



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2017 – October 2017 No. 9  
Next Meeting – October 19, 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:

**Robert Basaluda, Sarah & Ryan Kuchta, Kendra Songer, Sarah Severson, Joan Whealen, Ted Cieslak, Susan Fine and Glenda Parra.**

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.



### RR Club Meetings:

**We meet the 3rd Thursday of every month at:**

Universal City Library  
100 Northview Drive  
Universal City, TX 78148

The next club meeting will be held October 19. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.



### From the Desk of the Pres--

On Saturday 10/7/17, the Palmetto State Park YRE will be featured by the RRs since it is not renewed for 2018 and there is no traditional event scheduled for Saturday, October 7. The walk will be staffed from 9 a.m. until 11:00 a.m.

Also, mark your calendars for 11/24/17. The RRs are featuring the CrownRidge YRE walk for the REI sponsored "Opt Outside on Black Friday." The walk

will be staffed from 8 a.m. to 10 a.m. (No pets allowed at Crownridge.)

While Black Friday shoppers are fighting it out in store aisles, REI wants you to spend time in the great outdoors. As part of their "Opt Outside" campaign, the retailer will close all 143 of its stores on November 27 and pay their employees to play outside.



### TEXAS WALKS

**10 Minutes at 10a.m. on 10/20/2017**

Texas Walks is a campaign that culminates on October 20th with a statewide walk. **Wherever you're at, whoever you're with, pledge to walk for 10 minutes, at 10am, on October 20th!** Across the state, we'll walk together and create a healthier Texas. "Physical Activity is the closest thing we have to a wonder drug." – Dr. Thomas Frieden, Director of the Centers for Disease Control and Prevention. Then why aren't we all more physically active? It doesn't need to be complicated to be effective! Something as simple as a daily brisk walk can help improve your mood, balance, and concentration, lower your blood pressure, and maintain a healthy weight.

I signed up three people for the Randolph Roadrunner's Volkssport Club. If you belong to another club please use that club name. The more the logo "America's Walking Club" (plus your club name) the more impact we can make for the AVA. Henry Rosales, Susan Medlin and I went to one of their state meetings when it was held downtown so they know

volkssporting is alive. Now we need to show them that by making a good showing at this event.

Even if you work, 10 minutes in our walking world is nothing so everyone PLEASE make an effort to participate. Thanks all,  
Ellen

For information about *Texas Walks* copy & paste address in your browser: <https://itstimetexas.org/texaswalks/>

You're invited to be a part of [Texas Walks](#) 2017! We're only days away from the statewide walk taking place on October 20th at 10 am, and Baker Harrell, our CEO and founder, has a personal message for you.



Get your coworkers, friends, and family together and join us in building healthier communities for our children and for generations to come. Mark your calendars for October 20th, and sign up [here](#) to walk for 10 minutes at 10 am. Texas Walks is also an opportunity to give back to a cause that works toward a healthier state with the vision of health for all. We ask you to support **IT'S TIME TEXAS** by making a donation [here](#), and we'll send you a thank you gift!

So, rally your family and friends, lace up your shoes, and click below to get started! Together, we will build a healthier Texas, side by side, stride by stride.



**Kudos to the Following Roadrunners:**  
*Events & Distance reported in the Oct/Nov TAW:*

EVENTS AWARDED:  
30 events – Elias Abdulahad  
125 events – Susan Barnes  
150 events – Kathy Schwencke  
225 events – Mike Schwencke  
350 events – Darren Medlin  
450 events – Susan Alton  
450 events – John Ives  
475 events – Audrey Vertucci

700 events – Susan Medlin  
2100 events – Martin Callahan  
2800 events – Pat Heller

DISTANCE AWARDED:  
4,500 km - Audrey Vertucci  
6,500 km – Susan Medlin  
35,000 km – Patricia Heller



*Fun, Fitness, Friendship*

**David Bonewitz, AVA**  
**President -Your Input and Support is Appreciated.**

I am still in search of volunteers to serve on national committees and also stories on the great things your clubs are doing in our communities across the country!

**VOLUNTEERS WANTED** - Have you ever said or thought "Why are they doing it this way?" or "I've got a better idea" or something along those lines. Well, now is the opportunity to put your thoughts into action. Volunteers are needed on various AVA National Committees. Take a look at the committee list at: <http://www.ava.org/avacom.php>, and give some thought to your interests, skills, and talents. Then send an email to: [volunteer@ava.org](mailto:volunteer@ava.org) and make yourself available to help AVA grow.

**News From Susan Medlin, SWRD:**

The Appalachian Trail AVA Special Program officially kicks off 1 Jan 2018, but 100 books are currently available. Any Appalachian Trail walk that meets the criteria listed in the book and is sanctioned in 2017 will also count toward this program (hats off to Pennsylvania!).

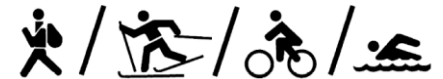
To keep this from being a burden for AVA HQ, I will handle the book sales (\$10), the patches and the paperwork. Once participants complete the program, I will forward their names to Karen at AVA HQ so she can update the records. We have already sold 10 books. Books are ordered through me and my address is below. Checks should be made out to AVA. Book sales end 31 Dec 2018, and participants have until 31 Dec 2019 to finish the program.

I live in Texas, so I probably won't make any progress on this program until the 2019 Convention. My husband and I are already talking about a 6 week trip; which includes the 2019 Convention, all the Northeast Capitals, and the northeast portion of the Appalachian Trail program.

Many thanks to all the folks along the east coast who put this great program together.

**Susan A. Medlin**  
Southwest Regional Director  
AVA: America's Walking Club  
210-325-3523  
[sueammed@aol.com](mailto:sueammed@aol.com)  
Susan A. Medlin  
12527 Fern Creek  
San Antonio TX 78253

**October is National Volkssport Month** Patch design courtesy of Dorman Batson Northwest Region



**Traditional Events:**

10/7/2017 - 10/7/2017 - Walk  
**Event Number:** 108020 15k  
**Start:** Pine Springs Visitor Center, Guadalupe Mountains National Park  
**Event City:** Salt Flat - Guadalupe Peak  
**Host Club:** West Texas Trail Walkers  
**Event Website:** [www.westtexastrailwalkers.org](http://www.westtexastrailwalkers.org)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

403 Towne Park Trail  
Austin, Tx 78751  
**Contact:** Linda Fields, (512) 466 - 1077  
**E-Mail:** [lgfields@sbcglobal.net](mailto:lgfields@sbcglobal.net)  
**Club Website:** [www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

10/7/2017 - 10/7/2017 - Walk  
**Event Number:** 108021 10k/5k

**Start:** Frijole Ranch History Museum, Guadalupe Mountains National Park  
**Event City:** Salt Flat - Smith Springs  
**Host Club:** West Texas Trail Walkers  
**Event Website:** [www.westtexastrailwalkers.org](http://www.westtexastrailwalkers.org)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

403 Towne Park Trail

Austin, Tx 78751

**Contact:** Linda Fields, (512) 466 - 1077

**E-Mail:** [lgfields@sbcglobal.net](mailto:lgfields@sbcglobal.net)

**Club Website:**

[www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

**10/7/2017 - YRE Walk 10km/5km**  
**Event ID:105267 2017/Y0543**  
**\*Palmetto State Park will be featured by the RRs since it is not renewed for 2018 and there was no traditional event for Saturday October 7.**  
**Start Point: 78 Park Rd - 11 S, Gonzales, TX 78269-5180.**  
**The walk will be staffed from 9 until 11:00 am. Information on this walk can be found on page 619 in the 2017 Starting Point under Ottine, TX. If you need an "O" for the A - Z program this will be the time to get it!**  
**\*Please Note: Palmetto State Park was closed until October 1, 2017 -**

*Remarks:*

*"This is one of the most beautiful and best managed State Parks in Texas. The 5km Trails are both scenic and historic as part of the CCC programs and are easy to walk. The 10km trail includes trails around the Lake, Pond and artesian spring with only one steep incline (both out and back). There are camping spaces (early reservations required) and restrooms are available on both routes.*

*For those of us who are unable to travel to the WTT walks, this is close enough for most of us to travel to and since this walk will not be renewed in 2018, I highly recommend this walk as an alternative. This Park is also dog friendly for those of us who walk with our canine companions.*

*See you on the trails,  
RR member, Rick White"*

10/14/2017 - 10/14/2017 - Walk  
**Event Number:** 108684 10km/5km  
**Start:** Mall area on Providence Rd. at Our Lady of the Lake University

**Event City:** San Antonio - Our Lady of the Lake  
**Host Club:** Randolph Roadrunners  
**Event Website:** [randolphroadrunners.info](http://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](mailto:ellenott@sbcglobal.net)

**Club Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

10/14/2017 - 10/14/2017 - Walk  
**Event Number:** 108684 10km/5km  
**Start:** Mall area on Providence Rd. at Our Lady of the Lake University  
**Event City:** San Antonio - Our Lady of the Lake  
**Host Club:** Randolph Roadrunners  
**Event Website:** [randolphroadrunners.info](http://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](mailto:ellenott@sbcglobal.net)

**Club Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

10/14/2017 - 10/14/2017 - Walk  
**Event Number:** 107989 11km/6km  
**Start:** Brookshires Hillsboro, 120 S Waco St.  
**Event City:** Hillsboro - Walking Hillsboro  
**Host Club:** Hood County Hummers  
**Event Website:** [www.walktx.org/hoodcountyhummers](http://www.walktx.org/hoodcountyhummers)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**

1408 East Apache Trail

Granbury, TX 76048

**Contact:** Sonny Byington, (817) 437 - 2882

**E-Mail:** [sonnyraeb@gmail.com](mailto:sonnyraeb@gmail.com)

**Club Website:**

[www.walktx.org/HoodCountyHummers](http://www.walktx.org/HoodCountyHummers)

10/21/2017 - 10/21/2017 - Walk  
**Event Number:** 108820 10km/5km  
**Start:** Selma Stage Top Park  
**Event City:** Selma - Selma Stage Stop  
**Host Club:** Texas Wanderers  
**Event Website:** [walktx.org/TexasWanderers/](http://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](mailto:GeraldK726@aol.com)

**Club Website:**

[www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)

10/21/2017 - 10/21/2017 - Walk  
**Event Number:** 108938 10km/5km  
**Start:** Visitor Center  
**Event City:** Washington - Washington  
**Host Club:** Houston Happy Hikers  
**Event Website:** [houstonhappyhikers.com](http://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:**

[hvhpresident@houstonhappyhikers.com](mailto:hvhpresident@houstonhappyhikers.com)

**Club Website:**

[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

10/28/2017 - 10/28/2017 - Walk  
**Event Number:** 108139 10km/5km  
**Start:** Sonny Bryan's Smokehouse  
**Event City:** Dallas - Dallas Hospital District Walk  
**Host Club:** Dallas Trekkers, Inc.  
**Event Website:** [www.dallastrekkers.org](http://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](mailto:debwalk@earthlink.net)

**Club Website:** [www.dallastrekkers.org](http://www.dallastrekkers.org)

10/28/2017 - 10/29/2017 - Walk  
**Event Number:** 108346 13km/7km  
**Start:** Waring VFD Hall  
**Event City:** Waring - Halloween-Brownsboro Trail  
**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](mailto:tinabohnert@gmail.com)

10/28/2017 - 10/29/2017 - Walk  
**Event Number:** 108347 10km/5km  
**Start:** Waring VFD Hall  
**Event City:** Waring - Halloween-  
Zoeller Trail

**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](mailto:tinabohnert@gmail.com)



**THE FOLLOWING 3 EVENTS  
HAVE BEEN CANCELLED FOR  
12/16/17:**

12/16/2017 - 12/16/2017 - Walk  
**Event Number :** 107678 5km/10km

**Start :** Spofford City Hall

**Event City:** Spofford

**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)

12/16/2017 - 12/16/2017 - Guided Bike

**Event Number :** 107677 13km/25km

**Start :** Spofford City Hall

**Event City:** Spofford - Bike with  
WoTSC 2017 #10

**Host Club :** Whatever of Texas  
Sporting Club

12/16/2017 - 12/16/2017 - Night Walk

**Event Number :** 107679 5km/10km

**Start :** Minit Mart

**Event City:** Uvalde

**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)



## More Benefits of Walking

Walking is not only the simplest form of exercise that almost everyone can do, it's also a free activity that can aid in weight loss and maintenance. But walking's benefits go even further — here are 10 more reasons to start, or keep, walking:

### 1. IT SHARPENS YOUR BRAIN

Walking for exercise may become increasingly important as we age and our risk for dementia and other brain disorders increases. It can even help reverse the effects of aging.

One published in the *Annals of Neurology* found that the 69 participants' ages 55–88 who met the exercise guidelines set by the American Heart Association showed a significantly lower risk of developing Alzheimer's disease.

To improve your cognition even more, try walking backward. One found that walking backward helped subjects literally think faster on their feet.

Incorporating specific mind-enhancing moves into your workout — such as moving in certain patterns with coordinated arm movements — can also boost the brain benefits of walking.

### 2. IT STRENGTHENS YOUR BONES

Walking can help strengthen bones and reduce your risk of osteoporosis. [One Nurses' Health study](#) found that women who walked for a minimum of 4 hours a week saw a 40% reduced risk of hip fractures. While other forms of vigorous exercise such as running, jumping and weightlifting offer bone-strengthening benefits, the good news is that walking appears to do the same. That's *great* news for those just starting a workout routine, people who must complete low-impact exercise due to joint issues and, of course, anyone who loves walking.

### 3. IT BOOSTS YOUR MOOD

Having a rough day? Walk it off. Numerous studies have linked walking for exercise with improved mood and reduced stress levels. And it's even better if you can take a stroll through

nature — walking outdoors near greenery has been [shown to help reduce feelings of frustration](#) and may even help put your brain into a state of meditation.

### 4. IT ENHANCES YOUR CIRCULATION

Regular physical activity like walking is great for your heart. It [enhances your circulation](#), helping to lower blood pressure and reduce your risk of stroke. And it doesn't take much to reap the benefits: Walking briskly for just 30 minutes a day is enough to improve heart health.

### 5. IT REDUCES YOUR RISK OF TRIPPING AND FALLING

Stepping out on a regular basis could help prevent the trips and falls that can occur as we age. Balance loss and weak muscles in the shins can cause a shuffling gait that can put you at a higher risk of tripping or falling. Regular walks can help by strengthening the lower body. Walking with an exaggerated heel-to-toe action can help strengthen these muscles even more by emphasizing the movement of the foot toward the shins (also known as dorsiflexion).

### 6. IT BOLSTERS YOUR MEMORY

Having a hard time remembering where your keys are? Walking regularly appears to help specifically bolster the hippocampus, the part of the brain involved in verbal memory and learning. A [study](#) of women ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more.

### 7. LESSEN THE PAIN OF CONDITIONS LIKE ARTHRITIS AND FIBROMYALGIA

Walking most days of the week may help lessen pain and reduce symptoms for those with conditions such as arthritis and fibromyalgia. The moderate, low-impact nature of walking is enough to lower pain and improve function for most. (Just be sure to consult your doctor before beginning any exercise program.)

### 8. IT IMPROVES YOUR BLOOD GLUCOSE LEVELS

Walking can help improve your blood glucose levels at any time of the day or night but perhaps even more so right after a meal. One [study](#) published in the journal *Diabetes Care* found that a brief 15-minute walk after a meal was as

effective at lowering blood sugar levels in 24 hours as a longer 45-minute walk.

### 9. IT RAISES YOUR IMMUNITY

Stay healthy with daily steps. A walk every day may even help. Regular exercise can also contribute to maintaining a healthy weight, which helps reduce your risk of diseases such as cancer and Type 2 diabetes.

### 10. IT IMPROVES YOUR SLEEP

Walking may help you [fall asleep faster and sleep more soundly](#), especially if you suffer from insomnia. A morning walk outdoors may be particularly beneficial since exposure to daylight can help you stay in tune with your natural circadian rhythms.

## 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)



## World Heritage Festival Tour de las Misiones 9/9/17



Joanne Forinash, Carlen Forinash, Pat Gunter, Susan Alton, and Darlene Oner all working at the World Heritage Festival, Tour de las Misiones Walk that took place on 9 September 2017. Thanks to the [Selma Pathfinders](#) for making this great walk work!



Volkssporters waiting for the walk event to start.



Tina Bohnert, Linda Goodman, Sherry Logan, Robert Theis and Gerry Kamicka walking to the Start Point.



Susan Medlin, SWRD leads the AVA walkers at the World Heritage Festival on Saturday, September 9.

*\*Photos courtesy of Martin Callahan*



Susan Medlin, with the umbrella, leads the long line of 201 walkers on the walk trail.



Greg Sells & Dolly, Gayle Weinraub & Rudy, & Laura Johnson at Mission San Jose.



left to right, Gerry Kamicka, Linda Goodman (#180), Eberhart Moese, Helen Moese (#169), Siba Spencer (#513), Sherry Logan (#182), Jeff Busse (#411), Robert Theis (#181), John Bohnert with Dolly, Tina Bohnert with Rudy, and Carol Shaner.




Martin Callahan with Rudy (left) & Dolly on the 10k trail to the 2<sup>nd</sup> Checkpoint.



Doug Eide (#504) waiting to begin the bike event at Tour de las Misiones, 9/9/17.


**21st AVA Biennial Convention**

Presented by  
**Empire State Capital Volkssporters - Northeast Region**



- ★ Portsmouth NH
- ★ Danvers MA
- ★ Pioneer Valley MA
- ★ Saratoga Springs NY
- ★ Waterford NY
- ★ Albany NY
- ★ Cooperstown NY
- ★ Hudson Valley NY

**AVA**  
 America's Walking Club



**16th Annual US FreedomWalk Festival**  
 An international Walking Challenge  
**October 13-15, 2017**  
 Arlington, Virginia USA

*Walking at its Best!*  
 3 days of Fun, Fitness and International Friendships.  
 Come walk with us for a great adventure!  
 www.usfreedomwalk.org



Capture the Spirit of our Nation's Capital  
**American Volkssport Association**



Three days of glorious walking, from the urban core of the 7th largest city in the USA to nearby quiet trails that will make you think you have time-traveled back 300 years.

Distances from 5km to 42km  
 IVV Credit  
 IML 2020 candidate

Texas Trail Roundup is during the San Antonio Stock Show and Rodeo

John Ives, President, Texas Trail Roundup  
 1.210.694.4582  
 jives@texas.net

Susan Medlin, AVA SW Regional Director  
 1.210.325.3523  
 sueamed@iaol.com



See you next year!  
**TEXAS TRAIL ROUNDUP**  
 3-Day Walk Fest  
 San Antonio, Texas  
 February 23-25, 2018

texastrailroundup.org

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