



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

Volume 2019 – April 2019 No. 4  
Next Meeting – 4/18/19

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:*

Donnie King [dwking1@gmail.com](mailto:dwking1@gmail.com)

*Sales:*

David Prewitt 210-215-4388

*Webmaster & Event Flyers:*

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Audrey Vertucci – [AudreyVe@aol.com](mailto: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](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 & TVA President*

Susan Medlin 210-325-3523

[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

**Renewal Time**

The following membership renewals are currently due:

**Kathy Amen, Mary Ann Coe, Rebecca Craft, Mary Dierolf, Michelle & Mallore Miller, Desiree Ruiz, Marco & Angelina Argpnea, George Hext, Michael & Amy Modjeski and Brenda Dever-Armstrong.** 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!**

Susan Chandler	Temple
Wendy Dylla	St. Hedwig
Denise Wanke	San Antonio
Cynthia Zielinski	San Antonio
Keith Riggle	San Antonio

**RR Club Meetings:**

We meet at 6:30 P.M. on the 3rd Thursday of every month at: Universal City Library, 100 Northview Drive, Universal City, TX 78148. The next RR meeting is Thursday, April 18, 2019.



**From the Desk of  
the Pres-- π In The Park**

Eisenhower Park was the place to be on Thursday morning 14 March for Pi (e) in the Park. 31 walkers had their chose of a small fruit pie to enjoy after walking the yre. Even sold 3 new walker packets! It's always a pleasure to welcome new club members.

**Roadrunners 2019 Walk Schedule:**

30 Mar. Land Heritage – rescheduled  
17 May Beethoven Maennerchor  
13 July Taco Cabana – Stone Oak

10 Aug. Taco Cabana – Bitters/281  
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

**Donnie King – RR  
Publicity**

**Roadrunners Groupworks  
Rollout**

Hello Everyone,  
I just wanted to introduce myself to everyone I have not had the pleasure to meet yet and to let you know what we are doing for the Randolph Roadrunners. My name is Donnie King and I am a member of the Randolph Roadrunners since the Del Webb walk on Feb. 9 (a damp and dreary day, but also a very enjoyable walk.) I took my first Volksmarch in Germany in 1975 and have done many walks and hikes since then, though I only recently started keeping books for them. I love this sport and truly enjoy the camaraderie of the people I meet on our walks. I hope to meet each of you on a walk someday. That's enough introduction, let's get down to business.

Some of you may have heard of "groupworks." (yes, it is all run-together without capitalization.) In the last Roadrunner Newsletter, you may have read an article submitted by Henry Rosales, AVA's Executive Director, regarding groupworks and some basic information on what it is and what it can be used for. In this column, I will attempt to expand on that, and provide you with my vision of what this "thing" can do for us as a club.

First off, Henry is correct in that it is a management tool. Once set up, it will enable our officers to accomplish their tasks more easily and efficiently, thus easing the burden they have graciously taken upon themselves. Member

management, information dissemination, and cooperation between leadership positions are what this program was designed for and it fills the need quite well. There are other functions it fulfills also, but we will go into those at a later time.

For the membership, groupworks will:

- provide us with a platform for communication
- enable us to find events (ours and other clubs)
- keep up with club news – newsletters will be posted here also
- post ideas, concerns and ask questions of the club (share gossip maybe???)
- share pictures, stories, videos, media, etc....
- vote in polls should they ever be needed
- volunteer to work at an event

This is not a complete listing of its benefits by a long shot. There are many other possibilities inherent in this package which we will explore in time.

I was first brought into groupworks by Mike Schwencke, President of the Selma Pathfinders, whom many of you know - Thank you, Mike.) He sent me an "invitation to join" the Pathfinders groupworks page/site/club (I really don't know what to call it) and I accepted. This invitation included my email address and a temporary, one-time password to log on. There is a short and relatively intuitive setup procedure to go through for account creation. In it, you will first set your password to your choosing and pick your "passions" (it's "passions" now, not "interests" and there are many – Walking/Hiking is at the bottom of the list). Several other details occur during this procedure, but there is nothing difficult or confusing. If you have created a Facebook account, you will have no trouble with it.

After all this is completed, you will find yourself at your Home. On the left will be all of the clubs you are currently a member of (surprise, surprise – you are also a member of a couple of associations also!!)

Now you can begin to explore. Click away and see what we have done so far. Check out the events postings. Leave a post telling everyone what you think. Ask a question. Start a

conversation. Go ahead, it belongs to you.

You will eventually be able to find information on all Roadrunner events, and even events posted by other clubs. I will be working with other clubs, also, to encourage them to post their events this way. (\*NOTE\* This in no way replaces the AVA Event List we all know and love. It is in addition to it, and much prettier.) Just hit the CALENDAR button and look for the "Hiking Man" image. This is a sure indication that there is a Walking/Hiking event taking place that day. Clicking on the day will bring up details for that event.

At present, we have several events posted, all 2019 newsletters, Club Constitution and Bylaws, and all of the Meeting Minutes and Treasurers Reports that have been made available to me and I am working hard on getting the initial setup done. I say "I" but what I mean is Ellen, Audrey, Mike, myself and many others. This cannot be an individual effort. It is our hope that YOU will find it entertaining, informative and useful. All feedback is greatly appreciated. Together, we can make this work and The Randolph Roadrunners will be "The AVA Pacesetter" here also.

We (I) have chosen the "invitation" approach rather than a "direct" approach to membership in order to keep from bombarding you with emails every time a change is made. This requires that you accept the invitation to become a member. In your "Account" tab, you have complete control over your user information. You can elect to display it to members or not. If displayed, rest assured that ONLY members can see it. You also have control over how often you are notified of changes and additions should you be getting too many or too often. For those of you that have signed up as a family please be advised that I am restricted to one account per email address. What that means is that if you wish for each member of the family to be able to access the club data individually, you will need to provide me with email addresses for each family member. This is no problem and will not affect your club membership or dues amounts in any fashion; I will just create individual memberships under

the same member number. Should you wish to share a family account, you will be listed that way (i.e. first name = "Smith", last name = "Family". The Ellison 5 presents a special problem; please advise me on how you want to be listed.

Those members who do not have an email address cannot be included. I am terribly sorry to exclude you, but that is how this thing works. I have no choice in this at all. All you need to do is either get an account (they are free in many places – I have 2) or send me the address you already have and I will gladly add you in.

There is much more functionality in this platform than I can go into at this time and I apologize for the length of this first article. I plan on including future articles in this newsletter to keep you informed on changes that have been made and any new "tricks and tips" that I stumble across. You will all be receiving your invitations in the near future and we hope that everyone will accept. Please be patient. I am cursed with full time employment so it may take a few days for me to get the invitations sent out. I have not done it yet because I wanted you to have some content before you got there.

Here is the best part. IT'S FREE!!! To you, The Roadrunners, and the AVA. The groupworks people make their money from health and fitness organizations. They work with these groups in steering clients to people and clubs like us. And they WILL NEVER harvest or sell your personal contact information to any outside source. Doing so would immediately kill their business.

As you can probably tell, I am hyped at the possibilities we have been given. I believe groupworks could be a wonderful tool for both the Roadrunners and the AVA.

Questions may be addressed to me at: [dwking1@gmail.com](mailto:dwking1@gmail.com) but please remember my curse. It is the reason for the delay in my reply (or maybe I'm doing a 10k YRE somewhere.)

If you got through all of that without falling asleep, my congratulations. If you did fall asleep, shame on you, you

may do penance by being one of the first to leave or respond to a post. Great trails and good weather to all, Donnie



**Fun, Fitness, Friendship**

### **AVA's Executive Director - Henry Rosales 2019 Big Give Individual Donor Campaign**

Each and every day Volkssporters fill their days with action by staying active and sharing fellowship with others.

Volkssporters do not passively wait for grace to be bestowed but do what they can to make grace happen by bringing hope and happiness to everyone they encounter on the trails.

This giving year I am very grateful for all the friends I have met on the trails. Most important I'm humbled by the "acts of kindness" I have witnessed on the trails, truly a legacy of love and compassion that I want to replicate for my children and their children.

As we enter the 5th year of our annual individual donor campaign, The Big Give, I ask for your continued support so the AVA legacy may flourish for years to come! Last year we raised \$74,936. Donors were given the opportunity to earmark their donation in support of the work of the Strategic Planning Committee of their choice.

This year you can once again earmark your Big Give contributions to support the work of the following AVA committees.

**Publicity**-To implement a national publicity campaign & purchase marketing materials for clubs.

**Club Development and Support** -To support struggling clubs and help develop new clubs.

**Programs**-To develop new programs and activities for existing and potential new members.

**Membership**-To develop new membership benefits and services.

**National Programs**-To develop new National and International programs and events.

**Information & Technology**-To support upgrades and advancements of AVA systems like convention, registration, AVA database, AVA website, online start box, etc.

**General Operations**-These funds will be used to support all areas of the organization.

### **Communications—Samanta Sanchez**

#### **How You Can Participate in the Big Give**

Mail your donation checks to the AVA National Office before April 30, 2019.

#### **New This Year!**

Donors can now make bank to bank transfer donations. Minimum donation amount for a bank transfer is \$100.

\*Fee for bank transfer donations is 4% + \$0.50. Fee for all other online donations is 6.2% + \$0.30.

For the past two years, our Big Give donors have been eligible to win AVA prizes. This year is no exception and donors have a higher chance to win! AVA members who donate during the Big Give are eligible for the following prizes:

**Free Sanctioned Traditional Event** - For every 25 clubs that donate, one free traditional sanctioned event will be raffled.

**2019 or 2020 Starting Point Books** - For every 50 unique donors, one 2019 or 2020 Starting Point Book will be raffled.

#### **Grand Prize**

**2021 Convention Registration**- One club and one individual will be the lucky winners of an all paid 2021 Convention Registration!



### **AVA Convention**

#### **Questions & Answers....**

**Why Should I register for Full Convention vs. a 3 or 1 Day Package?** (Article taken from the convention website)

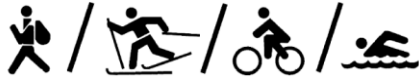
I admit I've only attended the last 2 conventions, but the good feelings I came home with both times made me look forward to attending many more in the future. At my first convention, I was a "picker" as most of our convention attendees are. I did the walks, two socials and a few workshops, but just felt unconnected.

So, my second convention I did the full package. I attended the General Membership Meetings which enlightened me with how hard our AVA Headquarters, AVA elected National Leadership, and all our regional directors work for the betterment and health of our club. I felt a part of the worldwide volkswalking community.

The workshops this year deal with a myriad of issues from club procedures, increasing membership a - paramount concern of most clubs, Stress Management, Meet the Candidates - who will be guiding us deeper into the 21st Century, publicity-getting our name out there, etc. Convention workshops all deal with history topics: Underground Railroad, Cooperstown, Albany - 400 Years of History, and a few more. There is a \$5 charge for each of these to pay the honorarium for the speakers.

The socials are where you enjoy local entertainment, food, friends - old and new, and AVA's 1st Annual Walk of Fame Awards. The final evening banquet and entertainment is a culmination of the wonderful 3 days we have been together. Friends to reconnect with at the next convention.

Take a huge chance for a better time at convention - get a picture with "Sal the Mule", enjoy a BBQ lunch, see what Group Works is all about, and learn about the Boot Monument at Saratoga National Historic Park's walk just to name a few highlights..



## Texas Traditional Events and Featured YREs - April, 2019:

4/3/2019 - Walk 5km/10km  
8:00AM to 8:15AM

### Get Fit Boerne - Cemetery Stroll

Start: Comfort Inn & Suites

Come walk with The Randolph Roadrunners Volkssport Club on Walking Wednesdays Get *Super Fit*, Boerne.

This is a group walk known as the Cemetery Stroll and goes through residential neighborhoods, past schools, through the town cemetery and down the main street of Boerne. Many shops, restaurants and historical buildings and places of interest are featured along the route. The walk includes the newest portion of the hiking trail along Cibolo Creek.

Both 5k and 10k options are available and both routes are rated 1A - Easy. Leashed pets are welcome and restrooms are available

4/6/2019 - 4/6/2019 - Walk

**Event Number:** 113659 10k/5k

**Start:** Event Tent @ Castroville Regional Park

**Event City:** Castroville - Tour de Castroville

**Host Club:** Selma Pathfinders

**Event Website:**

**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](mailto:mike.schwencke@outlook.com)

4/6/2019 - 4/6/2019 - Walk

**Event Number:** 113746 5k, 8k, & 11k

**Start:** Reverchon Park

**Event City:** Dallas - Turtle Creek and Beyond

**Host Club:** Dallas Trekkers, Inc.

**Event Website:** [dallastrekkers.org](http://dallastrekkers.org)

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

**Write for more information to:**

1134 Thistle Dr

Mesquite, TX 75149

**Contact:** Dianne, (214) 368-9730

**E-Mail:** [d.w.duke@live.com](mailto:d.w.duke@live.com)

**Club Website:**

[www.dallastrekkers.org](http://www.dallastrekkers.org)

4/10/2019 - Walk 6km/10km

8:00 AM to 8:15 AM

Randolph Roadrunners

Get Fit Boerne - Town Walk

Start: Comfort Inn & Suites

Come walk with The Randolph

Roadrunners Volkssport Club on

Walking Wednesdays Get *Super Fit*, Boerne.

This is a group walk known as the Town Walk and is on paved roads & sidewalks through neighborhoods & downtown Boerne with several historical and other points of interest.

This walk takes you on paths by the river and down the Main Street lined with quaint antique shops and boutiques. Both 6k and 10k options are available and both routes are rated 1A - Easy. Leashed pets are welcome and restrooms are available.

4/13/2019 - 4/13/2019 - Walk

**Event Number:** 113686 11K/5K

**Start:** T3 Building parking lot behind building.

**Event City:** Austin - Cultural Sights of Austin

**Host Club:** Colorado River Walkers

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

**Write for more information to:**

6507A Westminster Dr.

Austin, TX 78823

**Contact:** Barbara Byers, (206) 979-6920

**E-Mail:** [bbbyers14@gmail.com](mailto:bbbyers14@gmail.com)

**Club Website:**

[www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

4/17/2019 - Walk 6km/10km

Get Fit Boerne - Nature Center

Start: Comfort Inn & Suites

8:00 AM to 8:15 AM

Come walk with The Randolph

Roadrunners Volkssport Club on

Walking Wednesdays Get *Super Fit*,

Boerne.

This is a group walk and is known as the Nature Center Walk and goes through neighborhoods and on a "Rails to Trails" section to get to the Cibolo Nature Center. Almost 5km of the walk is inside the nature center where the walk is on trails and a boardwalk over a marsh. Also, see the *Dinosaur Tracks*.

Both 6k and 10k options are available and both routes are rated 1A - Easy.

Leashed pets are welcome and restrooms are available.

4/20/2019 - 4/20/2019 - Walk

**Event Number:** 113724 7K/12K

**Start:** Hermann Sons Riverside Camp

**Event City:** Comfort - Easter Walk

**Host Club:** Hill Country

Volkssportverein

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

**Write for more information to:**

102 Edgewood Drive

Comfort, TX 78013

**Contact:** John Bohnert, (830) 496-1746

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



4/20/2019 - 4/20/2019 - Walk

**Event Number:** 113723 10km/6km

**Start:** Samuell Farm North Park

**Event City:** Sunnyvale - Bluebonnet Walk

**Host Club:** Dallas Trekkers, Inc.

**Event Website:**

[www.dallastrekkers.org](http://www.dallastrekkers.org)

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

**Write for more information to:**

1134 Thistle Dr

Mesquite, Tx 75149

**Contact:** David Sheppard, (972) 523-5679

**E-Mail:** [dahv@earthlink.net](mailto:dahv@earthlink.net)

**Club Website:** [www.dallastrekkers.org](http://www.dallastrekkers.org)

4/20/2019 - 4/20/2019 - Walk

**Event Number:** 113813 10km/5km

**Start:** Baytown Nature Center

**Event City:** Baytown - Nature

**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,

**E-Mail:**

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

**Club Website:**

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

4/27/2019 - 4/27/2019 - Walk

**Event Number:** 113773 10/5km

**Start:** 601 FM 1821

**Event City:** Mineral Wells - Walk Mineral Wells

**Host Club:** Hood County Hummers

**Event Website:**

[www.walktx.org/hoodcountyhummers](http://www.walktx.org/hoodcountyhummers)

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

**Write for more information to:**

1408 E Apache Trl  
Granbury, TX 76048

**Contact:** Sonny Byington, (817) 964-4368

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

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

4/27/2019 - 4/27/2019 - Walk

**Event Number:** 113733 5 km/10km

**Start:** Mitchell Lake Audubon Center

**Event City:** San Antonio - Caminada de Fiesta

**Host Club:** Texas Wanderers

**Event Website:**

[www.walktx.org/TexasWanderers/](http://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](mailto:GeraldK726@aol.com)

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

## 6 Walking Pains You Should Never Ignore

BY CASSIE SHORTSLEEVE  
MARCH 9, 2019

Pain can be a confusing part of the fitness equation. Sometimes aches associated with exercise are normal, as in the case of [delayed onset muscle soreness](#). Then there are the [twinges that make you question](#) whether or not something's up. "Pain is your body's way of telling you something is not right, and you could have previous damage or [a developing injury](#)," explains Grayson Wickham, certified strength and conditioning specialist, physical therapist and founder of Movement Vault, a company that helps clients increase flexibility and mobility.

It can be difficult to distinguish when you should push through and when to dial it back. Here are six examples of pain you shouldn't ignore during a [walk](#) — plus what your symptoms could signal and how to get back to safely pounding the pavement. Remember: If you ever have chest, shoulder or mid-back or arm pain plus shortness of breath, lightheadedness, cold sweats or nausea (potential [signs](#)

[of a serious cardiovascular problem such as a heart attack](#)), seek medical attention ASAP.

### SWOLLEN AND TENDER FRONT KNEE

**Possible diagnosis: Tendonitis**

It could be tendonitis or damage to the tendon that connects into your knee cap or a hurt meniscus, aka the connective tissue between your upper and lower leg bones, says Wickham.

**What to Do**

If the pain is more than a 6 out of 10 on a pain scale and doesn't go away with rest, head to a doctor for a diagnosis, suggests Thanu Jey, a chiropractor and clinical director of Yorkville Sports Medicine Clinic in Toronto. A recovery plan could involve limiting movements but also adding in a daily stretching routine like [pre-walk foam rolling](#) and [dynamic stretches](#), says Wickham.

Often, both tendonitis and meniscus issues stem from tight muscles and joints or a [lack of mobility](#), says Wickham. When your ankles or hips are tight, your knees have to make up for them — and, in the process, are often over-stressed, resulting in knee pain. Check your sneakers, too. Ill-fitting [walking shoes](#) could improperly load the body worsening [knee pain](#), says Jey.

### SHIN PAIN

**Possible diagnosis: Shin Splints**

It could be shin splints, which result from tiny stress fractures forming along your shin bones, says Allen Conrad, certified strength and conditioning specialist, chiropractor and owner of [Montgomery County Chiropractic Center](#) in North Wales, Pennsylvania.

**What to Do**

Rest — especially if you've been overdoing it. Usually, shin splints show up when you push yourself too hard, too fast (e.g., you're accustomed to walking around your neighborhood then suddenly go for a 10K hike one weekend), says Yera Patel, certified strength and conditioning specialist, an orthopedic physical therapist in New York City. If it persists, a physical therapist can help analyze your [walking patterns](#) and form a [strengthening plan](#), so you can stop your shin pain from coming back, she says.

### CRAMPING OR SWOLLEN CALF

**Possible diagnosis: DVT**

If your calf feels like it's cramping or looks red, swollen and even tender and warm to the touch it could be deep vein thrombosis (DVT). This is when a blood clot forms in the deep veins of your legs, and in rare but life-threatening situations, can dislodge and travel to your lungs, says Patel.

**What to Do**

Head to the doctor to play it safe. "A quick Doppler ultrasound at your doctor's office can indicate whether your pain is related to a clot or if it is more musculoskeletal in nature," says Patel. If you've got a DVT, your doc will give you blood-thinning meds to help dissolve the clot and stop future ones from forming.

Your doctor will likely prescribe leg exercises to increase blood flow, plus light movement such as walking. In fact, walking is key for avoiding DVTs, whereas sitting still for a long time, having a recent lower-body injury or hip or leg surgery can up your chances of developing one, per the [American Academy of Orthopedic Surgeons](#).

### HEEL PAIN

**Possible diagnosis: Plantar Fasciitis**

If you have a dull, achy pain in your heel that spreads along the bottom of your foot and gets worse when you take your first steps in the morning, head up the stairs or start walking after sitting for long periods of time it's likely plantar fasciitis, says Patel. This is the irritation of the connective tissue that spans from your heel to your toes.

**What to Do**

If you've [upped your step count](#) recently, consider reducing the intensity. Plantar fasciitis is an overuse injury, so it usually begins with excessive walking or weight-bearing activities without proper stability and support from muscles in your feet, says Patel. Push through it, and you could worsen the pain or start walking in an odd pattern — which could result in even more injuries, adds Jey. If you're still feeling it after you've backed off for a bit, a podiatrist can help with a [stretching routine](#) and determine whether you need custom inserts.

### LOWER-BACK PAIN

**Possible diagnosis: Lumbar Strain**

It could be a muscle tear in your low back, or a lumbar strain, which can

occur if you don't have proper form when walking, says Patel.

**What to Do**

Ignoring low back pain can actually make your back tighten up even more, resulting in a vicious cycle of muscle loss and increased weakness, says Patel. Head for a physical therapist — they'll prescribe a stretching and exercise routine to strengthen your back, says Patel. These [five simple moves](#) can help, too.

**PINS AND NEEDLES FROM BACK OF LEG TO FOOT**

**Possible diagnosis: Sciatica**

Sharp, knife-like or electrical pain along with tingling, numbness and muscle spasms running down the back of your leg to your foot could be sciatica, or irritation of your sciatic nerve. It might feel like a weird muscle cramp or pins and needles and often gets worse when you start walking.

**What to Do**

Repetitive activities like walking can cause misalignments in your low back and, in turn, a tightened [piriformis muscle](#) which compresses your sciatic nerve, cueing shock waves of leg-to-foot pain, says Conrad. You'll need a full exam from your doc to pinpoint the source of your pain, but generally, sciatica heals itself over several weeks. Rest and light movement, plus over-the-counter pain meds and soothing hot and cold compresses, can help lessen your pain in the meantime. A chiropractor can also help with any alignment issues.

**San Marcos Kissing Tree Walk 3/9/19**



Start table in front of Independence Hall Social Center.



Mike and Kathy Schwencke, John Ives, and Doug Eide with Rudy next to the water fountain before beginning the walk.



Doug Eide and Rudy walking Lone Star Trail.

**Cedar Park Walk 2/16/19**



Start Point Pavilion for Champion Park Walk



Martin Callahan with Rudy, Frank Ellis III & Gayle Weinraub at the base of dam along Lake Creek Park.



Gayle Weinraub, Margie Kent and Randy Baker along the trail.

**\*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 \_\_\_\_\_  
Apt No. \_\_\_\_\_

This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

**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 \_\_\_\_\_