



**Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)**

Volume 2018 – May 2018 No. 5  
Next Meeting – May 17, 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-----*

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Randy Baker 210-369-9538

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Audrey Vertucci – AudreyVe@aol.com  
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*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](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:

**Krystal Bean, Marjorie Cantu,  
Lisa Carlton, Amanda Cone, Tamara  
Holcomb, Alton Glass, Robert Ream,  
Betty & John Dupre, 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](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!

Amanda Spector

Boerne

David Prewitt

Universal City



## 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 May  
17th. The general meeting starts at 6:30  
p.m.

## New Walker Column - F.Y.I. --

### *Did You Know?*

The first night Volksmarch in America  
was in Comfort, TX on 16 June 1980;  
The first multiple event weekend was  
held by the Randolph Roadrunners;  
The first year around event was held in  
Fredericksburg, Texas;

First cross country ski event was held in  
Fraser, Colorado in 1980;

In 1981 AVA headquarters moved to  
Universal City from Fredericksburg,  
TX;

The first president of the AVA was

David Toth, a Roadrunner member;  
The IVV's gift to the AVA for their  
10th anniversary was a ginkgo tree;  
And Volkssports moved to Canada in  
1987.

## From the Desk of the Pres--

Please mark your calendars for the  
following RR walk events in 2018:  
May 8 – Friedrich Pk-World Walk day  
May 18 – Beethoven/King William  
July 21 – Nacogdoches Taco Cabana  
Aug. 11 – Blanco Rd. Taco Cabana  
Oct. 20 – Land Heritage Institute  
Dec. 8 – Boerne Christmas walk

The RRs will host a summer program  
featuring San Pedro Park in June with a  
potluck dinner.

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.  
The TVA General Membership Meeting  
will be held 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.

## SALES \$

The Roadrunners still need a person or  
persons for the sales position...

*Ellen*



## The IVV World

### Walking Day is May 8th

The IVV has designated May 8<sup>th</sup> 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/2018/04/two-very-different-walks-part-1-sunday.html> or on the AVA Facebook page.)



## A Tale from the Trails

*Cibolo Nature Center - Sunday, April 22, 2018 - by Susan Alton*  
Sunshine, and lots of it, made it an easy decision to drive to Boerne, Texas, for the "April Get Fit Boerne" YRE featured by the RRs.

The temperature was coolish with a chilly breeze for most of our 10k walk. Randolph Roadrunners Volkssport Club hosted the guided walk today. We had people from San Antonio, Kerrville, and even Pennsylvania!



After signing in at the Comfort Inn at 9:00 a.m., we drove to our respective

start points. The 10k and 6k walkers had different start points.



*Rails to Trails Path*

The 10k walkers parked in downtown Boerne and took the Old No. 9 rails-to-trails path to the nature park. We crossed over a bridge and caught a glimpse of Fern Brush Falls.



*Fern Brush Falls*

Herff Spring flows into the restored marsh at the Cibolo Wilderness Trail and on into Cibolo Creek.



*Herff Spring*

The four of us who did the 10k caught up with the 6k walkers at Cibolo Nature Park, the destination for today's walk. Wildflowers are in bloom, bluebirds are nesting in the boxes, and we had a lovely time.

On our walk, we covered most of the trails in the park, including a boardwalk section. Some good news for everyone who likes the Old No. 9 rails-to-trails bike path, it is being extended. We saw some of the construction on it today. As we entered the nature center, we saw

the Cibolo Preserve Natural Habitat Laboratory for Research.

If you want to see dinosaur tracks, they have those here too. Paleontologists decided that the larger prints belong to a giant tridactyl (3-toed) theropod from the Early Cretaceous Period about 110 million years ago.



*Giant Tridactyl prints*

We also crossed new rails-to-trails construction through Boerne City Park and Cibolo Nature Center.

The photo below shows our group crossing a boardwalk over a spring-fed pond.



Doesn't the following photo remind you of The Beatles' *Abbey Road* album cover...only no Beatles, and no road?



From the spring, marsh, and the forest, we crossed grasslands.





A Bluebird on the nesting box

After a very satisfying 10k walk, we headed back to our cars to get on with the rest of the day.



Fun, Fitness, Friendship

### June 2018 NEC Meeting

The next NEC meeting will be June 8-10, 2018 in Albany, NY. The meeting will start at 5:00 p.m. on Friday, June 8th and 8:00 a.m. on Saturday and Sunday. The meeting will be held in the Stonehenge A room. Everyone is welcome and encouraged to attend. All meetings will be at the: Red Lion Hotel Albany 205 Wolf Road Albany, NY 12205 (518) 458-7264 NEC 2018-2019

Meeting Calendar (In Person Meetings)  
June 8—10, 2018—Albany, NY  
January 11—13, 2019—Tucson, Arizona.

### What Have We Accomplished?

By Henry Rosales, AVA Executive Director

The following is a listing of *new initiatives* that have either been completed or are in progress in accordance with our strategic plan.

1. Mission Impact
2. Financial stability\*
3. Internal Operations
4. Governance & Leadership

The work is categorized under the four Key Focus Areas of the plan. I also specify if the work has been completed, is in progress or is an ongoing effort. This listing is not inclusive of all the work of all committees, only those I am aware of at this time. It is important to point out that new Chairs have been appointed to all AVA committees and all committees are working on either existing or new initiatives which are aligned with the strategic plan. Please

refer to the AVA web-site to review committees and the strategic plan.

### Key Focus Area 1: Mission Impact *To improve the quality and value of member benefits and programs.*

- Appointment of a Membership Committee Chair and creation of Committee (Completed)
  - Appointment of a Club Development and Support Committee Chair and creation of committee (Completed)
  - Expansion of National trails and distances (In Progress)
  - Development and expansion of the Online Start Box (Ongoing).
  - Creation of features for an AVA walking application (Completed)
  - Restructuring of the AVA convention application to support clubs (Completed)
  - Implementation of a *401K Invest In Your Health* online program (Completed)
  - Creation and implementation of “AVA Community Events” programs (In Progress)
  - Application to host the IVV Congress in 2020 (In Progress)
  - Creation of IVV Olympiad Committee and completion of application to host the 2021 Olympiad (In Progress)
  - Creation of new stamp handles and stamps for all AVA events (In Progress)
  - Planning for the 2019 convention (In Progress)
  - Partnership with Red Roof hotels to provide discounts for AVA Members (In Progress)
  - Upgraded Electronic Sanctioning System for AVA events (In Progress).
- \*Initiative 2. - Financial stability will be published in the June RR newsletter.*



### Virtual Online Programs 401K:

Invest in Your Health has been popular and walkers are strolling across the finish line! Congratulations to those who have completed 401 kilometers! We are in the process of getting those T-shirts ordered. More will come next month. As promised we are bringing you phase II. This program has been so popular walkers are ready to move to the next level. We couldn't wait until

July so we are bringing you the new “Tour of Italy” virtual map program beginning May 1. If you are enrolled in the 401K program you will receive an invitation to join in the next few weeks. As you move along the trail narrative photo boxes will pop up at points of interest to give you information about that point. One of volkssporting’s pleasures is travel but not all of us are able. So let’s do the next best thing and travel virtually! “Tour of Italy” will be step based so there is nothing extra to do just log your steps as you do now either by a walking device, smart phone or manually.



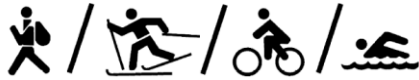
There is still time to enroll and complete both programs, just go to the AVA website and click on the 401K logo. “You’ll start this journey high in the Italian Alps. Once you’ve made it through the snow we’ll first celebrate your survival in Venice “the Floating City”. Take a tour through the canals before hitting the road. We’ll stop in places made famous by Shakespeare, we’ll dine on fresh and hearty Italian fares, and you’ll see the most famous of the Italian stops – The Leaning Tower of Pisa, The Coliseum in Rome, and we’ll end our journey in Palermo, where you can swim in the Mediterranean sea and relax after your hard work!”



When You Stay at the Red Roof You Save and the AVA Gains! The AVA will receive 5% of all room revenues when you book at a Red Roof Inn using the Volume Plus Number (623002)! Red Roof Inn’s great rates and quality rooms means that you won’t be breaking the bank to afford a comfortable room. Through the American Volkssport Association, Red Roof Inn is also offering additional value.

When you book your reservation using Volume Plus Number 623002, you’ll save 15% off Red Roof Inn’s Best Available rate. Red Roof Inn’s Volume Plus Number works just like an online coupon code. Use this link — [https://www.redroof.com/deals/partner/American\\_Volkssport\\_Association](https://www.redroof.com/deals/partner/American_Volkssport_Association) and Red Roof Inn’s online discount code will automatically be filled in for you! Or go to [www.RedRoof.com](http://www.RedRoof.com)

to make a reservation. All you have to do to receive a discount at participating inns is enter Volume Plus Number 623002 in the VP+ / ID # slot. You can also make a reservation with an inn directly by calling 1-800-RED-ROOF (800-733-7663). You are required to provide the Volume Plus Number 623002 to the reservationist when you make your reservation, BEFORE arriving at any Red Roof Inn property.



### **Traditional Events:**

5/5/2018 - 5/5/2018 - Guided Walk

### **EVENT CANCELLED**

**Event Number:** 111012 10 km/5 km

**Start:** Ft. Duncan Park

**Event City:** Eagle Pass –3 Quarters walk - Piedras Negras, Coah.

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

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

**Write for more information to:**

21 Lowe Rd

Quemado, TX 78877

**Contact:** Clay Baulch, (210) 204 - 9301

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

5/5/18 - 5/5/2018 - Walk

**Event Number:** 110984 10 km/5 km

**Start:** Barn at the Varner-Hogg Plantation

**Event City:** West Columbia - Historical

**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:**

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

**Club Website:**

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

5/5/18 –IVV/AVA World Walk Day

Featured Walks.

**Start Time:** 7 – 10 a.m. walk & finish at your own pace.

The Four San Antonio Mission YREs

**Start:** Watch for registration table across from the back of the Mission San Jose Visitors center parking lot. 6701 San Jose Drive, San Antonio, 78214. Parking will be in the Parish Parking lot.

Choose from the following 4 YREs:

Mission Concepcion & Mission Reach  
Y1686 – 10km/6km

Mission San Jose to Mission  
Concepcion

Y0461 – 13km/6km

Mission San Jose to Mission San Juan  
Y1614 – 11km

Mission San Juan to Mission Espada  
Y1615 – 10km

**Host Club:** Selma Pathfinders

**Contact:** Joanne Forinash, 210-872-2743

**E-Mail:** [sjforinash@yahoo.com](mailto:sjforinash@yahoo.com)



5/8/18 – WORLD WALK DAY YRE-

**Event:** Y0411 12k/10k/5k

**Start Time:** 7:00 am – 10:00 am

**Start:** Walk box will be at Friedrich Wilderness Park, San Antonio, TX  
The park will be manned – start from 7 a.m. to 10 a.m. for the YRE and finish by noon. No pets allowed in park. In case of rain, the trails will be closed to prevent erosion.

**Contact:** Susan Medlin

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

**Club:** Randolph Roadrunners

5/12/2018 - 5/12/2018 - Walk

**Event Number:** 110900 10k/5k

**Start:** Old 300 BBQ Restaurant

**Event City:** Blanco - Walk Historic Blanco Texas

**Host Club:** Selma Pathfinders

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

**Write for more information to:**

2823 Quail Oak

San Antonio, Tx 78232

**Contact:** Jim Tree, (210) 719 - 7202

**E-Mail:** [contree@hotmail.com](mailto:contree@hotmail.com)



5/18/2018 - 5/18/2018 - Walk

**Event Number:** 110989 10 km/5 km

**Start:** Beethoven Mannerchor Halle und Garten 422 Perida St.

**Event City:** San Antonio

**Host Club:** Randolph Roadrunners

**Event Website:**

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

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

**Write for more information to:**

3614 Pinebluff

San Antonio, TX 78230

**Contact:** John Ives, (210) 849 - 9498

**E-Mail:** [jbives@texas.net](mailto:jbives@texas.net)

**Club Website:**

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

5/19/2018 - 5/19/2018 - Walk

**Event Number:** 110839 10K/5K

**Start:** Joshua Springs Park & Preserve

**Event City:** Comfort

**Host Club:** Hill Country

Volkssportverein

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

**Write for more information to:**

P O Box 822

Comfort, TX 78013

**Contact:** John Bohnert, (830) 995 - 2421

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

5/19/2018 - 5/19/2018 - Walk

**Event Number:** 110973 10km/5km

**Start:** Al's Hamburgers

**Event City:** Arlington - River Legacy Park Walk

**Host Club:** Tarrant County Walkers

**Event Website:** [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)

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

**Write for more information to:**

1100 Wayland Drive

Arlington, TX 76012

**Contact:** Tom Spencer, (817) 460 - 4889

**E-Mail:** [brooke\\_hudson@hotmail.com](mailto:brooke_hudson@hotmail.com)

**Club**

**Website:** [www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)



### **Crazy Horse National Event Volunteer Signup**

Are you interested in volunteering some time to promote a healthy lifestyle and AVA? We are looking for volunteers from local club ranks, lifetime members and associate members that will be walking Crazy Horse June 2nd or 3rd, 2018 and could volunteer an hour or two, or more. Jerry Wilson, North Central



Regional Director, will follow-up with those signing up on-line to confirm participation. We will reserve accommodations reasonably close for volunteers only to obtain.

Crazy Horse is the largest AVA Event in the country. The National Executive Committee (NEC) has declared this a **National Promotional Event** and want to be on-site to provide AVA information to the thousands of walkers assembled that are not members of the AVA on the national level or any AVA local club. The Black Hills Volkssport Association and volunteers from the NEC and AVA Headquarters will be there. But we need your help. For more information please contact Jerry Wilson at [nc\\_rd@ava.org](mailto:nc_rd@ava.org).



## Sun Country

### Striders Events

June 1-3, 2018 – There will be four traditional walks featured in the Ruidoso, NM area. There are also three year-round events in the area, for a total of 7 possible walks see

brochure: [Ruidoso June 2018](#)

EVENT HOTEL: La Quinta Inn and Suites, 26147 US Hwy 70, Ruidoso Downs, NM. Block of double rooms being held through May 1, 2018:

\$89 May 30-31 & June 3-4;

\$119 June 1-2

Ask for American Volkssport Rate.

Call 575-378-3333

Registration table will be open 6am-5pm daily May 30-June 3. Registration for all walks will be available anytime registration table is open, so walkers can register any day for any walk. For traditional event walks on June 1-3, walkers can go directly to the startpoint if they previously registered. Stamp will be at startpoint for June 1-3 walks on day of walk. There will be no checkpoints.

Meet-N-Greet & Group Dinners:

Thurs. May 31—Free Meet-N-Greet at La Quinta Inn – 6-9pm

Friday June 1—Dinner at Flying J Chuckwagon, featuring western style dinner and stage show. \$27/person

Saturday June 2—Dinner at Cattle Baron Restaurant – order from the menu. Please make reservations by

May 1, 2018 - call POC Derrill Rothermich at 915-217-7477 or email [derrillrothermich@hotmail.com](mailto:derrillrothermich@hotmail.com).



## Is it Better to Walk For Time or Distance?

BY LAUREN BEDOSKY

APRIL 17, 2018

If you plan to start a regular walking regimen — or even if you're already walking consistently — you may be wondering if it's better to measure your efforts by time or distance. After all, the American Heart

Association recommends all adults get at least 150 minutes of moderate-intensity physical activity per week, while health experts in various fields keep pushing for a minimum of 10,000 steps (nearly five miles) per day.

So, which approach is best?

### THE RESEARCH

Let's take a look at the research: In a new study published in International Journal of Exercise Science, researchers divided 15 overweight subjects into two groups. One group, a time-based cohort, was to walk or run for an increasing amount of time 3–5 times per week. The other, a distance-based cohort, had to cover an increasing number miles every week. Though the exercise program aimed to keep total calories burned as close as possible between the two groups, the distance-based group lost an average of 8.8 pounds, while the time-based group *gained* an average of 2.4 pounds by the end of 10 weeks. So, why did the two groups achieve opposite results, even though they performed equal work? The answer may lie in perception.

Study authors suggest that those who walked for time rather than distance likely overestimated the amount of work (measured by number of calories burned) they performed during the activity, leading them to overeat as a result

Another study in the journal PLOS One bears this out: Researchers found men who walked for time as opposed to distance overestimated the calories they

burned by 31%, while women overestimated by a whopping 37%. According to International study author John C. Garner, PhD, certified strength and conditioning specialist, professor and chair of the kinesiology and health promotion department at Troy University, walking for distance offers a more accurate estimate of calories burned, as you can expect to burn approximately 100 calories for every mile you walk or run — regardless of fitness level. And this estimate doesn't take into account the calories you burn after your workout through a phenomenon known as excess post-oxygen consumption (EPOC), also commonly referred to as the afterburn effect.

Meanwhile, trying to estimate the calories you burned during a 20-minute walk can be a challenge. This is because intensity plays a major role in how much you burn while performing any given activity. After all, the faster or more intense your walk, the more calories you'll expend not only during your walk, but afterward, when your body has to work harder to help you cool down and recover.

### THE CONCLUSION

In other words, whether your goal is to lose weight, improve health or boost fitness, your best bet is to walk for a set distance (e.g., two miles), as opposed to a specific period of time (e.g., 30 minutes).

That said, there's no one-size-fits-all when it comes to walking for distance or time. While research suggests walking for distance may be the better option, it's only beneficial so long as it works for you. If you find it easier to track your walks according to time, then, by all means, continue to do so. The key to achieving any fitness goal is consistency, first and foremost. As your fitness levels improve and exercise becomes a regular habit, you do need to gradually increase your activity levels week-to-week, but whether you choose to measure it in minutes or miles is up to you. "The important aspect to remember is to keep expectations realistic and attainable while still challenging," Garner says. "It's important to modify the exercise prescription so your body will continue to adapt to the demands." And for best weight-loss results, keep increasing the distance, time and/or intensity of your weekly walks.

**Tour de Castroville Walk  
April 7, 2018**



Left to right; Sandra Reeh, Sheri Logan, Gerry Kamicka, Michael Marke, and Robert Theis at the start of the walk trail through the Castroville Regional Park.



Martin Callahan, Dolly (left) & Rudy in front of the Huth/Jungman Home circa 1855.



Clay Baulch and Brian Fisher at the Spartan Custom Leather Company on the walk that was featured in an episode of Texas Country Reporter.



Gayle Weinraub with Rudy, John Bohnert with Dolly, and Tina Bohnert with Livvy stop for a picture along the trail in front of dam before crossing under Highway 90.

**\*All 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.

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 \_\_\_\_\_