



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2017 – November 2017 No. 10
Next Meeting – November 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:

Sarah Severson, Joan Whealen, Ted Cieslak, Susan Fine, Glenda Parra, Rodney & Irma Koch, Roger & Mary Brensinger.

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.

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 November 16. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.



From the Desk of the Pres--

RR CHRISTMAS PARTY-at 6 p.m.

Tuesday, December 12, 2017
River City Seafood & Grill
115 Loop 1604 NE, Suite 1108
San Antonio, TX 78232
(210) 233-6790

“Chinese” Auction – wrapped gift
Between \$10 - \$15.
(order from menu)



There will be no club meeting in December in lieu of the Christmas Party on December 12th.

The RR facebook page currently has 150 likes. Susan Ives and Diane Duesterhoeft are currently the co-administrators of the page. Susan has been sharing interesting posts of interest to our community.

Palmetto State Park YRE was featured on 7 October. 28 walkers took advantage of the great weather and enjoyed the park. The walk was staffed from 9 a.m. until 11:00 a.m. “Thank you” Ellen and Pat and Pat!

24 November - 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.)

25 November – Southside Lion’s Park. A hot dog brunch/lunch will be hosted by club officers, starting at 9:30.

09 December – Boerne Christmas Walk at the Lutheran church on Rosewood in Boerne. The San Antonio Loafers will be contacted and invited to join us.

06 January – Alamo Quarry and the Museum walks.

10 February – Del Webb. The theme will be “cake walk.” All kinds of cake...cup cakes, coffee cakes...bundt cake...you name it, it may be there. I Can't think of a better way to celebrate a Tri-centennial birthday than with cake!

The new 2018 YREs to be hosted by the Texas Trail Roundup:
Frio County, Pearsall;
Atascosa County, Jourdanton;
Stone Oak (Drury Inn at 281 and 1604 East, off Stone Oak Parkway).
And North Star Mall (online electronic registration) is now sanctioned and operational.

Roadrunner Sales Position

We are still 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.

Everyone enjoy this beautiful cooler weather. Don't forget the year around events; they all need some caring walkers.

Ellen



#Opt Outside with REI 11/27/2017

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.



Our Lady of the Lake University Walk - 10/14/2017

"Thank you" to all our volunteer workers for the wonderful turnout at this walk.

It has been a first in a very long time since there were enough workers for 3 shifts at the 2 check point and the finish! Amazing! Thank you to all: Robert and Diana Adelman, Pat Gunter, Darlene Oner, Randy Baker, Caryl Swann, Herb Laing, Tony Paulson, Anne White, Heinz Johnson, Carole and Victor Hernandez, Robert Basaldua, Rick White and Chelsey, Andy Thomas, Mike Schwencke, Susan Alton, Wayne Henry Jerry Rehmar, Joanne and Carlen Forinash, Pat Roberts, Dee Repp and John Ives. Great job folks!

Don't know if anyone even noticed that the Fit Van from the San Antonio Parks Dept. that was supposed to be at the walk wasn't there. It broke down on Thursday.

Ellen



Fun, Fitness, Friendship

Starting Point Photo Contest

Congratulations are in order for the photo contest winners!!! After carefully reviewing all submissions, a final decision has been made. Drum roll please... The front cover will be exclusively displaying the work of our 1st place winner, **Susan Alton (Our RR Publicity Chair!)** with her Post-AVA Convention Volksmarch, Bull Lake Bench, on the Rocky Fork Trail in Red Lodge, Montana.

Our 2nd place winner, Alecia McClure, "Along the volksmarch in Franconia Notch State Park, Lincoln NH. Passing though the spectacular Flume Gorge." This photo will be displayed on the back cover of the issue. The National Office would like to thank all who submitted their amazing images for consideration.

401K: Invest in Your Health- AVA's First Virtual Online.

Beginning January 1, 2018 AVA will launch our very first virtual online program (VOP). We invest in our financial future so we can retire comfortably. Why not invest in our health so we can enjoy our retirement with better health and longevity by walking 401K each year? The program will be easy to navigate, even for beginners. Payment will be made online to AVA. Once your \$18.00 fee is received you will receive an email with a link to enroll. Check payments will also be accepted at the AVA office via mail. The next Checkpoint and TAW will have instructions on how to pay and enroll. The program will run for twelve months. Once enrolled you will be able to track your kilometers as well as see where you are in relation to other volkspotters. Those completing the challenge in the twelve month time period will receive a T-shirt boasting their accomplishment. Let's challenge the nation to invest in our health! This is just the beginning, more information and more fun ways to use this program will be coming in the AVA Checkpoint next month. Questions? Contact Jan at VOP@ava.org

THE NEXT NEC MEETING -
January 19-21, 2018 – Orlando, Florida

THE BIG GIVE

**Save the Date! - March 22,
2018**

The Big Give has announced the official date for our annual fundraising campaign. Help us continue our mission of bringing health and wellness to our communities by donating on March 22, 2018 and year-round.

Tales from the Trails

**The Middle of Nowhere –
Sitting Bull Falls**

By Susan Alton

As many of you know, we love to travel in our fifth-wheel trailer. In early October, we joined the West Texas Trail Walkers on their three-day Volksmarching weekend in the Guadalupe Mountains southwest of Carlsbad, New Mexico.

The first walk of the weekend was a serious 14k hike (a shorter 5k hike was available too) called Sitting Bull Falls. Bob and I love waterfalls, so this seemed like an auspicious start to the walk events.

As we were walking out of the fifth wheel, we received a text message from my friend, Susan. She and Darren had done the worker's walk the day before at Sitting Bull Falls. Her text was a warning, "Wear [long] pants today for the walk, otherwise your legs will be scratched and bleeding."

Whoa! Both Bob and I had shorts on. We immediately changed into long pants; unfortunate, because today's high temperature is supposed to be 92 degrees.



After a 40 minute drive, we arrived at the parking lot for Sitting Bull Falls in Lincoln National Forest. The West Texas Trail Walkers were very organized at the start point. We had already pre-paid our walks and banquet. All we had to do was check in.

Geared up with hiking boots, water, snacks, hiking poles, hats, and sunscreen, we took off up the hill. And boy was it up! Steeply up. In the photo to the right, you can see the parking lot we left a few minutes before.

The 5k turn-around checkpoint was at The Grotto. Being out in the desert and arriving at this pretty series of ponds was very refreshing.



From there, the trail became grueling. To continue the 14k walk after The Grotto, we passed through a fence stile and out into the canyon. It was hot and uphill. But the scenery was outstanding. The trail was narrow with lots of loose rocks. It's a good thing we wore our hiking boots. The boots helped with stability, as did my hiking poles.

We came out on top of a plateau and had views all around. No shade, however. The trail at the top was a road, so we had space to move around without worrying about catclaw cacti, and could avoid the rocks more easily.

Walk instructions were given to us by the West Texas Trail Walkers. That was good as there were very few park trail markers. At the top, we kept walking knowing we needed to make a sharp right turn. We walked and walked and then finally found the place where we needed to turn toward Last Chance Canyon.

Not much wildlife presented itself on this hot afternoon. Yesterday, Susan and Darren saw mountain goats running up the cliffs. Today, no mountain goats

could be seen, even though we stopped to rest frequently and scanned the canyon walls.



There were, however, interesting rock formations. I enjoyed the scenery immensely, but it was very hot! Did I mention we had lots of ups and downs on these canyon trails?



It was now afternoon, we had been on the trails for four hours and the temperature was about 90 degrees at this point. There was very little shade.

We passed our 10k checkpoint, which meant we had 4k left to do. When the photo below was taken, I was getting seriously whiny. Still, the canyon scenery was spectacular.

After the checkpoint at another grotto-like area, we came out of the canyon and into a grassy field. There were no trail markings that we could see. There were dense trees on one side, and a deep, watery swamp on the other. No way was I walking through that swamp!

I got myself tangled up in a chest-high catclaw bush and had trouble extricating myself. That made me even whinier. We had lost the trail. He kept going and I followed by going through the trees and tall grasses. We came upon a

barbed wire fence that had been pushed down in one spot by a flood a few days earlier. We were able to get across it. Finally, he stumbled upon the trail. It was farther to the left from where we were. The real trail actually had a stile through the barbed wire fence.

We had to cross a creek on some stones, go up a hill, and then the trail leveled out through tall grasses and some cacti. I could see the road. Civilization! Surely at this point, we would head to the road and be done with this hike.

Then I looked ahead, up the hill. I saw people hiking up the hill. That's where our walk went. So disheartening!

We walked at least another 15-20 minutes to make it to the 13k checkpoint. Kudos to Susan and Darren Medlin. They win the award for the best checkpoint ever. When we stumbled into the checkpoint, Susan handed us ice-cold water from their cooler. They had two lawn chairs and invited us to sit. I sat. I ate two of the proffered snack-size bags of chips. And Susan had a huge umbrella which she held over the chair. Susan said they did the worker's walk yesterday, so they knew exactly what people would need when they got there. They delivered!

You heard me say the name of this walk was Sitting Bull Falls, but so far you haven't seen any falls, have you? When we got back to the finish table, they told us, "You need to go see the falls." I'm like, "Where are they?" "400 yards up that trail," was the reply.

OK. I'm definitely going to see the falls. We didn't come all the way out here, tempted by seeing waterfalls, just to miss them because we were hot and tired.

After using the restroom and splashing cold water all over my face and neck, Bob and I set out to see the falls. We "collect" waterfalls and go see them wherever we can.

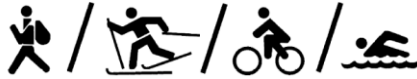
Thankfully, the walk to the falls was easy, on a wide, paved path. The falls are lovely and the water is cool. Bob went down and splashed water on his face and neck. I'm surprised he didn't jump in!

These falls are spring fed and run year round. Swimming is allowed in the pool at the base of the falls. I was watching Bob from the viewing platform and saw a snake swimming in the water. Luckily, it was not near Bob.



Mission accomplished: a 14k walk and a waterfall. We then drove back to Carlsbad, New Mexico, with thoughts of a nice dinner in an air-conditioned restaurant hovering in our minds like a mirage in the distance on a hot road.

Thank you to the West Texas Trail Walkers for providing a challenging walk. It's one we won't soon forget. Now we are looking forward to next year's West Texas Trail Walkers weekend in the Ft. Davis area! Join us for the adventure.



Traditional Events:

11/4/2017 - 11/4/2017 - Walk
Event Number: 108683 10km/5km
Start: Chisholm Trail Community Center
Event City: Fort Worth - One walk-Three parks
Host Club: Tarrant County Walkers
Event Website: www.walktx.org/TarrantCountyWalkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

4512 Embercrest Lane
 Fort Worth, TX 76123
Contact: Sue Giddings, (325) 277 - 3534
E-Mail: sgiddings1024@gmail.com

Club Website: www.walktx.org/TarrantCountyWalkers

11/4/2017 - 11/5/2017 - Walk
Event Number: 107684 10km/5km
Start: Schlitterbahn Employee Cafe

Event City: New Braunfels - NB
 Wursthfest Walk
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



11/11/2017 - 11/11/2017 - Walk
Event Number: 109410 10km/5km
Start: Deer Haven Screened Shelters
Event City: Denison - Eisenhower State Park
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

11/11/2017 - 11/11/2017 - Walk
Event Number: 110471 10 km/5 km
Start: Tupelo Bar & Grill
Event City: Denison - Historic Denison
Host Club: Star Trekkers of Irving
Event Website: StarTrekkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

805 Glenn Drive, Euless, TX 76039
Contact: Gary Silkworth, (817) 571 - 9786
E-Mail: gsilkworth@msn.com
Club Website: www.startrekkers.org

11/11/2017 - 11/11/2017 - Walk
Event Number: 109141 10km/5km
Start: Castroville Area Chamber of Commerce Building
Event City: Castroville, Texas - Castroville Historic City Walk
Host Club: Selma Pathfinders
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
 12235 White Ash St
 San Antonio, Tx 78245
Contact: Mike Schwencke, (210) 679 - 7609
E-Mail: mike.schwencke@outlook.com

11/18/2017 - 11/18/2017 - Walk
Event Number: 110483 10 km/5 km
Start: Miramar Park-Pavilion
Event City: Seabrook
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: hhhcontact@houstonhappyhikers.com
Club Website: www.houstonhappyhikers.com

11/18/2017 - 11/18/2017 - Walk
Event Number: 109573 10km/5km
Start: Onion Creek Park, 7001 Onion Creek Dr. Austin Tx. 78744
Event City: Austin
Host Club: Colorado River Walkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

3109 Rogge lane
 Austin, Tx 78723
Contact: Carol Obianwu, (512) 771 - 9566
E-Mail: cobianwu@utexas.edu
Club Website: www.coloradoriverwalkers.org/



11/24/17 - The Roadrunners 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.)

11/25/17 - A Roadrunner featured YRE at Southside Lion's Park. A hot dog brunch/lunch will be hosted by club officers, starting at 9:30 a.m.

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

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

New Classification of AVA Events -AVA Community Events

The National Executive Council of the AVA met this past August in Boerne (Bernie!), Texas for a jam-packed weekend of training, planning, and a brief board meeting whereby the National Executive Council approved of a new brand of AVA Community Events (ACE) designed to allow clubs flexibility in the creation of events that will support growth and enhancement of our current IVV sanctioned events. According to AVA President, David Bonewitz, "businesses must change and adapt to changing conditions around them. To fail to do so will surely lead to slow decline and eventual death. Two classic examples of thriving businesses that failed to adapt to the changes around them are Kodak (who did not change with the growth of digital photography) and Blockbuster (who failed to see the change in technology). These are but two classic examples of

businesses who failed to adapt and are no longer around. We do not want AVA: America's Walking Club to suffer this same fate. So, the goal of the national leadership is to find ways that AVA can adapt in order to not only survive, but to thrive." The development of non-IVV events called AVA Community Events is one of these changes.

The mission of the AVA is *to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities*. Nowhere does our mission state we should "stamp IVV books."

The IVV programs have been the means by which AVA accomplishes its mission. The AVA President further states that while this has been very successful for 40 years, the world has changed and we have not.

"Don't misunderstand this point. Adding new non-IVV programs does not mean that we cease our IVV programs. It just broadens our ability to accomplish our mission."

In order to be able to "legally" establish the non-IVV/AVA Community Events we may need to change our Articles of Incorporation and our Bylaws and that may very well be what it will take to change and adapt if we want to survive. The non-IVV/AVA Community Events fall into the following three classifications:

AVA Youth Community Events –

This type of event will cater to clubs who will be working with youth in the elementary, middle and high school environment. Accessibility will be limited to protect the identity and well-being of minors who will be participating.

AVA Traditional Community Events –

This type of event is comparable to the traditional event clubs currently host with the exception that this type of event does not have to be designed according to IVV guidelines. Hopefully this will allow clubs more flexibility to customize community events in their regions where an IVV event is not possible due to constraints of IVV guidelines thus drawing more participation.

AVA Guided Community Events –

These events are designed to encourage weekly participation on a *regular* basis. Fun walks, guided walks, meet ups, etc., are examples of events that could fall into this category. Individual maps will

not be required so long as there is a guide on each walk and all participants follow the guide.

Although non-IVV/AVA Community Events are not required to follow IVV guidelines, the AVA will be outlining club and insurance criteria for these types of events prior to inception. Also, because these events are not required to adhere to IVV guidelines, participants cannot receive IVV credit for attending any of these events.

The purpose of the new brand of non-IVV/AVA Community Events is to allow clubs more flexibility to create events that are not restricted by IVV guidelines are hopefully more responsive to local community needs. The projected start date for these events is January 2018. More detailed information will follow in the upcoming issues of the Checkpoint and can also be found in the August NEC meeting minutes. In the words of President Bonewitz, "let's not follow the Kodaks and Blockbusters of this world, but adapt and change. With this, AVA: America's Walking Club will be thriving for another 40 years and beyond."



Is Walking Better than Running?

Yes! Walk, Don't Run

**8 Ways Walking is Better Than
Running** By [Wendy Bumgardner](#) -
www.verywell.com

Walkers Get Fewer Injuries than

Runners: Two out of three joggers are affected by [running injuries](#) each year, most commonly of the knees. Walking produces far fewer injuries, the least injuries of any aerobic exercise.

Walking is Lower Impact than

Running: Runners impact the ground with 3 times their body weight each step, while walking only produces an impact of 1.5 times your body weight. [Walking is far lower in impact](#) yet still is a weight-bearing exercise that may prevent bone loss.

Walking Burns Fat: It is easier to set a [fat burning pace](#) when walking as opposed to jogging. A fat burning pace is one where you are breathing noticeably but able to carry on a conversation.

Walkers Sweat Less: In many climates, you can [walk during lunch](#) without needing to shower afterwards.

Become a Champion: Learn to [racewalk](#) and have a great chance at winning trophies at races, whereas a duffer runner has no chance at all. As a master you can often win your age group even as a beginner.

Walkers Can Stop and Smell the Roses: Walkers can slow down, enjoy a view, explore a trail, duck into a shop or stop for a snack. Runners just jog on by, intent on getting in their time.

Walkers Can Wear Normal Clothes: Runners have to put on their jogging suits; while walkers can often walk in whatever they happen to be wearing, perhaps with just a switch to comfy shoes. I walked two miles each way in New York to a Broadway play wearing my slinky dress and sandals - in perfect comfort.

Walkers Never Hit the Wall: Marathon runners face hitting the wall as they burn out all available fuel. Walkers generally do not hit the wall on a marathon because they use fully aerobic, fat-burning energy sources. Walkers can refuel as they go and their bodies have the time it takes to digest and use the fuel.

Jogging/Running: All kidding aside, running is excellent exercise and walkers have benefited from running research in shoes and training.

Exercise: Above all, we need to get moving.

Kerrville Schreiner Park Walk - 9/16/17



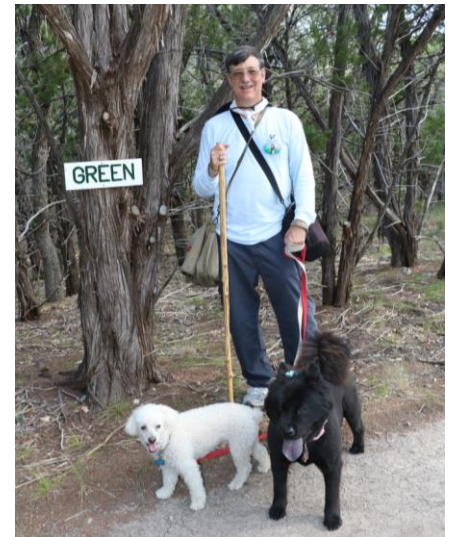
Audrey Vertucci and Suzanne Markgraf at the walk hosted by Kerrville Trailblazers.



Left to right, Rose Foerster, Pat Gunter, and John & Brenda Zimmerman.

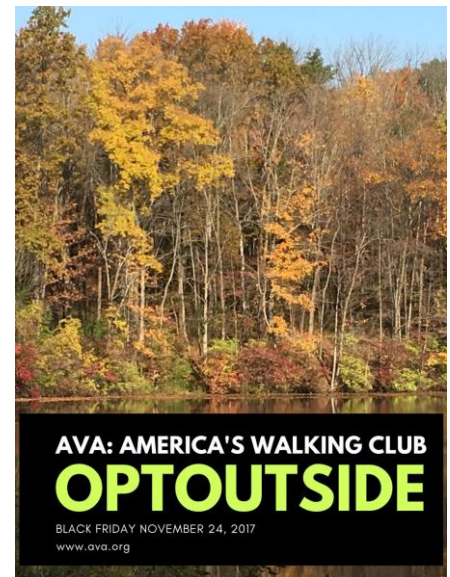


Left to right, Gayle Weinraub with Rudy, Susan Alton, and Susan Medlin with Dolly along the walk trail.



Rudy, Martin Callahan and Dolly on the Green trail at Schreiner Park, Kerrville.

**Photos courtesy of Martin Callahan*



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.

City _____ State _____ Zip code _____ Apt No. _____

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 _____