



Volume 2017 – September 2017 No. 8  
Next Meeting – September 21, 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](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:

**Karen Boyle, 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, Sarah Severson and Joan Whealen.** To renew your RR membership, fill out the application attached or print it off 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 Members**

Frank Dieck San Antonio  
Melissa Thomson Schertz  
Sylvia Chaffin San Antonio

**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 September 21. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.

**From the Desk of the Pres--**

Thank you to Pat Gunter for greeting the 12 guests from the NEC who did the Boerne Town YRE on Saturday evening, August 12<sup>th</sup>. This was the RR's gift to the NEC.

**No Signs on Poles**

Have you ever wondered why volksmarch directional arrows cannot be placed on electric poles? For a long time I thought the city didn't want the neighborhoods looking trashy with posted signs everywhere. In the August 2017 Texas Co-Op Power magazine (received by GVEC

subscribers) there was a very informative article "Don't Post on Poles." Placing signs on these poles can cause safety issues.

Anything attached to a pole can create a hazard for the lineman who has to climb the pole. "Sharp objects like nails, tacks, staples... can puncture rubber gloves and other safety equipment, stripping away critical protection from high voltage electricity." "Anyone placing these items on poles comes dangerously close to energized lines with thousands of volts of energy running overhead." p.24

When was the last time you saw a lineman climb a pole? Now a days they seem to use bucket ladders attached to a truck. Never the less, "Don't Post on Poles" to comply with the law and to ensure safety.

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 [sjforinash@yahoo.com](mailto:sjforinash@yahoo.com).

**Congratulations to the following RR Centurion for 2016:**

John White was unintentionally left off the list of Roadrunners who completed the Centurion Achievement Challenge in 2016. Congratulations John!



Susan Alton, Ellen Ott & Randy Baker at Taco Cabana walk 8/12/17.

**Taco Cabana Sunrise-StoneOak**

There were 60 brave souls who withstood the 87% humidity on

Saturday, August 12 for the Taco Cabana SunRise walk along with the following volunteers: Pat Gunter, Darlene Oner, Randy Baker, Heinz Johnson, Susan and John Ives, Rick White, Ed Roberson, Carole and Victor Hernandez, Susan Alton, Wayne Henry and Mike Hermes.



Hope your calendar is marked with the Roadrunner events for the remainder of 2017:

10/14/17 Our Lady of the Lake University/Elmendorf Lake Park  
11/25/17 Southside Lions Park  
12/9/17 Boerne Christmas Walk



*Fun, Fitness, Friendship*

### **SWRD - Update on the New NEC**

We just finished our 3 day meeting in Boerne, TX. Ellen Ott and her team provided outstanding support. Several local walkers attend the sessions. Joanne Forinash and Ellen Ott were honored for their hard work. Here are the NEC Meeting highlights:

**The 20th NEC:** A great group of enthusiastic, optimistic, hard-working and dedicated folks.

**Deputy RDs:** The Deputy RDs attended; and are an impressive group of individuals who will be a huge asset to the NEC and AVA: America's Walking Club. Our own Deputy RD (Ruthi) will be working on a plan to promote our walks with the Winter Texans along the southern Texas coast. More details to follow.

**AVA's Strategic Plan:** We are working hard on implementing the Strategic Plan that was approved June 2016 in Fredericksburg. Several members of the new NEC participated in developing the plan, which is helpful.

**AVA President:** David Bonewitz is doing an outstanding job. You picked the right man to lead us!

**Communications:** there will be an increased emphasis on communications at all levels, and in a variety of ways. If you are a Life Member, expect to be contacted.

**AVA: America's Walking Club:** this is our new name; please use it wherever you used to use American Volkssport Association.

**Club Development and Support:** there will be a strong emphasis on this over the next several years. A new committee is being formed with John McClellan as Chair. He is looking for committee members. Please contact me if you are interested in participating.

### **Information Technology**

**Upgrades:** Chris Zegelin, Mike Green and Hector are working hard on the finishing touches. Expect this to be rolled out next Spring.

**2019 Albany Convention:** Planning is on-going, and our senior leaders did an on-site visit last week. They met with the Mayor, the Chamber of Commerce and the Visitor's Bureau. The NEC will hold their June 2018 meeting in Albany, allowing them to check out walks and venues, and get an update on the Convention.

**NEC Schedule 2018-2019:** 19-21 Jan 2018 in Florida, 8-10 Jun 2018 in Albany, NY, 11-13 Jan 2019 in Arizona, and June 2019 in Albany during the Convention. You are always welcome to attend in the meetings and provide comments.

**2021 IVV Olympiad:** AVA: America's Walking Club will submit a bid to host the 17th IVV Olympiad in Arlington, Virginia. Points of Contact are Holly Pelking and Dolores Grenier. If our bid is approved we will need lots of volunteers.

**401K: Invest in Your Health:** POC Debbie Kruep briefed NEC on this new online walking program. The NEC approved a one year pilot beginning January 1, 2018. Details will be in the next TAW. Debbie is working hard to

line up a variety of sponsors to fund this program.

### **NEC Liaison to the Executive**

**Council:** Each NEC votes for one of its members to be part of the Executive Council. I am the new NEC liaison to the Executive Council (includes the President, the Vice-President, the Treasurer, the Secretary and me). There will be more information coming out in the next TAW and Checkpoint. V/R,

**Susan A. Medlin**

Southwest Regional Director  
AVA: America's Walking Club  
210-325-3523

[seammed@aol.com](mailto:seammed@aol.com)

**P.S.:**

### **Building a new 6 mile Trail - Baton Rouge, LA**

I read in USA Today on 17 Aug that they plan to build this trail in Baton Rouge with stops at LSU and Southern University. It's expected to take 2 years to build.

A New YRE opportunity!  
S.A.M. - SWRD



**EAST TEXAS TREKKERS**  
**EAST TEXAS TREKKERS**  
**AVA-0863**

**Louisiana Getaway**  
**2018 – 7 YREs in 7 Parishes**  
**Jan 1 – Dec. 31, 2018**

These walks are located in North Central Louisiana.

Registration point for all walks is the Best Western – Minden, 1411 Sibley Rd, Minden or remote registration by contacting Helen Hull at: [HelenTheHun@yahoo.com](mailto:HelenTheHun@yahoo.com).

From I-20, north on US-371 .3 miles to Best Western on the left. Minden is 30 miles east of Shreveport. Directions to walk start points included with the walk directions.

Minden – Arcadia – 25 Miles

Minden – Lake Claiborne SP – 35 Miles

Minden – Lake D'Arbonne SP – 65 Miles

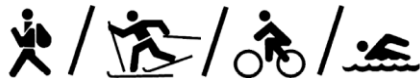
Minden – Ruston – 40 Miles

Minden – Jimmie Davis SP – 70 Miles  
Minden – Coushatta – 45 Miles



### Special Group Walks:

Join us MLK weekend, Jan 13-15, for group walks starting at the Best Western – Minden. Meet others and carpool to the various walks. Registration and stamps for all walks are available at the Minden location which is the easternmost walk. However, if you are traveling from a different direction and would like to register beforehand, contact Helen Hull, and directions and insert cards will be mailed to you. Visit the East Texas Trekkers web site for more information on our club, group walks, and events. Contact: Helen Hull - 972-530-1026 [helenhull@yahoo.com](mailto:helenhull@yahoo.com)  
[www.WalkTx.org/EastTexasTrekkers](http://www.WalkTx.org/EastTexasTrekkers)



### **Traditional Events:**

9/2/2017 - 9/2/2017 - Walk  
**Event Number:** 108675 10km/5km  
**Start:** Japanese Tea Garden, 3853 N. St Mary's  
**Event City:** San Antonio - Japanese Tea Garden  
**Host Club:** Texas Trail Roundup  
**Event Website:** [www.texastrailroundup.org](http://www.texastrailroundup.org)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
12527 Fern Creek  
San Antonio, Tx. 78253  
**Contact:** Susan Medlin, (210) 325 - 3523  
**E-Mail:** [sueammed@aol.com](mailto:sueammed@aol.com)  
**Club Website:** [texastrailroundup.org](http://texastrailroundup.org)



9/9/2017 - 9/9/2017 - Walk  
**Event Number:** 108010 10k/5k  
**Start:** Mission Park Pavilion, 6030 Padre Dr., San Antonio, Texas 78214

**Event City:** San Antonio - World Heritage Festival, Tour de las Misiones  
**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:** [mike.schwencke@outlook.com](mailto:mike.schwencke@outlook.com)

9/9/2017 - 9/9/2017 - Guided Bike  
**Event Number:** 107676 13km/25km  
**Start:** Guadalupe River Trail - Kerrville-Schreiner Park Trailhead - **Cancelled on 15 Apr 2017**  
**Event City:** Kerrville - Bike with **WoTSC 2017 #9 CANCELLED**  
**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](mailto:btcotx@gmail.com)

## Sunday, September 10



9/16/2017 - 9/16/2017 - Walk  
**Event Number:** 107963 10km/5km  
**Start:** Kerrville TX - Kerrville Schreiner Park  
**Event City:** Kerrville Tx. - Kerrville Schreiner Park  
**Host Club:** Kerrville Trailblazers  
**Event Website:**  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
1223 Jack Drive  
Kerrville, Tx. 78028  
**Contact:** F.B. Parkhurst, (830) -28 - 5-37  
**E-Mail:** [rbellparkhurst@gmail.com](mailto:rbellparkhurst@gmail.com)  
**Club Website:**  
[www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

9/30/2017 - 9/30/2017 - Walk  
**Event Number :** 108407 10km/5km  
**Start :** Fonde Recreation Center  
**Event City:** Houston - Buffalo Bayou  
**Host Club :** Houston Happy Hikers  
**Event Website:** [houstohappyhikers.com](http://houstohappyhikers.com)  
[m](#)

**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@houstohappyhikers.com](mailto:hkhpresident@houstohappyhikers.com)  
**Club Website:**  
[www.houstohappyhikers.com](http://www.houstohappyhikers.com)

9/30/2017 - 9/30/2017 - Walk  
**Event Number :** 108217 10km/5km  
**Start :** Patterson Park Pavilion, 4200 Brookview Rd. Austin 78722.  
Cars will park at Genesis Presbyterian Church parking lot on Schieffer Ave., a minute's walk to the pavilion.  
**Event City:** Austin, TX - Patterson Park to Mueller Redevelopment  
**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](mailto:cobianwu@utexas.edu)  
**Club Website:**  
[www.coloradoriverwalkers.org](http://www.coloradoriverwalkers.org)



Susan & Darren Medlin at the Singing Winds Park Walk, Kerrville on 8/5/17.

## Benefits of Walking

Many doctors and other health professionals cite moderate physical activity, including walking, as a “magic pill” for excellent health. It can maintain the body’s systems in good condition and reduce the risk of chronic illness.

Good health is not the only benefit of walking. In fact, there is a broad range of individual and community benefits that accrue when people walk more often and when communities are designed to make walking safe, enjoyable, and convenient.

**Safety Benefits:** Walkable neighborhoods have much lower rates

of traffic fatalities – for both pedestrians and motorists – compared with automobile-oriented areas.

**Health Benefits:** Fewer than 50% of Americans meet the minimum guidelines for moderate physical activity – walking is the easiest and most affordable way to correct this problem.

**Social Equity Benefits:** Low-income families are more reliant on walking for essential journeys than the middle class, and yet low-cost housing is often located in the most car-dependent places.

**Environmental Benefits:** Transportation is responsible for one third of all U.S. greenhouse gas emissions – converting short driving journeys to walking journeys is reducing this impact significantly.

**Transportation Benefits:** One quarter of all trips in the U.S. are 1 mile or less, and yet most of these trips are taken by car – increasing walking reduces traffic congestion and the cost of road maintenance.

**Economic Benefits:** The average household cost to own and operate one car in the U.S. is \$9,000 per year – walkable neighborhoods allow families to own fewer cars and save money. *The fact sheets were produced by America Walks in partnership with [Sam Schwartz Engineering](#). For further information on this partnership and the original [Walk Steps](#) project, go to: <http://americawalks.org/learning-center/walk-steps-partnership/>*

## Beat the Heat: North Star Mall –

New YRE 109807 2017/Y2224  
9/1/17 – 12/31/17 5km-10kmm – 1A  
IVV Credit Only

Enjoy the air-conditioned comfort of the elegant North Star Mall. 4 laps is 10km, 2 laps is 5km. Interesting shopping and a food court available. Mall open Mon-Sat 10 am to 9 pm, Sun 12 to 6 pm. Free parking.

START TIMES: Mon-Sat 10 am to 9 pm, Sun 12 to 6 pm

REGISTRATION: Please use the online start box provided by the California Volkssport Association website [www.cva4u.org](http://www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal.

The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online Process should take less than 10 minutes for a first time user. DRIVE WEB REGISTRATION ONLY [www.cva4u.org](http://www.cva4u.org) - Start: North Star Mall in San Antonio.

TO START: Driving Directions can be downloaded from the Online Start Box.

CONTACT: Susan Medlin

[sueammed@aol.com](mailto:sueammed@aol.com)

Website: [TexastrailRoundup.org](http://TexastrailRoundup.org)



Martin Callahan with Rudy (left) and Dolly at the Taco Cabana-StoneOak walk 8/12/17



Susan Alton working the second check point at Spanish Oaks and Crescent Oaks, Taco Cabana-StoneOak walk 8/12/17



Susan Ives working the Start table with Linda Goodman, Gerry Kamicka and Darren Medlin at Taco Cabana- StoneOak walk 8/12/17.

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