



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2017 – December 2017 No. 11
Next Meeting – January 18, 2018

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, Susan Fine, Glenda Parra, Roger & Mary Brensinger, Maria Beisert, Marion Cathro, The Grabow family, Carol Maxwell, Lisa Nixon, Jerry Rehmar, The VanCleave and Martha & Matt Williams.

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 January 18th. The meet & greet starts at 6:30 p.m – general meeting at 7 p.m.



NO club meeting in December in lieu of the annual club Christmas Party

RR CHRISTMAS PARTY-at 6 p.m.

Tuesday, December 12, 2017

Come celebrate this year with our guests of honor, Heinz and Priscilla Johnson.

River City Seafood & Grill
115 Loop 1604 NE, Ste. 1108
San Antonio, TX 78232
(210) 233-6790

No RSVP necessary. “Chinese” Auction – wrapped gift. Order from the menu, Dessert will be provided.

From the Desk of the Pres--

Mark your calendars for these RR events: 09 December – Boerne

Christmas Walk at the Lutheran church on Rosewood in Boerne.

The Boerne workers walk will be Friday, December 8th at 9:30 a.m.

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, Jourdanon; 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.

Last February, the RR's helped the Texas Trail Roundup with the busiest check point at Roosevelt Park. For 2018 it's hoped there will be enough volunteers like in 2017 for 2 hour shifts. If you know any non walkers who would like to help they will be welcome as long as there's one club member at the check point.

The next couple of months will be a busy time for the RR's with a walk in Dec, two walks in Jan and Del Webb in Feb. You may ask why we do so many walks. The walks keep the club on solid financial ground. With that said, I hope everyone will help the club by working a shift or two.

The 2018 Starting Points will be available at the RR December 9 walk in Boerne.

Wishing all the Roadrunners and their families the very best for the holiday season.

Ellen

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

REI Opt Outside - Crownridge

On 24 November, the RRs featured the Crownridge YRE walk for the REI sponsored “*Opt Outside on Black Friday.*” The walk was staffed from 8 a.m. to 10 a.m. “Thank you” to Pat Gunter, Susan Medlin and Ellen Ott. There were 33 walkers who participated.



Trail at Crownridge Canyon

A Note from the AVA Programs Committee for Opt Outside:

Thank you, Roadrunners for stepping up and helping out with a walk in your area.

This year we had 53 Clubs volunteer nationally to host walks, with several groups just deciding to meet up and walk on Black Friday.

If you have a few pictures or a fun fact about your outing share it with me and I'll try and get them all posted on Facebook. If you have suggestions for next year, please feel free to share those with us also.

Again THANK YOU for helping to make this possible.

Your AVA Program Committee
Deb Kruep – Program Chair
Lyn Reagan
Jan Van Vlack
Missy McBride

[AVA: America's Walking Club](#)



Southside Lion's Park- November 25

54 walkers enjoyed the perfect walking weather. John Ives cooked a hot dog lunch; Rick White and Chelsea worked a check point; Pat Gunter and Darlene Oner worked registration; Susan Medlin organized the walk and marked part of the event. Entertainment? ... a very noisy goose who was trying to find a date! ---- Ellen



Fall Foliage on Blue Ridge Parkway

Tales from the Trails Smoky Mountains Fall Foliage

By Caryl Swann

I joined the Walking Adventures group on October 23 for a one week walking tour of the Smoky Mountains travelling along the Blue Ridge Parkway. Our first morning took us to the North Carolina Arboretum on the outskirts of Asheville.

Unfortunately we experienced some heavy rain but that didn't stop us from hitting the forested trails, with some modifications. We were all somewhat soaked by the time we finished the walk. We returned to our hotel in Asheville to dry off as we prepared to go on a food tour to 7 savory restaurants (and a chocolate shop, our favorite). We sampled exceptional cuisine and learned some of the history of this funky town.

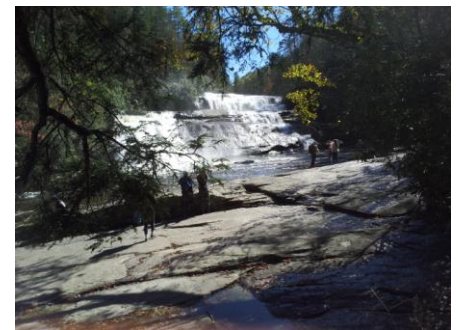


Biltmore Estate

On day 2, we toured the Biltmore Estate, starting with a walk through the gardens and trails of the property. The estate was built by George Vanderbilt in the 1890's and contains 250 rooms, including servant quarters and a basement that includes a 70,000 gallon heated swimming pool. The property also includes forests that are still managed by the estate.



On day 3, we drove along the Blue Ridge Parkway and walked on trails with impressive views of Linville Falls. The previous rains made the water thundering down the Falls even more dramatic. We had a barbeque lunch in Blowing Rock and were treated to guitar and harmonica music and storytelling from local Appalachian musician, Glenn Bolick. In the afternoon we walked at the Moses Cove Memorial Park. As we drove along the Parkway we were continually treated to brilliant fall foliage, dramatic overlooks and more waterfalls.



Triple Falls

On day 4, we continued to see waterfalls, starting at Graveyard Fields and continuing to Triple Falls where we enjoyed a picnic lunch and a walk through the woodlands. We continued on to High Falls and walked in the DuPont Forest.

On our last day, I opted out of planned activities and spent some time walking around Asheville and browsing through various shops. I found a large 2-story general store that had great hiking clothes and other related items; had

lunch at a Thai restaurant and had a good time talking to a couple from Houston. Then back to the hotel to pack and get ready for our farewell dinner.



Kudos to the following Walkers:

As Published in the Dec/Jan TAW

Events:

100 events Edward Roberson
200 events Deanna Repp
275 events Leon & Elizabeth LeVan
325 events Patricia Roberts
375 events Darren Medlin
475 events Susan Alton
575 events Caryl Swann
1450 events Theodore Cieslak
4200 events Patricia Gunter

Distance:

4500km Audrey Vertucci
6500km Susan Medlin
35,000km Patricia Heller



The New RR Storage Unit!

It took 4 trips to Cibolo storage to move everything to the new club storage unit which is half the size of the old one. It was amazing the amount of STUFF that we had accumulated.

After some organizing, all seemed to fit. Amazing! All the "give-away" items I have received are in the trunk of my van ready for the RR 9 December Boerne Christmas walk event. Santa should be happy!

A special "thank you" to John Ives who was the muscle behind the move and to Pat Gunter who was the "we don't really need it" lady!

Ellen



Fun, Fitness, Friendship

THE NEXT NEC MEETING -

The next NEC meeting will be held January 19 - 21, 2018 at La Quinta Inn & Suites, 7160 North Frontage Road, Orlando, Florida 32812. (407) 240-5000

THE BIG GIVE

Save the Date! – 3/22/18

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.

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

Beginning January 1, 2018 AVA will launch our very first virtual online program (VOP).

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.

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! 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

Q: How do I sign up for the 401K: Invest In Your Health Program?

A: PayPal and Credit Card buttons are being placed on AVA's Website for the Virtual Online Programs (VOP) so that you may pay securely on AVA's Website. They should be up and running by December 15. Registration, program log-in information, and instructions will then be emailed to you.

Q: I do not like paying online. May I send a check?

A: Yes. If you prefer, you may send a check to AVA: America's Walking Club, 1001 Pat Booker Rd., Suite 101, Universal, TX, 78148, ATTN: 401K: Invest in Your Health. Registration, program log-in information, and instructions will then be emailed to you.

Q: I like to track my everyday steps also. Will they be mixed up with kilometers?

A: No, steps and kilometers will be tracked separately. You may choose to track only your kilometers, only your steps, or both. They will never be combined or duplicate your progress.

Q: Can I log my bicycle kilometers?

A: At this time, this is only a Walking Program, possibly in the future.

Q: Can I see the progress of every walker enrolled in the program?

A: Yes, everyone enrolled in the Challenge will be listed on a chart by their walking alias. You can see where everyone is toward their goal and challenge/encourage other individuals. Only walkers enrolled in the Challenge can see others' progress.

Q: Can I post pictures, discuss my walks; ask questions of other walkers about their walks?

A: Yes! Finally a way to share your walks with photos and descriptions, and ask other walkers about the walks they have done. Looking for a specific walk? Ask a general question and hopefully you will get an answer from someone nearby or across the U.S., This program allows you to interact with walking friends in other countries as well.

Q: Is this the only Challenge?

A: Great Question! 401K: Invest in Your Health is the first virtual Challenge. We will be adding more challenges as we progress. There will be at least one new challenge added in 2018.

Q: Do I have to pay extra for additional Challenges?

A: Nope, you can continue with any additional Challenges until the end of the year, at which time you simply enroll for the next year to keep your virtual account open. It should be seamless.



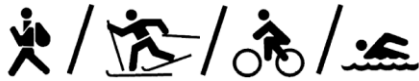
TVA Meeting

Whatever of Texas Sporting Club, AVA-967, will be hosting the next TVA Meeting on 2-3-4 March 2018. The official Headquarters will be at Sul Ross State University, Rio Grande College, Del Rio, Texas.

The TVA General Membership Meeting will be held on Saturday, 3 March and Traditional Walks are being planned on Friday, Saturday and Sunday. Lunch on Saturday will be in-house and handled like it was at our Coldspring, Texas meeting in March 2017..

A first call for the next TVA Weekend will be distributed no later than 1 December and it will include complete details and information about the weekend.

We are pleased to hold this event in an area that will encompass new Texas counties, a new area in the state and a new club to serve as the host.
Heinz Johnson, President



Traditional Events:

12/2/2017 - 12/2/2017 - Walk
Event Number: 109460 10km/5km
Start: LBJ National Historical Park Visitor Center
Event City: Johnson City, TX - Christmas Lights III
Host Club: Volkssportverein Friedrichsburg
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
320 Morning Glory Drive
Fredericksburg, Tx 78624
Contact: David Roberts, (410) 693 - 9829
E-Mail: dloberts34@hotmail.com
Club Website: www.walktx.org/AVA1

12/2/2017 - 12/2/2017 - Walk
Event Number: 108235 5/10KM
Start: Homewood Suites
Event City: Wichita Falls
Christmas in Wichita Falls, TX
Host Club: Lawton Walkers
Event Website:
WALKINGFAN@AOL.COM

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

Write for more information to:
1714 NW 49th Street
Lawton, OK 703505
Contact: Sharon Snyder, (580) 357 - 2930

E-Mail: walkingfan@aol.com
Club Website:
facebook.com/pages/Holy-Family-Walkers-Volksmarching-Club/205700619489502

12/2/2017 - 12/2/2017 - Walk
Event Number: 110458 10/5 km
Start: Jones Building, St. Paul's United Methodist Church
Event City: Houston - Museum District
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:
hhpresident@houstonhappyhikers.com
Club Website:
www.houstonhappyhikers.com

12/9/2017 - 12/9/2017 - Walk
Event Number: 109083 10km/5km
Start: Luther Hall at St. John's Lutheran Church on Rosewood
Event City: Boerne - Boerne Christmas Walk
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

12/9/2017 - 12/9/2017 - Night Walk
Event Number: 110258 10K-5K
Start: Mama's Pizza
Event City: North Richland Hills - Hometown Christmas Walk
Host Club: Tarrant County Walkers
Event Website: www.walktx.org/TarrantCountyWalkers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:

917 Forest Oaks Lane
Hurst, TX 76053
Contact: Brooke Hudson, (817) 944 - 5191
E-Mail: brooke_hudson@hotmail.com
Club Website: www.walktx.org/TarrantCountyWalkers

12/17/2017 - 12/17/2017 - Night Walk
Event Number: 110470 10/6 km
Start: Front Porch @ VFW Post 76
Event City: San Antonio - Christmas Lights River Walk IV
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@gvvc.com



12/31/2017 - 12/31/2017 - Walk
Event Number: 110201 10km/5km
Start: Social Hall @ First Methodist Church Historic Sanctuary. Take sidewalk on RIGHT side of building to enter social hall.
Event City: Fredericksburg - TVA Memorial Walk
Host Club: Texas Volkssport Assn.
Event Website: walktexas.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
215 Mineola ST, Ingram, Tx 78025
Contact: Brian Fisher, (830) 377 - 4239
E-Mail:
guadalupesigns@omniglobal.net
Club Website: walktexas.org



1/1/2018 - 1/1/2018 - Night Walk
Event Number: 110206 10km/5km
Start: Social Hall @ First Methodist Church Historic Sanctuary. Take sidewalk on the RIGHT side of building to enter social hall.
Event City: Fredericksburg - TVA Midnight Walk
Host Club: Texas Volkssport Assn.
Event Website: walktexas.org

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

Write for more information to:

215 Mineola ST, Ingram, Tx 78025

Contact: Brian Fisher, (830) 377 - 4239

E-Mail:

guadalupesigns@omniglobal.net

Club Website: walktexas.org

**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

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

Write for more information to:

21 Lowe, Quemado, TX 78877

Contact: Clay Baulch, (210) 204 - 9301

E-Mail: btcotx@gmail.com

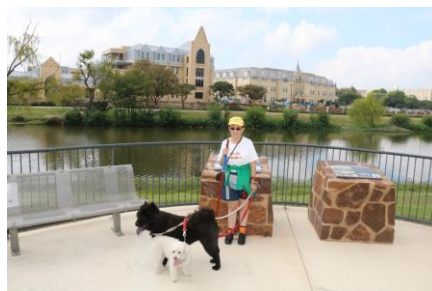
Our Lady of The Lake-- Elmendorf Lake Walk 10/14/17



The Randolph Roadrunners walk start point at the Mall area on Providence Road at Our Lady of the Lake University



Ellen Ott presents an AVA certificate for Commendable Service awarded to Martin Callahan for his photography and articles in support of Volkssporting.



Gayle Weinraub with Dolly (black chow) and Rudy along the Elmendorf Lake Park Trails with Our Lady of the Lake University buildings visible behind them.



Pat Roberts and Joanne Forinash working at the sales table at OLU-Elmendorf walk.

Palmetto State Park Walk 10/7/17



Charles Rogers with Dolly, Carol Obianwu, and Doug Eide stop for a picture at the end of the walk in front of the Refectory building completed in 1935 by the Civilian Conservation Corps.



Gerry Kamicka (left) and Michael Marke stop for a picture next to a map after exiting the San Marcos River Trail in Palmetto State Park.

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 _____