



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2019 – May 2019 No. 5
Next Meeting – 5/16/19
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:
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Publicity:
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Webmaster & Event Flyers:
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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
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:
Kathy Amen, Mary Ann Coe, Rebecca Craft, Mary Dierolf, Michelle & Mallore Miller, Desiree Ruiz, Marco & Angelina Argpnea, George Hext, Michael & Amy Modjeski, Brenda Dever-Armstrong, Leon & Liz LeVan, Amanda Spector and David Prewitt. 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.

Welcome, New Members!

| | |
|---------------|-------------|
| Jim Martin | San Antonio |
| Joy Williams | Live Oak |
| Susie Aguirre | Austin |

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, May 16, 2019.

From the Desk of the Pres--

In spite of the weather forecast, Saturday, 30 March, remained clear and pleasant for the volkswalk at the Land Heritage Institute.

The following folks deserve a “thank you” for working: Pat Gunter, Darlene Oner, Pat Roberts, Jill Troyer, Tony and Nancy Paulson, Susan Medlin, Donnie King, Dave Prewitt, Mike Hermes, Andy Thomas, Wayne Henry and the trusty trail master John Ives. The two biggest comments from 107 participants were how beautiful the wild flowers were and the great trail markings.

Mark your calendar for 22 June for the reschedule of the Selma Pathfinders

Castroville walk that was postponed from 6 April.



On Wednesday, May 8, 2019 between 8 – 11 AM the RR’s will hold the IVV World Walking Day event in Crownridge Canyon Natural Area, 7222 Luskey Blvd, San Antonio, Texas 78256 – 6km or 10km walks. No pets are allowed in the park. This walk is rated 2B and hiking boots and poles are recommended. All walkers will receive a World Walking Day certificate!

RR 2019 Walk Schedule:

- 8 May IVV WWD Crownridge YRE
- 17 May Beethoven Maennerchor
- 13 July Taco Cabana – Stone Oak
- 10 Aug. Taco Cabana – NE Lakeview
- 14 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



May National Physical Fitness Patch



The TVA
Presents: 2-4
August 2019
A Weekend in
Abilene,

2 Walks and 6 County YREs.

EVENT HOTEL: La Quinta Inn by Wyndham Abilene Mall, 3018 Catclaw Drive, Abilene, TX 79606. Rates are \$119 plus tax for a King or two Double beds. You must book by 1 July using code AVA.

The Abilene walking weekend is being held in conjunction with the August TVA meeting schedule. All walkers are invited to attend the Saturday TVA open meeting.

The Abilene Cultural Affairs Council commissioned the first storybook sculpture in 1996. "Childhood's Great Adventure" is based on the William Joyce book "Santa Calls", which was set in Abilene, TX. More sculptures followed over the years. The most recent is Marcel & Wilfred (2018) from the book "This Moose Belongs to Me" by Oliver Jeffers. In 2015, the 84th Legislature of the State of Texas designated Abilene as the official Storybook Capital of Texas for its efforts to celebrate literary works for children. You can see a number of these sculptures on our walks, and you are welcome to search for more. (Courtesy of Abilene Adventure Guide)

Frontier Texas! is a unique tourist attraction with a multimedia experience called Blood & Treasure on the Frontier. The exhibit features amazing stories, interactive technology and historic artifacts. Frontier Texas also serves as the visitor's center for Abilene, the Texas Forts Trail, and the surrounding communities in a 64-county region. Stop by the General Store for Texas souvenirs, books, toys, and local artwork. The Museum is open Mon – Sat, 9 am to 6 pm ; and Sun 1 pm to 5 pm. Cost is \$10 for Adults, and \$7 for Seniors. (Courtesy of Frontier TX brochure)

In addition to the two Traditional walks in Abilene, there are six 2019 County Walks and six other YRE's in Midland, San Angelo, and Big Spring State Park.
Susan A. Medlin

Southwest Regional Director
Texas Volkssport Association President
AVA: America's Walking Club
210-325-3523
sueammed@aol.com



Fun, Fitness, Friendship
Communications—Samanta Sanchez – AVA Big Give

We would like to give a big thanks to all the 449* donors who have contributed thus far. Your contributions show the power and strength of our walking community. Special thanks to those that stayed up to donate online between the hours of 12am-6am CT. Your online donations helped the AVA earn \$1,000 in prize money. The AVA would also like to thank all our Peer to Peer fundraisers as they managed to raise \$2,940. From the bottom of our hearts, thank you! Your donations help build a stronger walking community.

*Number includes duplicate donors.

You Gave Big and We Gave Back!

Congratulations to our AVA Prize winners! Phyllis A. Olson, Keung Hui, Cynthia Mayfield, & John Glass who have all won a free 2019 or 2020 Starting Point Book. The US Freedom Walk Festival was the lucky winner of a free sanctioned traditional event. Please expect an email from samanta@ava.org with instructions on how to redeem your prize. Donations made after March 28th will still be eligible to win AVA prizes. These prizes, along with the Grand Prize, will be drawn during the 2019 Convention.



Less than three months to go until we will see you at our Albany AVA/ESCV Convention!

Thank you for your support in filling out the donation Silent Auction form

and submitting it to us. Most AVA members are bringing their S.A. item(s) to the Convention. Filling out the donation form ahead of time is a big help to my husband and me and will also save you time at the Convention when you hand over your S.A. item. If you need to change your description or fair market value price or anything else that you wrote on the donation form, please send us an e-mail to silentauction@walkescv.org. We can correct it on our end and not cause any extra paperwork.

Following is the schedule for the Silent Auction Room:

Tuesday, June 11 - Silent Auction Room Open for **drop off items** from: **12:00pm – 5:00pm.**

Tuesday, June 11 - Silent Auction Room Open for **BROWSING ONLY: 5:00pm - 9:30pm**

Wednesday, June 12 - Silent Auction Open for **Drop- Off and Bidding: 7:30am - 9:00pm**

Thursday, June 13 - Silent Auction's **Last Day for Bidding: 7:30 am - 9:00 pm**

Friday, June 14—Silent Auction & Raffle items to be picked up by winners from **1:00 pm to 4:00 pm** (perhaps earlier if we can complete all the preparations earlier).



Texas Traditional Events and Featured YREs - May, 2019:

5/4/2019 - 5/4/2019 - Walk
Event Number: 113799 10km/5km

Start: Curtis Creek State Park
Event City: Eustace - Curtis Creek State Park

Host Club: East Texas Trekkers, Inc.

Event Website:
www.WalkTx.org/EastTexasTrekks
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
2334 Saharah Drive
Garland, Tx 75044

Contact: Helen Hull, (972) 530-1026
E-Mail: helenthehun@yahoo.com

Club Website:
www.Walktx.org/EastTexasTrekks/

5/4/2019 - 5/5/2019 - Walk
Event Number: 113684 10/5km
Start: Conservation Plaza, 1300 Church Hill Dr, New Braunfels, TX 78130

Event City: New Braunfels - World Walking Day
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



IVV World Walking Day-Wednesday, May 8, 2019 at 8 AM – 11 AM – featured YRE

Crownridge Canyon Natural Area
7222 Luskey Blvd, San Antonio, Texas 78256

6km or 10km walks - This walk takes you through the 200-acre Crownridge Canyon Natural Area and a very picturesque residential upscale neighborhood with amazing views of downtown San Antonio. **NO PETS ARE ALLOWED IN THE PARK.** This walk is rated 2B. Hiking boots and poles are recommended. All walkers will receive a World Walking Day certificate!

5/11/2019 - 5/11/2019 - Walk
Event Number: 113790 10k/5k
Start: The Pavilion at Our Lady of Guadalupe Catholic Church, 13715 Riggs Rd., Helotes, Tx 78023
Event City: Helotes - Old Town Helotes
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

5/11/2019 - 5/11/2019 - Walk
Event Number: 113823 10/5km
Start: Fernland Historical Park
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, (000) 000-0000
E-Mail:
hhhcontact@houstonhappyhikers.com
Club Website:
www.houstonhappyhikers.com

5/17/2019 - 5/17/2019 - Walk
Event Number: 113740 10k/5k
Start: Beethoven Mannerchor Halle und Garten, 422 Perida
Event City: San Antonio 78210 - King Williams Walk
Host Club: Randolph Roadrunners
Event Website:
randolphroadrunners.info
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
11906 Pepperidge Cove
San Antonio, Tx 78213
Contact: Ellen Ott, (210) 723-8574
E-Mail: ellenott@sbcglobal.net
Club Website:
www.randolphroadrunners.info

Why Walking 10,000 Steps a Day is Arbitrary

BY: LISA FIELDS
MARCH 26, 2019

Whether you're **new to walking** or just looking for **an easy way to reach your weight-loss goals**, you've likely heard the advice you should **aim for 10,000 steps a day**. For most people, this translates to roughly 5 miles (depending on things like height and walking gait). It's a nice, round number that's easy to remember. However, it turns out 10,000 steps isn't necessarily the holy grail for shedding pounds.

Here's what you need to know about how the number came to be, why it isn't for everyone and how to take a smarter approach to activity levels:

HOW DID THE NUMBER ORIGINATE?

Researchers didn't do extensive calculations to determine 10,000 steps was optimal for fitness or weight loss. In fact, the number can actually be traced back to promotional material for a pedometer that was released in **Japan** in the 1960s. Since then, other companies and organizations worldwide have recommended this number. However, "it lacks evidence to support it as the 'right' number to support fitness or overall health," says Lauren

Shroyer, senior director of product development for the American Council on Exercise.

When you're **just starting an exercise program**, you may not have the confidence or ability to get anywhere near 10,000 steps (even if you go for **daily walks**). This lofty goal might backfire as consistently **falling short of your goals may discourage you** from exercising.

If you **swim** or **cycle**, those activities don't register as steps, so your count for the day won't accurately reflect in your activity level. Plus, if you get 10,000 steps just from walking to and from work, you may feel best when you get 15,000 or 20,000 steps per day, instead of stopping at 10,000. Ultimately, "tracking step count is highly individual and there's no perfect number," underscores Shroyer.

A SMARTER APPROACH

Experts recommend tracking the total amount of time you're physically active, rather than the number of steps you take. "A more researched and quantifiable number comes from the Physical Activity Guidelines for Americans, which recommends at least **150 minutes of moderate aerobic activity** or 75 minutes of vigorous aerobic activity per week to improve overall health," says Shroyer. "This number is based in reviews of scientific literature."

Aiming for a set number of minutes per day or week — rather than a certain number of steps per day — allows you the **flexibility to move at your own pace** while getting in the recommended amount of physical activity. "This promotes **adherence to healthy habits** and **prevents injury** and frustration along the way," notes Shroyer.

THE BOTTOM LINE

You can still track your physical activity in steps if you prefer, but don't feel like your progress is 100% dependent on reaching 10,000 steps. Eating a **well-balanced diet** is also an important part of the picture **when it comes to weight loss** and maintenance, notes Shroyer. When you're starting out, wear your activity tracker for a few days to see what your baseline activity

level is, then increase duration gradually. If you're incorporating other forms of exercise such as **strength-training, cycling** or **swimming**, you may want to go by overall time.

**Land Heritage Institute Walk
3/930/19**



Jill Troyer, Ellen Ott & Susan Medlin at the finish table.



Mike and Kathy Schwencke, Linda Goodman, Gerry Kamicka, Michael Marke and Robert Theis beginning the walk.



Diane and Robert Adelman at the walk start



Martin Callahan and Rudy in front of the Presnall Watson farmhouse.



Irene Martinez Rameriz, Sandra Bliss, Dee Repp with Hogarth and Terrie Lavalois.



The trail beginning the second loop



Holly and Joe Dibrell walk along the second loop trail.

RANDOLPH ROADRUNNERS
PO Box 2744
Universal City TX 78148-1744



"You know, there's another way for us to go on a walk."

***Photos courtesy of Martin Callahan**

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 _____