



Volume 2019 – July 2019 No. 7
Next Meeting – 9/19/19

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
Caryl Swann 210-842-4128
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:
Brenda Dever-Armstrong, Leon & Liz LeVan, Amanda Spector, Sandra Bliss, Bruce Jordan and Melissa Thomson. 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

Rite Wheeler Fair Oaks Ranch
Sylvia Reyna San Antonio
Elizabeth Prike 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 meeting is September 19, 2019.

From the Desk of the Pres-- 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.

Contact Ellen at ellenott@sbcglobal.net or 210-723-8574 if you can volunteer at either of the Taco Cabana Sunrise walks.

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



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:
hkhpresident@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>



Congratulations, Susan Medlin!

Susan Medlin was presented with the Big Give Award at the AVA Convention in Albany, NY this June for her philanthropic efforts to better the lives of others.



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

The Texas Trail Roundup (TTR) has been accepted as a member of the International Marching League (IML) Walking Association!

The IML Walking Association is a non-political, non-profit organization whose purpose is to promote walking as a worthwhile and healthy recreation; and to foster international understanding and goodwill by encouraging participation at walking events in other countries through a program of incentive awards.

The TTR is ever thankful to one and all for their past support. Our many needs will not diminish in the future and we need individuals to support us in so many ways. We need you to join us. Let Susan Medlin or I know where and when you would like to volunteer to help in the upcoming walks, events and planning.

John Ives, President Texas Trail Roundup - jbives@texas.net



Fun, Fitness, Friendship



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

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:

hvhpresident@houstonhappyhikers.com

Club Website:

www.houstonhappyhikers.com

8/3/2019 - 8/3/2019 - Walk

Event Number: 113879 10km/6km

Start: La Quinta Inn by Wyndham Abilene Mall, 3018 Catclaw Drive, Abilene, TX 79606.

Event City: Abilene - McMurry University

Host Club : Texas Volkssport Assn.

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: walktexas.org

8/4/2019 - 8/4/2019 - Walk

Event Number: 113878 11km/7km

Start: La Quinta Inn by Wyndham Abilene Mall, 3018 Catsclaw Drive, Abilene TX 79606.

Event City: Abilene - Christian University

Host Club: Texas Volkssport Assn.

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: walktexas.org

8/10/2019 - 8/10/2019 - Walk

Event Number: 113949 10km/5km

Start: Taco Cabana

Event City: Universal City - August Summer Sunrise Event

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



What are the top 10 reasons to walk?

Medical Author: Richard Weil, MEd, CDE

1. Walking prevents type 2 diabetes. The [Diabetes Prevention Program](#) showed that walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of [diabetes](#) by 58%.
 2. Walking strengthens your heart if you're male. In one study, mortality rates among retired men who walked less than one mile per day were nearly twice that among those who walked more than two miles per day.
 3. Walking strengthens your heart if you're female. Women in the Nurse's Health Study (72,488 female nurses) who walked three hours or more per week reduced their risk of a [heart attack](#) or other coronary event by 35% compared with women who did not walk.
 4. Walking is good for your brain. In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly
5. Walking is good for your bones. Research shows that [postmenopausal](#) women who walk approximately one mile each day have higher whole-body bone density than women who walk shorter distances, and walking is also effective in slowing the rate of bone loss from the legs.
 6. Walking helps alleviate symptoms of depression. Walking for 30 minutes, three to five times per week for 12 weeks reduced symptoms of [depression](#) as measured with a standard [depression](#) questionnaire by 47%.
 7. Walking reduces the risk of breast and colon cancer. Women who performed the equivalent of one hour and 15 minutes to two and a half hours per week of brisk walking had an 18% decreased risk of [breast cancer](#) compared with inactive women. Many studies have shown that exercise can prevent [colon cancer](#), and even if an individual person develops colon cancer, the [benefits of exercise](#) appear to continue both by increasing quality of life and reducing mortality.
 8. Walking improves fitness. Walking just three times a week for 30 minutes can significantly increase cardio respiratory [fitness](#).
 9. Walking in short bouts improves fitness, too! A study of sedentary women showed that short bouts of brisk walking (three 10-minute walks per day) resulted in similar improvements in [fitness](#) and were at least as effective in decreasing body

better cognitive function and less cognitive decline than women who walked less than 40 minutes per week. Think about that!

fatness as long bouts (one 30-minute walk per day).

10. Walking improves physical function. Research shows that walking improves fitness and physical function and prevents physical disability in older persons.

Many of these benefits are probably no surprise. After all, thousands of studies prove that exercise is good for you, and we've been hearing that for years. But in the past decade, exercise scientists have taken a different approach to studying physical activity. Instead of the benefits, they have been looking at the negative aspects of being a couch potato.

Study after study shows that sitting is not good for your health or fitness. For example, researchers showed that people who reported sitting "almost all of the time" died sooner from cardiovascular disease than people who reported sitting "almost none of the time," 1/4, 1/2, or 3/4 of the time, and they did so in what's called a "dose-response" manner. This means that the more you sit the more likely you are to die prematurely.

Now get this. One study showed that for "every single hour of television watched after the age of 25 the viewer's life expectancy was reduced by 21.8 minutes"!

And finally, if you've got a desk job, then walking just five minutes per hour during every work day would help you burn approximately 33,000 additional calories per year. Provided you didn't change your diet, the change in walking habit would equate to a loss of body weight of 9.4 pounds at the end of the year! Considering most people gain weight as they get older, you get a big bang for your buck with not so much effort.



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 _____