



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2018 – April 2018 No. 4
Next Meeting – April 19, 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: -----OPEN-----

Webmaster & Event Flyers:
Randy Baker 210-369-9538
Newsletter:
Audrey Vertucci – AudreyVe@aol.com
210-496-2197

Year-round Events: Boerne & Gonzales
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:
Krystal Bean, Marjorie Cantu, Lisa Carlton, Amanda Cone, Tamara Holcomb, Alton Glass, Robert Ream, Steve & Rita Anderson, Betty & John Dupre, Carolyn Chorak & Beth Hammer, Angela Joyce and James and Jackie Lytle.

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 April 19th. The general meeting starts at 6:30 p.m.

New Walker Column - first in a series for new walkers

F.Y.I. -- Did You Know?

The Randolph Roadrunners Volkssport Club was chartered by the American Volkssport Association on Thursday, 27 March 1980 as the 44th club in the United States and the 14th in Texas?

From the Desk of the Pres-- April is "Get Fit Boerne!" month



The Randolph Roadrunners are participating in "Get Fit Boerne Month" this April by featuring our 3 Boerne YREs.

Stretch your legs get some fresh air and meet fellow walkers in Boerne for the following walks:

Sunday - 8 April - town walk

Sunday - 15 April - cemetery walk

Sunday - 22 April - nature center walk

All walks will start at the:

Comfort Inn and Suites

35000 I-10 W., Boerne at 9 a.m.

Please mark your calendars for:

The TVA General Membership Meeting on 4 August in San Angelo.

Five key areas of AVA Strategic Planning:

National Programs chair SWRD (our very own Susan Medlin),

Club Development & Growth chair SERD,

Membership,

Publicity,

and IT.

The TVA needs your HELP - the nominating committee is looking for someone to run for president, 2nd vice president and secretary; preferably not the same person.

Let Ellen know if you have an interest.

SALES

The Roadrunners are still looking for a sales person...there has to be someone out there looking for a meaningful job. With a membership close to 200, there has to be someone. Now I'm begging...which isn't very becoming!

And, the club in Corpus Christi, the Sparkling City Strollers, has closed.

Ellen



Kudos to the

Following Roadrunners:

Events & Distance reported in the April/May issue of the TAW:

Events:

50 Diana Battan
75 Diana Adelman
75 Robert Adelman
125 Edward Roberson
150 Susan Barnes
225 Deanna Repp
350 Patricia Roberts
400 Darren Medlin
500 John Ives
500 Susan Alton
525 Audrey Vertucci
700 Priscilla Johnson
950 Bart Marlar
2200 Martin Callahan
2300 Ellen Ott

Distance:

1500 Susan Barnes
5000 Audrey Vertucci



The IVV World

Walking Day is May 8th

The IVV has designated May 8th 2018, as World Walk Day. Clubs can sponsor their walks from the weekend before or after the 8th.

*(**Editor's note:** The following is an excerpt from the AVA Facebook post by Susan Alton; it's her blog called, "Travel Bug." The complete version with pictures can be accessed at: <https://travelbug-susan.blogspot.com/2018/03/llano-deer-little-town-that-rocks-sat.html> or on the AVA Facebook page.)



A Tale from the Trails

Llano: A "Deer" Little Town that Rocks – 3/10/18 - by Susan Alton

How Bob and I, in our travels around Texas Hill Country, missed this little gem of a town is beyond me. On Saturday morning, Susan Medlin and I made it to Llano by 9:00 a.m. She had volunteered to work a checkpoint for the Llano Earth Arts Fest Volksmarch. I went along to do the

Volksmarch. We drove to the Gazebo in front of the Llano County Courthouse where the first walk checkpoint would be.

The Volkssportverein Friedrichsburg Volksmarch Club hosted the walk.

The walk start point was on the north side of the Roy Inks Bridge by the Llano Visitor Center. What a pretty place Llano is, straddling the Llano River.



Right away it was evident that Llano is the "Deer Capital of Texas." The density of the deer in the Llano Basin is the highest in the nation (per Wikipedia). Because Llano is The Deer Capital of Texas, beautifully painted deer are located throughout town.



On the way to the Roy Inks Bridge, I passed the sign for the Llano Earth Art Fest (L.E.A.F).

Behind the sign, in a park on the Llano River, there were booths, music stages, a place to try your hand at rock stacking or making rock art, classes in belly dancing, hula hooping and yoga, and a rock stacking competition. Not just any rock stacking competition, mind you, it is the world rock stacking championship.

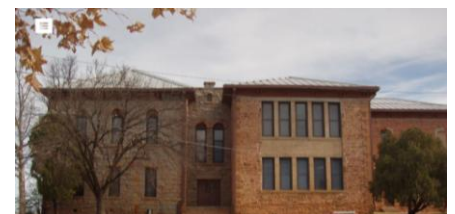
Llano County is the only place on earth where you will find the Llano Uplift, a place where granite pushed its way to the surface exposing rocks all over the

Llano area. The most famous and impressive of the rocks is a pink granite batholith in Enchanted Rock State Natural Area. But the visible dome isn't all there is of the granite. The granite extends for 62 square miles, most of it is underground.

At this point, I crossed the Roy Inks Bridge spanning the Llano River. The L.E.A.F. was taking place below.



The walk was routed through residential neighborhoods, the Llano City Cemetery, and past the two-story O'Henry School Building. Yes, that O'Henry, writer of stories, who also spent time in San Antonio and Austin. The school served all grades, but was known as "the college building" because of its stately style. We had walked on College Street but didn't know of any college in Llano, so we figured College Street must be named in honor of this school.



Those points of interest were followed by more neighborhood streets.

We headed back north across the Inks Bridge, walked through the park along the river, past the Visitor Center and Railroad Museum, and got our books stamped at the finish point. I certainly hope they make this walk a yearly event! Good job on choosing and routing this walk.



We finished our walk shortly after the park and made our way to the Llano Earth Art Festival. When we showed our Volksmarch record books at the entrance to the Festival, we received 50% off our admission. The admission was normally \$10.

The temperature was 91 degrees and we were hot! However, the festival looked so interesting that we had to explore and check out the rock stacking and rock art.

The winners were three men local to the area. There were competitors from all over the world. We don't know if they won a prize or just bragging rights!



Fun, Fitness, Friendship

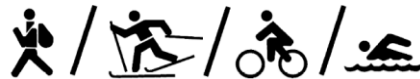
The Club Development & Support Committee is still seeking Members! The AVA's new Committee for Club Development & Support is still looking for motivated, experienced club

members - specifically, from clubs in the Northeast, and west of the Mississippi. Our charter is to "assist the Board in implementing Strategic Objective 1.c. (Establish a Club Development Program) by examining issues that frustrate club leadership and make recommendations on acceptable solutions."

The AVA President has stated that the theme of this NEC term is "Helping Clubs Grow and Growing New Clubs." This committee will therefore focus our efforts at the club level. If you are willing to serve, please contact John McClellan, at johnmc82@cfl.rr.com.



"Thanks to all for attending the Texas Trail Roundup in San Antonio. We hope to see you in Arlington, VA October 19-21, 2018 for the U.S. Freedom Walk Festival."
– Henry Rosales



Traditional Events:

4/7/2018 - 4/7/2018 - Walk
Event Number: 110749 10km/5km
Start: Castroville Regional Park - Big Tent
Event City: Castroville - Tour de Castroville 2018
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

4/14/2018 - 4/14/2018 - Walk
Event Number: 110779 5k/11k
Start: Nelson Ranch Park, 905 Nelson Ranch Rd. Cedar Park, TX 78613
Event City: Cedar Park, TX - Caves II Volksmarch
Host Club: Colorado River Walkers

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

Write for more information to:

2005 Autumn Fire Dr.
Cedar Park, Tx 78613
Contact: Doug Eide, (512) 591 - 1320
E-Mail: doug.eide@yahoo.com
Club Website:
www.coloradoriverwalkers.org/

4/14/2018 - 4/14/2018 - Walk
Event Number: 110817 10 km/5 km
Start: Caddo Lake State Park
Event City: Karnack
Host Club: East Texas Trekkers, Inc.
Event Website:
www.walktx.org/easttexasrekkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

2334 Saharah
Garland, Tx 75044
Contact: Helen Hull, (972) 530 - 1026
E-Mail: Helenthehun@yahoo.com
Club Website:
www.Walktx.org/EastTexasTrekkers/

4/21/2018 - 4/21/2018 - Walk
Event Number: 110916 10 km/5 km
Start: Arnold-Simonton House;
Fernland Historical Park & Museum
Event City: Montgomery - Historical
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

4/21/2018 - 4/21/2018 - Walk
Event Number: 110883 10km/5km
Start: Mitchell Lake Audubon Center
Event City: San Antonio - Caminada de Fiesta
Host Club: Texas Wanderers
Event Website:
www.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

Club Website:

www.walktx.org/TexasWanderers

4/28/2018 - 4/28/2018 - Walk

Event Number: 110909 5km/10km

Start: Trinity River Audubon Center

Event City: Dallas - Trinity River

Audubon Center

Host Club: Dallas Trekkers, Inc.

Event Website:

www.dallastrekkers.org

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

Write for more information to:

1635 Windmill Lane

Mesquite, TX 75149

Contact: Dianne Duke, (214) 368 - 9730

E-Mail: d.w.duke@live.com

Club Website: www.dallastrekkers.org

4/28/2018 - 4/29/2018 - Walk

Event Number: 110735 10 km/5 km

Start: Church Hill School, 1300

Church Hill Dr, New Braunfels, TX 78130

Event City: New Braunfels - Spring Walk

Host Club: NB-Marsch-und Wandergruppe

Event Website:

www.muw.walktexas.org

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

Write for more information to:

121 Legacy Hills

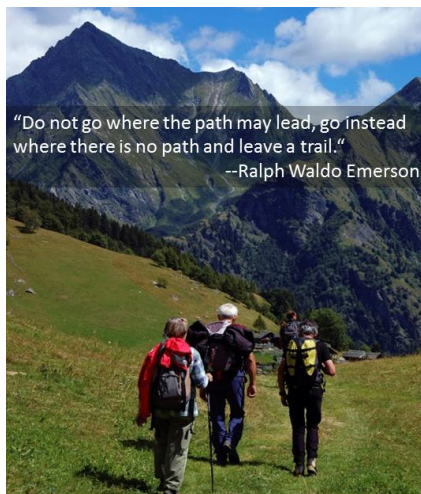
New Braunfels, Tx 78132

Contact: Jill Troyer, (830) 237 - 6230

E-Mail: jtroyer121@gmail.com

Club Website:

www.muw.walktexas.org



How Much Do You Really Need to Walk to Live Longer?

BY JODI HELMER - FEBRUARY 8, 2018

When it comes to walking workouts, shorter distances make a major impact. Despite recommendations to log 10,000 steps per day and engage in at least 150 minutes of moderate-intensity exercise per week, a new study published in the American Journal of Preventive Medicine found you don't actually need to log very many miles to benefit from a walking workout.

SOMETHING IS BETTER THAN NOTHING

The study followed 140,000 older adults for more than a decade and found that walking as little as two hours per week — 30 minutes less than federal guidelines recommend — was associated with a lower risk of all-cause mortality. In other words, those who walked a little were less likely to die from any cause during the study period than those who didn't walk at all. Walking at a pace of 3 miles per hour (or a 20 minute-mile) was associated with a lower risk of premature death overall as well as death from specific diseases, including cardiovascular disease, cancer and respiratory disease.

"The encouraging message through this research is that simply walking at a modest pace can have tremendous health benefits."

"The findings were not surprising as most studies show that going from inactivity to any activity infers a substantial health benefit," explains lead researcher Alpa Patel, PhD, cancer epidemiologist with the American Cancer Society. "The encouraging message through this research is that simply walking at a modest pace can have tremendous health benefits." No shortage of studies have extolled the health benefits of walking, which range from burning calories and strengthening muscles and bones to boosting mood but the research is often based on the benefits of walking workouts that fall within the recommended federal guidelines of 150-plus minutes per week.

[Research](#) published in the International Journal of Behavioral Nutrition and Physical Activity examined the results of 14 studies and noted an 11% reduced risk of all-cause mortality among those who walked 169 minutes per week. But it wasn't just the walkers who hit the

federal recommendations who benefited. In fact, the greatest health gains were among those who walked the least.

"We saw the biggest effects at the low end of the curve," explains study author Paul Kelly PhD, lecturer in the Physical Activity for Health Research Centre at the University of Edinburgh. "Moving from 10 minutes of walking per day to 20 minutes per day would have greater effects than moving from 50 minutes to 60 minutes of walking per day."

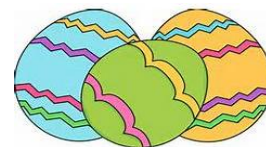
IS TOO MUCH EXERCISE AS BAD AS NOT ENOUGH?

The message that short walks offer health benefits is welcome news for certain populations: Kelly notes that those who are sedentary or sidelined as a result of illnesses or injuries will likely be buoyed by the results because a shorter walk feels like an achievable change. "Anything is better than nothing," he says.

MORE IS STILL MORE

Of course, the more you walk, the more profound the impact on your health. In Patel's study, the risk of all-cause mortality decreased 20% from those who walked 150 minutes per week or more compared to those who walked less. Walking more than 360 minutes per week — just under one hour per day — was associated with a 35% lower risk of respiratory disease-related mortality.

"Participants who walked less than recommended levels did experience benefits compared to inactive participants," Patel says. "However, individuals should strive to meet or exceed recommended amounts of activity for greater health benefit."



Special thanks to our Big Give matching donors:
AVA National Executive Committee
Eagle Print
Frazier Insurance Agency, Inc.
Mary Ptacek *Tater Tours
Terra Investments
Walking Adventures International



On behalf of the NEC and the National Office thank you for another successful Big Give campaign! We are very close to our goal. Donations can still be made online or by mailing a check to the AVA.

**“BIG GIVE”
UNTIL APRIL 30,
2018**



big
give

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.

_____ 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 _____