



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2017 – August 2017 No. 7
Next Meeting – August 17, 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 Boyle, Norman & Antje Klaunig, Jim & Jackie Lytle, Gina & Mackenzie Acree, JC & Vi Berbiglia, Stephen Brian, Robert Bruce, Susan Green, Leah Lukasik, Amber Ramsey, Stephen Thayer, Katie Tyrell, Robert Basaluda, Sarah & Ryan Kuchta, Kendra Songer, Robert & Diana Adelman, Mike & Kathy Schwencke and Louise Underwood.

To renew your RR membership, fill out the application attached or print it off 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 Members

Donna Leonard	San Antonio
Rachel Watson	San Antonio
Beth Billnitzer	San Antonio
Nathalie Swisher	New Braunfels

RR Club Meetings:
We now meet the 3rd Thursday of every month.

Universal City Library
100 Northview Drive
Universal City, TX 78148
The next club meeting will be held August 17. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.

From the Desk of the Pres--

We are looking for a person or persons to volunteer as the Sales person for the Roadrunners. Joanne Forinash has been our Sales person for forever and is ready and willing to pass the baton on and train a club member to take over the position. Call Joanne if you have any questions at 210-493-8543 or email her at siforinash@yahoo.com.

Congratulations to the following RR Centurions for 2016:
John Ives, Susan Medlin and Ellen Ott.

Kudos to the following RR Convention Award winners:
Distinguished Service - Joanne Forinash
Meritorious Service Award:
Randy Baker
Pat Gunter
Pat Roberts
Rick White
Charlotte Kahl - for promoting volkswalks across the USA along the OST.



Joanne Forinash, Rita & Gerhard, Mike Schwencke, Ellen Ott and Kathy Schwencke

A special “Thank You” to all the volunteers at the morning Sunrise Walk at Taco Cabana on Bitters Road: Pat Gunter, Darlene Oner, Heinz Johnson, Pat Roberts, Joanne Forinash, Mike Hermes, John Ives, Rick White, Susan Alton, Nancy and Tony Paulson and Susan Medlin.
There were 83 walkers 2 of which were from Ramstein, Germany; Gerhard Hoh and Rita Marquez from the Ramstein Roadrunners.



We received this email from AVA Headquarters regarding the “Big Give.”

Dear Randolph Roadrunners,
 Congratulations on being one of our hourly prize winners during the Big Give 2017! Your contribution to this year's Big Give made you eligible to participate in our first AVA Prize pool. You were one of the few selected among our donor pool to win a customized stamp. You will be able to redeem your prize in late November.

Save this email to redeem your prize.
 Again, thank you for your donation. We truly value your support of the Big Give and AVA. **THANK YOU!**

Sincerely, **Samanta Sanchez**
 Communication Specialist
 (210) 659-2112
 (210) 659-1212 fax

American Volkssport Association
 America's Premier Noncompetitive Sports Organization
 1001 Pat Booker Road, Suite 101,
 Universal City, TX 78178

Special Program for 1/1/18

The only new special program that will start January 2018 is **Walk like an Olympian**. The Program runs January 1, 2018 – December 31, 2020. Redeem completed books by December 31, 2021. Walkers can achieve Bronze, Silver or Gold levels. Ten walks in cities where the Olympics have been held or in American cities with the same names as Olympic hosts will earn walkers the Bronze level, 15 for the Silver and 20 events for the Gold. The patch has places for all three "medals" so go for the gold! There have been 44 host cities around the world since the beginning of the modern Olympic Games in 1896 through the completion of this program in 2021. Examples: Athens, Innsbruck, Lake Placid, Los Angeles, Paris and St Moritz. There are plenty of opportunities in America such as Atlanta, GA, Lake Placid, NY, Los Angeles, CA, St Louis, MO and Salt Lake City, UT. Walks are also listed in AL & GA (Athens), ID (Moscow), and Vancouver, WA. Qualifiers for all levels must be on sanctioned events. An event may be used two times per year. Book cost is \$10. The patch is 3" x 4". Checks are payable to South Bay Striders. POC is Suzi Glass, 5562 Vassar Dr, San Jose, CA 95118. (408) 592-3935 or email: glass2walk@gmail.com. As far as I can tell there are no walks in this area that apply.



Kudos to the Following Roadrunners:

EVENTS AWARDED:
 30 events - Carolyn Chorak
 50 events - Byron Kilgore
 75 events - Edward Roberson
 425 events - Susan Alton
 425 events - John Ives
 650 events - Susan Medlin
 1000 events - Suzanne Markgraf
 2200 events - Ellen Ott

DISTANCE AWARDED:
 500 km Byron Kilgore
 2000km Andrew Thomas
 3000km Darren Medlin
 4000km Susan Alton
 20,000km Ellen Ott

TALES FROM THE TRAIL Florida Road Trip

By Ellen Ott

One of the reasons I like to volksmarch is the availability of year around walks on my travels.

Recently, on a car trip o Tallahassee where I was going to promote volkswalks along the Old Spanish Trail at the 2017 O.S.T. Centennial celebration, I stopped in Milton and Bagdad, Florida for their YRE's.



The Milton walk was mostly on the Blackwater Heritage State Trail as an out and back. The whole trail is 8.5 miles from U.S. 90 in Milton to Whiting Field Naval Air Station. There were several benches along the wide paved route and plenty of shade. This trail is part of the Florida Rail to Trail System.



The next stop was the historic village of Bagdad which got its start in 1848 when a settler established a saw mill there. On the directions 31 points of interest were indicated with a number and explanations on a separate sheet. This was a nice touch since there were so many historical, interesting sites on this walk.

Both were interesting walks along the O.S.T., especially if you wanted to learn some history.



JUNE 23, 2017

Gonzales Main Street Walk

The Gonzales annual Main Street Concert series was hot and sizzling, literally!

There was music, food booths and games on Confederate square in downtown Gonzales. Our Gonzales YRE was featured at the Main Street Concert from 5 – 9. The Roadrunners had the start/finish table at Confederate square with Ellen Ott and John Ives manning the event; signing up and greeting walkers in the toasty weather. Thank you both for braving the heat for us!



TVA Weekend at Kerrville... "HEART OF THE HILL COUNTRY"

4-5-6 August 2017

TVA WEEKEND WALK EVENTS SCHEDULE

KERRVILLE TRAILBLAZERS **FEATURED YREs* and** **TRADITIONAL EVENT**

Friday/4 August:

Featured YRE Y0026, Kerrville
 – Downtown Walk. 10km/5km
 Details: AVA 2017 Starting Point, page 612

Starting Point: Inn of the Hills,
 1001 Junction HWY (TX-27)
 Kerrville, TX 78028.

Registration: 5:00pm to 6:00pm
 Distance from Best Western
 Sunday House Inn & Suites:
 3.8mi/8:00mins

Saturday/5 August:

Traditional Walk SW17/107892.
Kerrville, TX. TVA Summer Walk
in Singing Winds
Park. 10km/5km
Details at www.ava.org:

Events/Search
Events/Texas/Traditional Events
Only

Starting Point: Singing Winds
Park, 2112-2116 Singing Winds
DR, Kerrville, TX 78028.
Registration: 7:00am – 10:00am.
Finish by 1:00pm
Distance from Best Western
Sunday House Inn & Suites:
3.8mi/6:00mins

Sunday/6 August:

Featured YRE Y1365, Kerrville
– Guadalupe River Trail Walk.
10km/5km
Details: *AVA 2017 Starting Point*,
See page 612
Starting Point: Best Western
Sunday House Inn & Suites: 2124
Sidney Baker ST, Kerrville,
TX 78208.
Registration: 7:00am to 8:00am

KERRVILLE TRAILBLAZERS

YREs

TO DO ON YOUR OWN

YRE Y0684, Hunt – Hill Country
Walk. 10km/5km
Details: *2017 AVA Starting Point*,
See page 610
Starting Point: Inn of the Hills,
1001 Junction HWY (TX-27)
Kerrville, TX 78028
Distance from Best Western
Sunday House Inn & Suites:
3.8mi/8:00mins

YRE Y1193, Kerrville – Bridge
Walk. 10km/5km
Details: *2017 AVA Starting Point*,
See page 612
Inn of the Hills, 1001 Junction
HWY (TX-27) Kerrville, TX 78028
Distance from Best Western
Sunday House Inn & Suites:
3.8mi/8:00mins

YRE Y0027, Kerrville –
Residential Walk 10km/5km
Details: *2017 AVA Starting Point*,
See page 613

Inn of the Hills, 1001 Junction
HWY (TX-27) Kerrville, TX 78028
Distance from Best Western
Sunday House Inn & Suites:
3.8mi/8:00mins

YRE Y0821, Kerrville – Schreiner
University Walk. 11km/5km
Details: *2017 AVA Starting Point*,
See page 613

Inn of the Hills, 1001 Junction
HWY (TX-27) Kerrville, TX 78028
Distance from Best Western
Sunday House Inn & Suites:
3.8mi/8:00mins



Fun, Fitness, Friendship

2019 AVA Convention - Albany, NY
is the site of the 2019 Convention, 1-8
June. The Radisson Hotel Albany is the
convention site, and 312 guestrooms
have been reserved. Prices are \$119 for
a single, \$132 for a double, and
breakfast is included. Free shuttle
service to and from the airport,
refrigerators in rooms, free parking, and
free Wi-Fi. Many restaurants and other
hotels nearby. Pre convention walks are
planned for Portsmouth NH, Salem,
MA, and Deerfield MA. Convention
walks are in Saratoga NY, Waterford
NY, and Albany NY. Post Convention
walks are planned for Cooperstown and
Hyde Park, both in NY. There are
many other walking locations in and
around New York. The theme is Walk
Through History, and their mascot
appears to be a donkey.

NEC Orientation - August 2017

The new NEC will meet in San Antonio
10 - 12 August 2017.



Traditional Events:

8/5/2017 - 8/5/2017 - Walk
Event Number: 107892 10km/5km
Start: Singing Winds Park, 2116
Singing Winds Dr
Event City: Kerrville - TVA Summer
Walk in Singing Winds Park
Host Club: Kerrville Trailblazers
Event Website: www.walktx.org/KerrvilleTrailblazers

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

Write for more information to:
1223 Jack Dr, Kerrville, TX 78028
Contact: Rick Parkhurst, (830) 285 -
3705

E-Mail:
rbellparkhurst@gmail.com
Club Website:
www.walktx.org/KerrvilleTrailblazers/

8/12/2017 - 8/12/2017 - Walk
Event Number: 107966 10/5km
Start: Taco Cabana - StoneOak
Event City: San Antonio - August
Summer Sunrise Event
Host Club: Randolph Roadrunners
Event Website:
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
Club Website:
www.randolphroadrunners.info

8/26/2017 - 8/26/2017 - Guided Bike
Event Number: 107675 13km/25km
Start: Apache Creek Trailway - Potosi
Street Trailhead
Event City: San Antonio - Bike with
WoTSC 2017 #8
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

2017 Summer Sunrise – Featured YREs:

See Featured YREs in Kerrville* above
at TVA Meeting 8/4/17 – 8/6/17

8/19/17 – Walk YRE
VVF - Stonewall YRE #Y0547
LBJ State Park Visitors Center
Staffed - 7:00 a.m. to 10:00 a.m.

8/26/17 – Walk YRE and WTS Bike
event
NBW - Shiner YRE #Y0559
Historic Shiner,
Howards Convenience Store
Staffed - 7:00 a.m. to 10:00 a.m.

The Positive Power of Walking

The National summit showcases health, economic and social justice benefits of walkable communities.

By Jay Walljasper

Many things leap to mind when someone mentions walking: fitness, fun, fresh air, relaxation, friends and maybe your most comfortable pair of shoes. But a word that rarely arises is “power”. That will begin to change after the [2017 National Walking Summit](#) (held in St. Paul, Minnesota September 13-15), which is themed “Vital and Vibrant Communities—The Power of Walkability”.

Like earlier summits, this event brings together people of all backgrounds to strategize ways of making sure the advantages of walking can be shared by all, no matter what their income or where they live. Walking advocates once focused primarily on physical health—spurred by mounting evidence that physical activity is key to preventing disease—but now are stepping up to promote social, economic and community health. Their ultimate goal is to transform towns and neighborhoods across America into better places for everyone to live.

“The power of walking is becoming clearer all the time,” declares Kate Kraft, executive director of *America Walks*. “Community connections, social equity, a sense of well-being, business opportunities, affordable housing, more choices for kids and older people, a cleaner environment—these are some of the benefits of walkable places.”

Walking Boosts Health & Happiness

Streams of medical studies now document the central role physical activity plays in fending off disease and disability. Chances of depression, dementia, colon cancer, heart disease, anxiety, diabetes and other conditions drop by at least 40 percent among people engaging in moderate exercise such as walking.

A landmark study issued last year found that sedentary habits are a bigger health threat than high blood pressure or cholesterol—about the only thing more dangerous than inactivity is smoking reported the New York Times. This

followed on the heels of a Cambridge University study showing that a lack of exercise increased your risk of death twice as much as obesity.

All the scientific data persuaded former Surgeon General Vivek H. Murthy to issue a landmark Call to Action to Promote Walking and Walkable Communities in 2015, which has been compared to the 1964 Surgeon General’s report on the dangers of smoking. “Walking helps people stay both physically and mentally healthy,” Murthy wrote, calling on us “to increase walking by working together to increase access to safe and convenient places to walk.” Walking stands out among all other exercise because: 1) It is free; 2) It requires no special training or equipment; 3) It can be done almost anywhere at any time; and 4) It is already Americans’ #1 favorite physical activity. The US Department Transportation reports that Americans reported [walking 14 percent more](#) in 2012 than in 2002 (latest figures available).



Burn More Calories on Your Walk With 4 Easy Tweaks

BY MACKENZIE LOBBY
JUNE 1, 2017

If you’re looking to discover a fountain of youth, it may be as simple as putting one foot in front of the other. Recent [research](#) published in the Journal of Epidemiology showed that taking a 30-minute walk five days a week can help you live longer. The benefits of regular cardiovascular exercise have long been hailed, including everything from lowering your risk of common illnesses like heart disease, high blood pressure and type 2 diabetes to improving bone health and overall physical function. Of course, the potential to lose weight and keep it off is also a big motivator when it comes to walking.

If the latter tops your list of motivations to get out and pound the pavement, why not make a couple small tweaks to your routine to boost the calorie-burning potential of your walks? While you don’t need to employ these strategies every day of the week, if you pick 2–3 days to change things up, you may find you’ve torched hundreds of extra calories by the time you reach the weekend. Start out by trying one of these tweaks to mix up your approach in the coming weeks to keep things interesting.

1. VARY YOUR SPEED

A [study](#) published in September found that varying your speed while walking can significantly increase energy cost, and thereby the number of calories you burn. To do this, pay attention to your speed while you walk. Start out at a slower pace and, as you get warmed up, pick it up to a more moderate effort. Then throw in some shorter segments of faster walking, maybe for a single block or from one light pole to another, before taking it back down to a more moderate pace. Think about maintaining good posture and using your arms as you increase your speed. In a 30-minute walk, aim for 3–5 of these brief bouts of faster walking.

2. CARRY HAND WEIGHTS

The American Council on Exercise [estimates](#) that carrying 1- to 3-pound hand weights can increase your heart rate by around 5–10 beats per minute, along with increasing oxygen consumption and caloric expenditure by 5–15%. A pair of inexpensive dumbbells will do the trick. Simply carry one in each hand as you walk, pumping your arms. The arm movement doesn’t need to be so exaggerated that you look like you just stepped out of a 1980s aerobics video, but rather, should involve a more natural approach. As your left knee drives forward with each step, so should your right arm. Similarly, as your right knee drives forward, engage your left arm.

3. HEAD FOR THE HILLS

It will come as no surprise that walking uphill [takes more energy](#) than walking on a flat surface or downhill. This doesn’t mean you should set a treadmill to an incline for your entire walk or head straight up a mountain path, however. With the same strategy in

mind as varying your speed, throwing in some hills forces your body to adapt and shift from one effort level to another. Choosing a hilly route, whether it be on a road, trail or treadmill, will keep your body guessing as you navigate different gradients. This will lead to a greater number of calories burned than would be the case on a flatter route.

4. USE YOUR ARMS

A number of studies have proven the benefits of Nordic walking over conventional walking. In fact, research published in the Journal of Strength and Conditioning found a 67% increase in energy expenditure when comparing Nordic walking to regular walking. Nordic walking doesn't involve any special skills, just a pair of walking poles. By walking with these poles, you better engage the upper body, turning an ordinary walk into a total-body workout. While you can get adjustable poles specifically designed for Nordic walking, you can also use a pair of old ski poles. To choose the correct length, check out Nordic Walking USA's guidelines.

Featured New Braunfels YRE 6/17/17



Kathy & Mike Schwencke at the New Braunfels walk 6/17/17.



Gayle Weinraub (left) with Rudy and Mary De La Garza with Dolly along the walk trail with a mural depicting the traditions of Fun and Fellowship established by the early German settlers that continue to present times that are painted on the wall at New Braunfels walk.



Martin Callahan, with Rudy, Kevin Temme, the Engineer at New Braunfels RR Museum, and Mary DeLaGarza with Dolly. 6/17/17

**Photos courtesy of Martin Callahan*

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 _____