



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2019 – June 2019 No. 6
Next Meeting – 6/20/19

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

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:

Marco & Angelina Argpnea, George Hext, Michael & Amy Modjeski, Brenda Dever-Armstrong, Leon & Liz LeVan, Amanda Spector, Sandra Bliss, Bruce Jordan. 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!

Rick & Jane Wilson 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, June 20, 2019.



From the Desk of the Pres--

We had 76 walkers at Beethoven/King William walk on Friday, May 17. Thank you to the following worker's who came out and volunteered: Laurie Stiteler, Jill Troyer, Joanne Forinash, Caryl Swann, Pat Roberts, Dee Repp, Suzanne Markgraf, Andy Thomas, Dave Prewitt, Mike Hermes, John Ives and Kathy and Mike Schwencke. Thank you to all!

At our RR June meeting on the 20th, we will host a Pot luck dinner. 🍷🍎🍔

👉 Bring your favorite dish to share.

All paper goods, water, rolls and butter will be supplied.

Our meeting program will feature our members who have walked multi-event weekends. Please feel free to bring your stories, video, pictures, etc. and make us jealous and want to go to the event you are presenting!

Mark your calendar for 22 June for the reschedule of the Selma Pathfinders Castroville walk that was postponed from 6 April.

RR 2019 Walk Schedule:

13 July Taco Cabana – Stone Oak - Start time 0615 to 0815

10 Aug. Taco Cabana –Pat Booker Road & Kitty Hawk, Universal City Start time 0630 to 0830

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



Congratulations Herb Laing!

Herb Laing, a very long time Randolph Roadrunner member, received the 2019 Outstanding Nurse Philanthropist award at the National Operating Room Nurses Congress, in April in Nashville for his work locally serving the local chapter of Operating Room Nurses, community service and his work for the National Organization of Operating Room Nurses.

Congratulations Herb, for this wonderful well deserved recognition!

FYI - Herb, Linda Goodman and Ellen Ott did their first Volksmarch together in 1984 in northern Virginia while they were stationed together at Walter Reed Army Medical Center as operating room nurses.



Kudos to the following RR Walkers:

Taken from the June/July TAW

Events:	30	Linda Cook
	100	J. Wiley Smith
	275	Kathy Schwencke
	275	Andrew Thomas
	425	Herb Laing
	600	Susan Alton
	950	Susan Medlin
	4,400	Patricia Gunter

Distance:	1,000	J. Wiley Smith
	4,000	Marta Knape
	4,000	Rueben Knape
	5,000	Herb Laing
	5,500	Caryl Swann
	9,000	Susan Medlin



O.S.T. Centennial Conference

Mark your calendars for Thursday, Friday, Saturday, July 25, 26, 27, 2019 for the Centennial Reenactment of Old Spanish Trail Auto Highway 1919 Conference in Houston, Texas at the Sam Houston Hotel, 1117 Prairie Street, Houston, TX 77002. (832) 200-8800.

All OST100 conference activities and lectures are free but registration is required for each event. Available is an air conditioned historic walk, educational lectures, driving tour of the Houston O.S.T. and a Volkssport walk sponsored by the Houston Happy Hikers. The only charge is for the Volksswalk. Directions, maps and sign up for the 5k or 10k will be available at the Sam Houston Hotel.

7/26/2019 - 7/26/2019 - Walk

Event Number: 113932 5k & 10K

Start: Sam Houston Hotel

Event City: Houston - Tunnel Walk

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:

hhhpresident@houstonhappyhikers.com

Club Website:

www.houstonhappyhikers.com

For more information about the 3 day convention and to register before June 30 online:

<http://www.oldspanishtrailcentennial.com/houston.html>



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

Hooray for the AVA! \$80,077 Raised!

Our Big Give annual fundraiser campaign ended with a bang! This was our fifth year participating in the Big Give and it has been our most successful campaign to date. This year's goal was \$78,000 and thanks to our generous donors we managed to reach and surpass our goal. As of May 1, 2019, our community raised \$80,077 to help continue the mission of America's Walking Club. We want to thank all our 511* Big Give donors. Your gifts reflect your kindness and most importantly, your love and support of our walking organization. From the bottom of our hearts, thank you!

*Number includes duplicate donors.

IT Committee—Chris Zegelin, Chair

The Online Start Box is moving to AVA

The AVA IT team will move the Online Start Box from cva4u.org (California Volkssport Assoc.) to "my.ava.org" in the very near future. This will require that we shut down the OSB for 5 days. There will be more details and dates published as we get closer. This effort has required a fairly large rewrite of the OSB software to work well with other

systems that are used by AVA. This includes participation and invoicing modules that will come on line in the next few months. At the same time several improvements have been made. We are changing our payment processor to use EVO. No more Paypal. EVO does a direct credit card transaction with no requirement to set up an account. This has been a constant concern for many people. EVO is very secure and has a very good reputation. EVO was selected by AVA HQ. A simpler interaction when registering, downloading directions, and completing the event. I have paid a lot of attention to the way it works. A new coupon system so that paying for the directions download is clearer. The coupon is automatically applied, so event credit is still \$3 as in the existing OSB, but how and when it is applied is better managed. For example, the coupon will now cross year boundaries. The web interface is phone friendly. The pages work much better on a phone.

AVA will now handle the clubs OSB money. This will appear as a credit against participation fees owed. The money flow will be much easier to understand. The major work has been to make sure that 100% of what you have done in the past is transferred across. Money, history, books, and insert cards will be accurately moved. Your account information will also move. Your current login / password will work on the new site. For about 2 months, you will be able to login on the cva4u.org site and be automatically transferred to the new site at "my.ava.org". If you let your browser auto fill the login, you may have forgotten it. If so, go to "My Profile" on the new site and put in a new password, one that you can remember. That new password will now work exclusively on "my.ava.org". As a note, we heavily encrypt passwords and have no way to tell you what yours is.

This move will mark a major step forward for AVA IT. We are already looking at how we can link your awards to your "my.ava.org" account. Access to this information has been requested for a decade.

Happy trails... Chris Zegelin, AVA IT committee chair.

An aside: The single biggest problem that we experience with user accounts is

people signing up using a misspelled email address. There is no way that any computer can guess the correct address. So some things work, but account recovery certainly doesn't. If you suspect that this happened to you, contact me at: it@ava.org using your correct email address and I will see if we can fix your account



Convention Co-Chair—Lea Darling Why Should we Wear our Convention Badges All 3 Days of Convention?

This is your ticket to get on the bus, indicates your lunch food selections, ticket to socials, workshop picks, and most importantly, they introduce you to your fellow walkers and open up conversations to form new friendships. Remember we will be recycling all badges and lanyards. Look for baskets at the Red Lion Hotel registration, breakfast area and Hospitality table on Friday and Saturday to deposit them. Please take out your insert card for your memento. All Thursday Saratoga Battlefield and Schuylerville walks will end up at the Old Saratoga American Legion in Schuylerville. This is also where we will be celebrating lunch with our catered BBQ lunch and the bus pickup back to the hotel. The Stewarts Shop in Schuylerville is offering to all walkers wearing their badges, a \$.99 (plus tax) ice cream cone. Advance registration for the BBQ lunch is a must on your preregistration form.

Theme T-Shirt Walking Days throughout Convention

Let's show our AVA Nation Team Spirit! What in the Dickens does this mean? On Wednesday, wear your Club's t shirt, on Thursday, wear a Special Program t shirt, and on Friday, wear your 2019 Convention t shirt to show your AVA Nation Support and Love!

If you have a National Parks Passport Book be sure to bring to the Thursday, Saratoga National Battlefield Park walk. We have a special official stamp which has AVA Volkssporting on it along with the date and name of park. Be sure to get your stamp at Stop 9 in the park or at the hospitality table in the hotel.

Ordering Wednesday and Friday box lunches and Thursday's BBQ lunch must be done by preregistering on your convention form. This is a request from the hotel and catering staff. On Thursday, local Schuylerville restaurants are about a 1/2 mile from finish of the walk and then a 1/2 mile trek back to catch a bus to the hotel. Alternately, one can take the bus back and eat in the hotel or the many restaurants on Wolf Rd. Don't delay get those lunches ordered.

Plan on Attending: Meet the Candidates to hear who among the candidates thinks outside the box with new and thought provoking ideas that get you excited. Don't miss this informative forum on Thursday. Your delegate will be voting on Friday at the General Assembly.

NEC/BOARD Meeting on Tuesday evening to hear what is currently in the works to help make AVA a household word through publicity, growing clubs who want to put forth the effort, IT improvements, etc. Never a dull minute and very interesting.

GENERAL MEMBERSHIP MEETINGS will be held on both Wednesday and Friday. This is where there is some discussions where the floor is open on some items to the membership-your chance to voice your opinion, getting information out to the membership, voting, announcements of where the 2021 AVA National Convention will be, etc.

ALL ARE WARMLY WELCOMED AND ENCOURAGED TO ATTEND Yellow Vests are where to turn to when you have any kind of Convention questions or need help in general: where to get the bus, what room is my workshop, what time is the General Assembly, who might give me a ride to a volksbike start point and bring me back to the hotel, where is the nurse, etc. These and more answers are yours

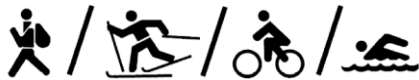
for asking the folks wearing the Yellow Vests. If they don't know the answer, they will find it from someone else with a phone call.

Convention Committee—Chris Yost, Volunteer Coordinator

As we approach convention we find there are more and more jobs to fill so more and more volunteers are needed. Won't you please consider helping out: selling AVA merchandise, marking and unmarking trails (Albany and Schuylerville), or becoming a parking ambassador (Saratoga Battlefield, Albany, Cooperstown). You will be the first to wear the new volunteer vests which will be used at subsequent conventions and you will be thanked with a volunteer button which you can wear and keep. Please consider helping out!

AVA: America's Walking Club!

Where are you coming from? Find the Hospitality desk at the Red Lion Hotel during convention and let others know from where you are coming by placing an adhesive "dot" on the map. This makes a great photo op with you and others pointing to your "dot". At the end of convention see what areas are represented. Who knows you might also see this at the next convention!



Texas Traditional Events and Featured YREs – June & July, 2019:

6/22/2019 - 6/22/2019 - Walk
Event Number: 113659 10k/5k
Start: Follow AVA signs to START/FINISH inside Castroville Area Regional Park.

Event City: Castroville - Tour de Castroville

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



7/4/2019 - 7/4/2019 - Walk

Event Number: 113898 10k / 5k

Start: Kimmel Park Bandstand

Event City: Midlothian - Midlothian 4th of July

Host Club: Dallas Trekkers, Inc.

Event Website:

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

Club Website: www.dallastrekkers.org

7/13/2019 - 7/13/2019 - Walk

Event Number: 113852 10 km/5 km

Start: Taco Cabana - StoneOak

Event City: San Antonio

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

7/26/2019 - 7/26/2019 - Walk

Event Number: 113932 5k & 10K

Start: Sam Houston Hotel

Event City: Houston - Tunnel Walk

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:

hhhpresident@houstonhappyhikers.com

Club Website:

www.houstonhappyhikers.com

The Importance of Walking and Light Activity for Better Health

BY: MARC LINDSAY

MAY 13, 2019

Many people think of exercise as a set time of day when you head to the gym or go outside for a run. While there are many health benefits of vigorous exercise, the truth is other less intense forms of movement matter a great deal, too. According to a new study published in JAMA Network Open, doing plenty of light physical activity throughout the day and avoiding a sedentary lifestyle can make a big difference in preventing disease and improving health as you age.

Researchers found participants who got the most light physical activity throughout the day had a lower risk of death from heart disease (42%) and a lower chance of developing heart disease all together (22%) compared to those who fell on the lower end of the activity spectrum.

It's important to note that light physical activity included not only walks around the neighborhood and short bike rides, but also small daily activities that involve movement, such as completing chores around the house, checking the mail and shopping for groceries.

HOW MUCH IS ENOUGH?

According to this study, participants who lowered their risk of coronary heart disease and received the largest boosts to their overall health performed light exercise for 300 minutes (5 hours) per day. Those who were less active averaged about 4 hours, which falls in line with the national averages for elderly Americans who, according to this study, are sedentary for 60% of their waking hours.

Depending on where you fall within these two groups, staying active for 5 hours could seem like a daunting task. However, keep in mind light activity includes almost all the things you do throughout the day, from vacuuming the house to walking the dog.

What's more, according to the study, just upping your current activity count by 30 minutes to 1 hour per day can pay dividends toward lowering your risk for heart disease by as much as 14%.

HOW TO UP YOUR ACTIVITY LEVELS

Small changes over time yield big gains. Instead of looking at 300 minutes of light activity as impossible, try to increase your current activity by 30 minutes each day for a few weeks, and then try to up that number by another 30 once you've gotten used to being more active.

Here are a few ideas to get started:

1. USE A FITNESS TRACKER

A good fitness tracker like MapMyRun can be a motivating tool to get you up and moving. You can also log your exercise in an app like MyFitnessPal along with your nutrition habits to help you get a holistic picture of your health and achieve your goals.

2. MAKE SHORT WALKS ROUTINE

Get into the habit of a short, leisurely walk around the block as soon as you wake up. This helps boost your metabolism and gives you more energy to keep moving throughout the day. You can also try a short walk to aid digestion in the evening. Invite your significant other or a friend and use this time to catch up.

3. ADD SMALL AMOUNTS OF STRENGTH TRAINING

Consider adding a set of 10 squats, pushups or lunges during commercial breaks while watching your favorite shows.

Mitchell Lake Walk – 4/27/19



Walkers registering at the start point.



Robert Theis directing parking at event entrance

***Photos courtesy of Martin Callahan**

RANDOLPH ROADRUNNERS

PO Box 2744
Universal City TX 78148-1744



Sheri Logan, Dona Albee, Siba Spencer, Andy Thomas, Marilyn & Edwin Brister and Barbara Piersol at the check point.



Jackie Lytle, David Prewitt and Donnie King along the walk trail.



Water fowl along the walk trail

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

Address _____

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.
If the \$2.00 fee was not paid with the original application, add family members now by including \$2.00 for each person.

Telephone number _____

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 _____