



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2019 – February 2019 No. 2
Next Meeting – 2/21/19

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:
David Prewitt 210-215-4388

Webmaster & Event Flyers:
Randy Baker 260-225-3766

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 & TVA President
Susan Medlin 210-325-3523
sw_rd@ava.org

Renewal Time

The following membership renewals are currently due:
Mike & Carol Abbott, Leslie & Miriam Ellison, Kat & Jaquelin Jalali, Brenda Jordan, Kathy Amen, Mary Ann Coe, Rebecca Craft, Mary Dierolf, Michelle & Mallore Miller, Edward & Monica Roberson, Desiree Ruiz, John & Ann White, Marco & Angelina Arpnea, Susan Barnes, George Hext, Michael & Amy Modjeski and Mike & Kathy Schwencke.

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 Meeting:

Universal City Library, 100 Northview Drive, Universal City. The next RR meeting is Thursday, February 21, at 6:30 p.m. A travelogue on multi-weekend events will be presented. Everyone is encouraged to share their walks. If you have a disc, please bring the proper cord for the outlet to the computer and the projector is available.

From the Desk of the Pres--



Quarry Market Walks

The first Roadrunner event of the year on 5 January brought out walkers who participated in 154 events, with the museum route walked twice as much as Lincoln Heights. With a minimum of workers we managed to support all the necessary areas.

Thanks to Pat Gunter, Pat Roberts, Heinz and Priscilla Johnson, Andy Thomas, Sheri Logan, Mike and Jenny Jones, Tony and Nancy Paulson, Herb Laing, Susan Ives, Suzanne Markgraf, Susan Medlin, Dave and LeaAnn Prewitt . Mike Hermes and John Ives, who did everything to include setting up check points, working the check points, marking necessary areas on the routes and finding lost walkers.
Thank you to all for your dedication. You are appreciated!
Ellen

RR YRE walker totals for 2018:

Broadway	74
De Zavala	60
Leon Creek walk	59
Leon Creek bike	46
Eisenhower Park	36
Friedrich Park	30
Crownridge	18
Old Schertz	66
Schertz - Cibolo	28

RR's 2019 Walk Schedule:

- 2 Feb. *Friedrich Park Featured YRE
- 9 Feb. Del Webb Cookie Walk
- 24 Feb. **TTR multi-event weekend
RR checkpoint @Roosevelt Pk
- 30 Mar. Land Heritage – rescheduled
- 17 May Beethoven Maennerchor
- 13 July Taco Cabana – place TBD
- 10 Aug. Taco Cabana – place TBD
- 7 Sept. Lazy U Ranch
- 5 Oct. Garden Ridge
- 16 Nov. OST downtown in conjunction
With OST 100 Centennial
- 30 Nov. *Southside Lions Park featured
YRE
- 14 Dec. Boerne Christmas walk
**Many other “jobs” available
*Ellen will cover staffing



2019 Year Round Events for Texas County Walkers Club

List by: City, County & Registration
Amarillo - Potter County, Online Start
Box registration only.

Goliad - Goliad County, Online Start Box registration only.

Big Lake - Reagan County, Big Lake Best Western Plus

Mertzon - Irion County, Big Lake Best Western Plus

Lake Colorado City State Park - Mitchell County, Park Entrance/HQ

Garden City - Glasscock County, Sweetwater Best Western Plus Inn & Suites

Sterling City - Sterling

County, Sweetwater Best Western Plus Inn & Suites

Sweetwater - Nolan County, Sweetwater Best Western Plus Inn & Suites

Haskell - Haskell County, Sweetwater Best Western Plus Inn & Suites

Stamford - Jones County, Sweetwater Best Western Plus Inn & Suites

Throckmorton - Throckmorton County, Sweetwater Best Western Plus Inn & Suites. The following link will take you to the event flyers for these walks:

https://walktx.org/TXCountyWalkers/2019_YREs.html

Tales from the Trail

By: David Prewitt –

One of my most memorable walks was when I was active duty USAF stationed at Sembach Air Base, Germany. I was much younger then, and really cold weather did not affect me then like it does now. It was winter, and about half way through the walk, the trail angled uphill directly into a very stiff wind! There was a barbed wire fence to the right of the trail. When I got to the top of the hill, I saw icicles forming on the barbs of the fence horizontally! Now that was some frigid air, and it was blowing really hard! No doubt there was ice on my eyelashes, mustache and clothes as well! I made it back to the Starthalle very grateful to have some place to sit down and warm up.



Texas Trail Roundup

San Antonio is open for business and ready to welcome you to our 3rd Annual Texas Trail Roundup Event, February 22 - 24, 2019. This is the year

we will be graded on our status as a Candidate IML Event. Our IML Inspectors are coming from Luxembourg and Sweden. They want to see 400 people at our event, so we need every walker who can make it here.

You can easily register at www.texastrailroundup.org or download, print, and fill out the brochure and mail it in with a check.

If you have any questions about the event, or you would like to volunteer on one or more of the days, please email me at sueammed@aol.com. I will be happy to answer your questions about this outstanding event. One important note: for those walkers who want to do our popular Half Marathon (21k) event on Saturday, February 23; we have one 58 passenger bus to pick up all the walkers at the Holiday Inn at 7 am and drop them off at Mission Espada, 12 miles to the south. Walkers will visit Mission Espada, Mission San Juan, Mission San Jose, and Mission Concepcion, using the Acequia, Mission Reach, and Riverwalk trails. If you want to do that walk, please pre-register so we can insure we have adequate bus transportation.

The Texas Trail Round UP's online registration is open. The website is: www.texastrailroundup.org/2019registration

Hope to see all of you there for our big weekend!

FOR MORE INFORMATION:
Susan Medlin, AVA SW Regional Director
America's Walking Club
Texas Volkssport Assoc. President

sueammed@aol.com

210-325-3523

www.texastrailroundup.org



Fun, Fitness, Friendship

AVA's Executive Director

Henry Rosales- Fund Development Update

This year our annual giving campaign, the Big Give will be on March 28, 2019. Online giving opens March 21, 2018. Individuals and clubs may also donate by sending a check to the AVA National Office through May 31, 2019.

Big Give updates will be announced in the TAW, Checkpoint, website, and social media. The matching fund amount we would like to raise this year is \$20,000. The goal is to raise a grand total of **\$78,000**.

GroupWorks has already donated \$2,500 for the Big Give matching fund. *Special thanks to Nancy Wittenberg, AVA Vice-President, for her generous contribution of \$10,000 for the Big Give matching fund.*

The AVA has been awarded a grant of \$2,500 from **The Michele L. Vennard Hospitality Grant Program of the Albany Convention and Visitor's Bureau Fund, a fund of the Community Foundation for the Greater Capital Region**. The grant is to support our 2019 convention in Albany, NY. Their support is much appreciated.



Walkin' Canada

Virtual Online Program 2019
AVA Programs—Debra Kruep, Chair

Come join the Virtual Online Challenges for 2019. Get ready to stay active and have fun while exploring the country known for its hockey, maple syrup, and polite people. While physically walking in anywhere USA or in the world you can also walk virtually through Canada, the world's second largest country. We have partnered with the Canadian Volkssport Association to bring you many of the permanent IVV trails in Canada.

Many of the cities we visit will have one or more IVV trails and we will bring you fun facts and highlight interesting places to see. This program will run from January 1 to December 31, 2019. Look for the Walkin' Canada logo on the AVA website to register. The program cost is \$22.00 and you will receive an AVA Walkin' Canada T-shirt upon completing the walk across Canada. Canada has been scaled to meet our walking challenge.

Regional Team Challenge

In 2019 we bring you not one, but two challenges right out of the gate. When you register for Walkin' Canada you may also join ranks with walkers in your region. Each of the ten AVA

regions will have a team. It doesn't matter how many walkers you have, large or small, all teams have an equal chance to win bragging rights by walking towards the elusive Traveling Trophy which will be awarded to the region who acquires the most steps by the AVA Albany convention conclusion and award dinner. Could this be your region? What a terrific way to get some friendly banter about the sport we love!

Once enrolled in Walkin' Canada you will receive an invitation to join your regions team by your Regional Director or a designated representative. Sounds like a good time, eh? Put on your hat and boots and let's walk!



Hotel Update AVA Convention

The Red Lion Hotel in Albany has officially sold out! This is exciting news! We are happy to learn that we will see a lot of you at the convention. If you did not have the chance to book your reservation at the Red Lion Hotel, no need to worry. The AVA now has a block of rooms reserved with Red Roof Inn at a discounted group rate of \$77.99. Please note, Red Roof Inn is not a full-service hotel and continental breakfast will not be included. To make your reservations please call the number below and ask for the American Volkssport Association group rate. Red Roof Inn Albany Airport 188 Wolf Rd Albany, NY 12205 For reservations dial: (518) 459-1971 Group Name: American Volkssport Association Block code: B112AVA611

Just One Minute!



One-Minute Volkssport News Welcome to *Just One*

Minute! a news bulletin published to give IVV members headlines, important dates, and reminders. Thursday, December 20, 2018 Number 021
Latest News, Dates & Information
1. All Volkssporters are cordially invited to visit the newly revised IVV website. <http://www.ivv-web.org/>

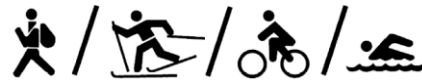
2. We are happy to announce that [Finland](#) has a new program for 2019, with seven Permanent Trails and one Event (joint cooperation with IML)
3. The following members now have walk information for 2019 available on our website, either through downloading a document or by link to their own websites. Others will soon follow and many have also indicated their intention to list events on the IVV online database.

[Andorra](#), [Australia](#), [Austria](#), [Belgium](#), [Canada](#), [Czech Republic](#), [Finland](#), [Hungary](#), [Netherlands](#), [New Zealand](#), [Portugal](#), [Spain](#), [Taiwan](#) and the [United States of America](#).

4. The most recent IVV Cup Walking Program Finishers (2018-11-30) have been posted online for the [Europa Cup](#), [Pacific Cup](#), and [World Cup](#) walking programs.

5. The [American Volkssport Association](#) invites all walkers to attend their Biennial General Meeting and associated walking programs in Albany, NY -June 9-16, 2019.

6. The fifth Asianpiad will take place in [Vladivostok, Russia](#) from July 05-06 2020.



Texas Traditional Events and Featured YREs - February, 2019:

2/2/2019 - 2/2/2019 - Walk
Event Number: 113586 5k/10k
Start: Dos Banderas Tex-Mex Restaurant

Event City: Garland - Ground Hog Day
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

2/2/2019 - Friedrich Wilderness Park YRE: 12km/10km/5km - 2C, 3C, 1B
Event Number: 111543 2019/Y0411
Strollers: NO | **Wheelchairs:** NO | **Pets:** No | **Restrooms:** Yes
This YRE is going to be the featured event on 2 Feb and will be staffed from 8 to 11 am.

2/9/2019 - 2/9/2019 - Walk
Event Number: 113433 10km/5km
Start: Del Webb's Hill Country Retreat Resort Center - (COOKIE WALK)
Event City: San Antonio - Hill Country Retreat

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



2/16/2019 - 2/16/2019 - Walk
Event Number: 113543 10/5km
Start: Champion Park, 3830 Brushy Creek Rd, Austin, TX 78613

Event City: Cedar Park, TX 78613 - Champion Park Volksmarch
Host Club: Colorado River Walkers
Event Website:

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

Write for more information to:
2005 Autumn Fire Dr.
Cedar Park, TX 78613
Contact: Douglas Eide, (512) 591-1320
E-Mail: doug.eide@yahoo.com
Club Website: www.coloradoriverwalkers.org/

2/16/2019 - 2/16/2019 - Walk
Event Number: 113639 10km/5km
Start: Baker Ripley Leonel Castillo Community Center

Event City: Houston - BakerRipley Leonel Castillo Community Center
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: hhcontact@houstonhappyhikers.com
Club Website: www.houstonhappyhikers.com

2/22/2019 - 2/22/2019 - Walk
Event Number: 113492 10/5 km
Start: Holiday Inn Downtown, 318 W. Cesar Chavez Blvd.
Event City: San Antonio - Hannibal Pianta Art Walk
Host Club: Texas Trail Roundup
Event Website: texastrailroundup.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 12527 Fern Creek
 San Antonio, TX 78253
Contact: Susan Medlin, (210) 325-3523
E-Mail: sueammed@aol.com
Club Website: texastrailroundup.org

2/23/2019 - 2/23/2019 - Walk
Event Number: 113493- 42/21/13/5 km
Start: Holiday Inn Downtown, 318 W. Cesar Chavez Blvd.
Event City: San Antonio - World Heritage Missions Walk
Host Club: Texas Trail Roundup
Event Website: texastrailroundup.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 12527 Fern Creek
 San Antonio, TX 78253
Contact: Susan Medlin, (210) 325-3523
E-Mail: sueammed@aol.com
Club Website: texastrailroundup.org

2/24/2019 - 2/24/2019 - Walk
Event Number: 113494 21/13/5 km
Start: Holiday Inn Downtown, 318 W. Cesar Chavez Blvd
Event City: San Antonio - Enjoying the Best of San Antonio
Host Club: Texas Trail Roundup
Event Website: texastrailroundup.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 12527 Fern Creek
 San Antonio, TX 78253
Contact: Susan Medlin, (210) 325-3523
E-Mail: sueammed@aol.com
Club Website: texastrailroundup.org



5 Safety Tips

For Walking at Night

BY [MARC LINDSAY](#) - JANUARY 3, 2019

Walking at night has a number of benefits, including providing a **[boost to your immune system](#)**, **[aiding sleep](#)** and reducing stress after a long day at the office. But because of limited light, you'll need to take extra precautions ranging from proper gear to having a safety plan. Here are five tips to help you stay safe at night while enjoying your **[walking workout](#)**:

1. INVEST IN GEAR TO KEEP YOU VISIBLE

When it's dark out, you'll need to take extra precautions to make sure other pedestrians and motorists see you. In areas where light is limited, you'll also need to make sure you can see where you're going to avoid an unnecessary injury.

Here are a few items that will help keep you safe and seen:

Headlamp: While a flashlight will do, a good headlamp frees your hands during exercise and provides a steady beam of light in your direction of travel. A high-powered LED light is especially helpful for **[trail walking](#)** or other areas where there might not be any street lamps.

Reflective clothing: Hi-visibility jackets, pants and shoes with **[reflective material](#)** are must-haves if you walk at night frequently.

Arm/ankle bands: The more reflective gear you have the better, and these small bands are easy to wear.

2. BRING A FRIEND

[Recruit a friend or family member](#) — not only will it be more enjoyable, but it'll also be safer. A walking partner helps make you more visible and provides backup in case of injury.

If you don't have anyone willing to go out with you, **[bringing a dog](#)** is another good option. Animals sense dangerous situations or other approaching pedestrians before you can and will also help you be seen by others. Just make sure you keep your pet visible, too, by using reflective collars, lights and other gear.

3. ABIDE BY NIGHTTIME SAFETY RULES

While it's always important to follow basic traffic laws, at night it's especially important to stay safe. Here are some safety rules you should always abide by when it's dark:

- Walk facing traffic so you can react quickly.

- Always use sidewalks and off-road, multi-use paths when possible. Stay off the street and bike lanes to avoid danger.
- Don't assume others see you. Take extra precautions and always be alert when crossing the street or using crosswalks.
- Keep your head up, looking for hazards 10–15 feet in front of you.
- Avoid distractions that can cause you to lose focus. Looking at your phone or even listening to music should be avoided at night so you can be more aware of your surroundings and react when needed.

4. HAVE A SAFETY PLAN

If something goes wrong, you'll need to have a plan. Start by letting a friend or family member know exactly what route you're taking and what time you plan to return. Have a way for them to contact you (carry your phone) and let this person know what they should do if you don't arrive at a specified time.

You can also download an app like **[MapMyFitness](#)** and use the MVP feature, which offers live tracking. When possible, choose areas that are well-lit and walk in familiar neighborhoods or places you've been before.

5. TAKE EXTRA SAFETY PRECAUTIONS

You should always prepare for the worst-case scenario. This could be a dead battery on your phone, an unexpected encounter with an animal on a trail or an injury. While you can't prepare for everything, there are a few things you can bring on your walk that might help out in the event things don't go as planned. These basics are:

Identification: You don't need to carry your full wallet, but having your ID on you at all times is a must.

A few dollars: It's a good idea to have a small amount of cash on-hand just in case you need to catch a ride home.

A whistle: This can help scare off attackers and animals or draw attention to yourself.

Pepper spray or Mace: When all else fails, this can help you get away from a dangerous situation.

Smartphone: This helps you stay in touch with loved ones and call for help, if needed.

Alamo Quarry Market Walks January 5, 2019



Inside the Corner Bakery Café at the walk start.



Herb Laing & Joanne Forinash working the Start.



David and LeaAnn Prewitt working at the RR Sales Table.



Martin Callahan & Barney Smith at Barney's Toilet Lid Seat Museum checkpoint.



Mike & Ginny Jones and John Ives working the 1st checkpoint.



Audrey & Taylor Vertucci at 1st checkpoint.



*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 _____