



Martin Callahan and Rusty pose for a picture in front of the Treue der Union monument at the beginning of the March 31, 2013 Comfort Easter Walk Trail.

Rusty, the faithful canine companion of Martin Callahan and his mother Robin Callahan, passed away on March 4, 2017, after suffering from inoperable cancer.

Rusty was part of the Callahan family for over 13 years. Volkssporters didn't see Rusty on the trail as often as Martin's other dogs as he had hip

dysplasia which limited the distance he could walk. Rusty was a very friendly, loving dog and is missed by everyone who knew him.



Martin Callahan and Rusty find an Easter egg hidden along the March 31, 2013 Comfort Easter Walk Trail.



Rusty sitting in a chair at home on October 6, 2016.



Fun, Fitness, Friendship

AVA's Executive Director's Update—Henry Rosales

Special thanks to Southwest Regional Director, Susan Medlin and all the AVA regional clubs for hosting the Texas Trail Round Up (future IML) walking festival in San Antonio, Texas! It was great to catch up with old friends and meet new ones! Great job and thank ya'll for joining us!



Save the Date for the Big Give 2017!

AVA Communications--Samanta Sanchez

Our annual fundraiser, the Big Give, will be taking place May 4th this year. We are super excited to participate once again in this nationwide, 24-hour day of giving! Last year, thanks to your generous donations, we surpassed our \$50,000 goal!! Your helping hand has

made many new implementations possible and we couldn't be more grateful. This year, with your support, we are hoping to raise \$60,000. On May 4th, you have the opportunity to help us reach our goal by donating online through the Big Give 2017.

The AVA is dedicated to make a difference in your health and wellness, help us make a difference in others by donating to the AVA - America's Walking Club. Don't forget to Save the Date!



Everyone is invited! Join other walkers for a variety of year around volkmarches during World Walking Week.

All Events will start at 8 a.m. unless otherwise indicated:

Sat.- May 6 – LSW - World Walk Day Event – SW17/107769.

Sun. – May 7 – Leon Creek YRE

Mon. – May 8 – Salado Creek – Sign in at walk start point.

Tues. May 9 – Proclamation at Commissioners Court in the Old Courthouse at 105 Dolorosa St. at **10 a.m.**

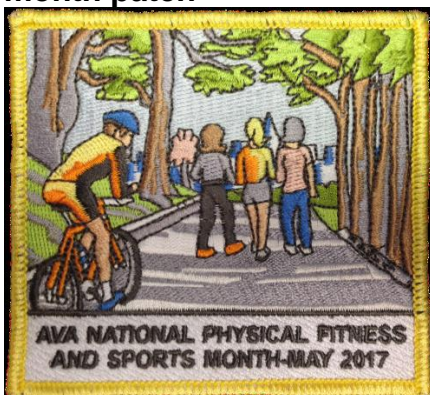
Wed. – May 10 – Broadway YRE

Thur. - May 11 Southside Lions Park – YRE (no remote registration)

Fri. – May 12 – **No walk scheduled**

Sat. – May 13 – HCV – Comfort YRE
Contact Ellen Ott at 210-723-8574 if questions.

May 2017 - National Physical Fitness and Sports month patch



Patch design courtesy of Dorman Batson Northwest Region

Traditional Events:

4/1/2017 - 4/1/2017 - Walk

Event Number: 107770 10km/5km

Start: Back end of LARGE TENT in Center of Castroville Regional Park (NOT a small Canopy)

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: lonestarwalkers@gvtc.com

4/1/2017 - 4/1/2017 - Walk

Event Number: 107503 10km/5km

Start: Cupboard Natural Foods & Cafe

Event City: Denton - April Fools Fun

Host Club: Dallas Trekkers, Inc.

Event Website:

www.DallasTrekkers.org

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.dallastrekkers.org

4/8/2017 - 4/9/2017 - Walk

Event Number: 107683 10km/5km

Start: Gruene Hall

Event City: Gruene - New Braunfels

Spring Walk - Gruene TX

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) 609 - 7514

E-Mail:

mbrendsel@hotmail.com

Club Website:

www.muw.walktexas.org



Happy Easter!

4/15/2017 - 4/15/2017 - Walk

Event Number: 107798 10km/5km

Start: Comfort Community Park

Event City: Comfort - Easter Walk

Host Club: Hill Country

Volkssportverein

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

Write for more information to:

102 Edgewood Drive

Comfort, TX 78013

Contact: John Bohnert, (830) 995 - 2421

E-Mail: tinabohnert@gmail.com

4/22/2017 - 4/22/2017 - Walk

Event Number: 107741 5km/10km

Start: Mitchell Lake Audubon Center

Event City: San Antonio - Caminad de Fiesta

Host Club: Texas Wanderers

Event Website:

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

4/22/2017 - 4/22/2017 - Walk

Event Number: 107736 10km/5km

Start: Cypress Pavilion-Mercer

Arboretum and Botanic Gardens

Event City: Humble - Mercer

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

4/22/2017 - 4/22/2017 - Walk

Event Number: 107819

15km/10km/5km

Start: Terrell Heritage Museum

Event City: Terrell, TX - Terrell

Heritage District

Host Club: Dallas Trekkers, Inc.

Event Website: dallastrekkers.org

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

Write for more information to:

1635 Windmill Ln

Mesquite, TX 75149

Contact: Dianne Duke, (214) -36 - 9730
E-Mail: d.w.duke@live.com
Club Website: www.dallastrekkers.org

4/29/2017 - 4/29/2017 - Guided Bike
Event Number: 107672 13km/25km
Start: Barkley Meadows Park
Event City: Austin - Bike with WoTSC 2017 #4

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

4/29/2017 - 4/29/2017 - Walk
Event Number: 107755 10km/5km
Start: Austin State Hospital, 4110 Guadalupe St. Austin Tx. 78751

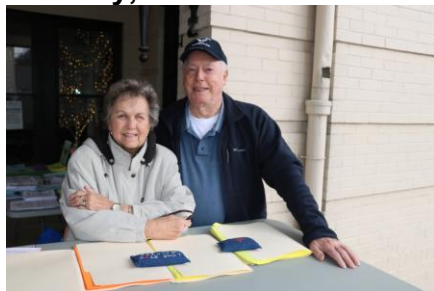
Event City: Austin - Austin State Hospital and Shoal Creek
Host Club: Colorado River Walkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
 3109 Rogge Ln, Austin, Tx 78723
Contact: Carol Obianwu, (512) 771 - 9566

E-Mail: cobianwu@utexas.edu
Club Website: www.coloradoriverwalkers.org/

An early-morning walk is a blessing for the whole day.
 - Henry David Thoreau

Seguin Historic Walk – 21 January, 2017



Priscilla and Heinz Johnson working at the registration table for the Seguin Historic Walk that was the featured YRE on 21 January 2017.



Kathy and Mike Schwencke at the Seguin Historic walk - 1/21/17



Martin Callahan with Dolly (left) and Rudy and Rick White with Chelsea next to the granite marker honoring John Ireland who served in the Confederate Army at the rank of colonel. 1/21/17



Rick White with (left to right) Chelsea, Rudy, and Dolly stop for a picture in front of the Colonel Juan Seguin statue at the Central Park – Seguin Historic Walk 21 January, 2017

***All Photos courtesy of Martin Callahan**



The Old Spanish Trail monument in front of the Guadalupe Courthouse - Seguin walk.

Hardberger Park-Voelcker Ranch Walk 1/28/17



Charlotte Phillips (left) & Ruth Cade beginning the Hardberger Park & Voelcker Ranch Trails walk



Suzanne Markgraf, Joyce Davis, Ellen Ott, John Ives, Loraine Modgling, Audrey Vertucci, Carol Talpey, and Dora Pflieger - Hardberger Park & Voelcker Ranch Trails.



Martin Callahan (left) with Dolly and Andy Thomas with Rudy next to an interpretative sign at Hardberger/Voelcker walk

The Benefits of Walking

Drs. Oz and Roizen

Walking is a powerful way to reclaim or maintain your health.

Repetitive muscle contraction coupled with increased respiration helps your body process blood glucose, and it reduces inflammation, insulin resistance and your risk of Type 2 diabetes.

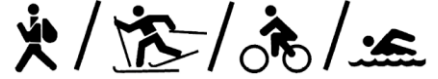
The increased respiration and blood flow helps protect your cardiovascular system.

It lowers blood pressure and helps keep arteries flexible. That keeps your brainpower and memory-processing centers in top shape.

In addition, steady but gentle movement helps protect joints and bones, builds strength and improves balance, boosts feel-good brain hormones and improves sleep.

Other benefits? A new study released at the national Hispanic Medical

Association annual meeting found that walking 30 minutes five days a week helped new moms (more than half of whom were over-weight or obese before getting pregnant) lose their pregnancy weight and even more in 12 to 24 weeks.



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 _____