



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

Volume 2019 – September 2019 No. 9  
Next Meeting – 10/17/19

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:*

**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](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:  
**Leon & Liz LeVan, Amanda**

**Spector, Bruce Jordan, Melissa Thomson, Bette & Jim Mayfield, Jane Radigan, Nancy & Tony Paulson, Patricia Lagleder.** 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.

**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 October 17, 2019.

**From the Desk of the Pres--**

At our RR September 19th meeting, Eric Zielinski will give a presentation on the VA Fisher House, the organization which was selected to benefit from this coming RR Christmas walk fundraiser.

Please applaud our Joanne Forinash for being inducted into the AVA Hall of Fame. Use either of the following links to view the youtube video for Joanne.

<https://youtu.be/QtyzLwIp0beg>



<https://www.youtube.com/watch?v=QtyzLwIp0beg&feature=youtu.be>

**RR SECRETARY NEEDED ASAP!**

Pat Roberts our current club secretary has bought a home in Norman, OK. Pat

will be moving as soon as her house here in San Antonio is ready to sell. Thank you to whoever volunteers to step up and fill this position!

Rick White was the only Roadrunner member recognized on the AVA Convention necrology. Rest in Peace, Rick.

**RR 2019 Walk Schedule:**

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



**Taco Cabana-Universal City Summer Sunrise Walk, 8/10**

There were 53 walkers at the Pat Booker Taco Cabana walk in Universal City. Thank you to the small group of very dedicated volunteers including: Pat Gunter, Darlene Oner, Kathy Schwencke, Mike Schwencke, Herbert Laing, Susan Medlin, John Ives, Dee Repp, David Prewitt, Audrey Vertucci and Mike Hermes.

Thank you all for helping!

*Ellen*



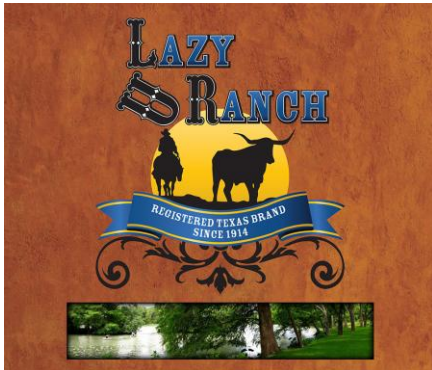
**Kudos to the following walkers for their achievements listed in the September 2019 TAW:**

Events: 200	Susan Barnes
300	Kathy Schwencke
325	David Prewitt
375	Mike Schwencke
575	Audrey Vertucci

650 Caryl Swann  
 700 John Ives  
 1100 Suzanne Markgraf  
 1100 Bart Marlar  
 2400 Martin Callahan

Distance:

2,000K Susan Barnes  
 3,000K Mike Schwencke  
 4,000K David Prewitt  
 5,500K John Ives  
 5,500K Audrey Vertucci  
 30,000K Martin Callahan



**Come join us at the Lazy U Ranch, 14 September**

Bring a lunch or snacks, a lawn chair, bathing suit for swimming, fishing equipment and/or reading material.

Relax for the day! Canoes and kayaks are available with life jackets.

The only charge for anything all day is for your drinks including bottled water. If you want to check the place out ahead of time, 13 September is Freedom Friday in the evening and is open to the public - free. Activities and more info on the website:

<http://www.lazyuranch.com/>



While the ranch is only 101 acres it is extremely unique regarding bio diversity. The Lazy U is located

between two other property owners that offer additional 100 acre plus land buffers on each side. These land buffers are in a natural state allowing for continued animal migration. The land tract is a product from the old land grant days being long and narrow that was typical of land grant property in the 1800's to allow for water frontage for irrigation and farming purposes. The Lazy U Ranch offers ¼ mile of Guadalupe river frontage on the CONSTANT level Lake Placid. With today's extreme drought ongoing water is paramount to maintaining a robust ecological system.

The ranch offers 4 stock ponds with sizes ranging from ¼ acre to 1 acre. All decisions for land management have been made with regards to improving animal habitat. While a small herd of Longhorns are maintained for personal consumption and income even they play a part with land stewardship in mind by keeping weeds to minimum. Hunting is limited to that which is necessary to control game populations and in very short time frame during the photographic off-season.



An important component in the continuing land stewardship program is the utilization of Bee Hives to promote healthy plant pollination. Utilizing the expertise of Mark Gretchen/Gretchen Bee Ranch

([www.gretchenbeeranch.com](http://www.gretchenbeeranch.com)), the Gretchen Bee Ranch maintains a healthy hive system on the ranch insuring one of the most important components in the ecological system. Prudent management practices of native grasses and continual landscaping for improvement of native trees and cactus has lead to an extremely healthy and robust numbers of ALL types of wildlife during the worst drought in Texas history. 150 plus species of birds have been witnessed, photographed and/or documented.

Any questions please give me a call (210) 723 – 8574 or email [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

Thank you.  
 Ellen



**A Legacy of Service at Lazy U Ranch**

By opening up their Seguin ranch to wounded warriors, the Russell family continues a long tradition of service—and they're just getting started.

In 2010, Craig Russell's father visited his son's ranch in Seguin and pointed to an old black and white photograph of a young girl on a horse that had been hanging on the family's wall seemingly forever. "He asked if I knew where it was from," recalls Russell, who conceded that he only knew it was a photo of his mother, Patty Sue McDonald, who at 7 years old was a trick rider.

Russell pulled the old photo down from the wall and could see there were silhouettes of soldiers behind her. "He said, 'That is your mom entertaining the wounded warriors at Fort Sam Houston in 1944,'" says Russell. "I got chills."

That same year, Russell, a veteran of the U.S. Navy, had started bringing men and women from the Warrior Transition Battalion at Brooke Army Medical Center (BAMC) out to the family's ranch for daylong stints of rest and rehabilitation. Set beside the Guadalupe River, the Lazy U Ranch—named after the Texas cattle brand registered by Henry Ulbrich in 1914—provides the sort of activities injured service members need. "The Warrior Transition Battalion and BAMC saw a long time ago that the No. 1 healing tool was outdoor activity, like kayaking and fishing," says Russell.

In 2015 and 2016, the ranch was among the top places in the U.S. to host active duty rest and recuperation retreats. Groups of as few as 10 to as many as 400 come out to the ranch, where they are greeted by local volunteers who provide meals for the day with donations from churches and local companies like Bill Miller. Russell enforces one rule at the ranch: no cell phones. Why? The opportunity to engage with nature and fellow wounded

warriors in a way that yields healing benefits is squandered when visitors are staring at screens. "I require that people enjoy each other's company *old school*," says Russell. "Social media has created such dysfunction about how to socialize as humans. This one-day event can help change that."



Beyond the fate seemingly at work in Russell continuing his mother's youthful service to wounded warriors, opening up his ranch to those who have served the country was only a part of his mission. For years, the crew of the submarine Russell had served on at the height of the Cold War gathered at the ranch on July Fourth for a reunion. The gathering that started in 2010 has since grown into a multiday celebration of service and patriotism that attracts hundreds of people who want to pay their respects to the military. At the 2012 gathering, Russell's crew honored their former boat chief, David Follo, who was dying of cancer, in an emotional ceremony that included a speech from Follo's first commanding officer, then 91.

"After that event, my life has been changed," says Russell. He and many of his guests at that event were motivated to do even more to honor those who have served in the military. Over the next two years they donated over \$110,000 for Russell to rehabilitate an old building on his property to provide wounded warriors respite from the heat and to create the SS American Memorial, which was dedicated in 2014. It houses paintings, plaques, statues and other artifacts and is equal parts history lesson and homage to sacrifice and service.

The memorial has become an important part of the experience for wounded warriors when they visit Russell's ranch. They make their way through the memorial and watch a video that provides history and a 'thank you' to veterans. "This gives a powerful visual history lesson on the Cold War and the

founding of our country," says Russell. "And it closes with a tribute to the sacrifice of our warriors."

If anything, Russell and his family are just getting started. In 2016, they formed the SS American Memorial Foundation with the intent of transforming the ranch into a campus devoted to service members and veterans, with a park, a church, facilities for those suffering from PTSD, and a veteran hospice and retirement community. In his work helping individual veterans, Russell has found that there is often a lack of communication between organizations that do good work. His vision is to provide a central command of sorts to coordinate assistance and make a bigger impact.

Patty Sue McDonald, who passed away in 2007, would no doubt be proud.



### ***World Heritage Festival***

Join us for the 4th Annual World Heritage Festival. The Tour de las Misiones 5K/10K walk will be held Saturday, September 7, 2019. If you're in the San Antonio Area, we invite you to come and walk through our San Antonio Missions, a UNESCO World Heritage Site. The walk is being facilitated by the Selma Pathfinders club and it is part of the 4th Annual World Heritage Festival. Come and join the fun! For more information please visit the schedule of events.

Register immediately to be sure you get the beautiful medal (a true keepsake). [Click here](#) for brochure or [click here](#) for registration form.



### **Announcing-- Southwest Region Website:**

[www.ava-southwest.org](http://www.ava-southwest.org)

For all of you who may not have heard about it yet, we have a new, improved and much more attractive website for you to visit. Some of our members, mainly those I regularly see on our walks, have heard of and visited it and the response has been positive so far. For the rest, we now announce our "Grand Opening" and humbly invite you to visit and see what we have been working on the last several months. By "we" I mean myself, Susan Medlin and our new Regional Director, Sammy Hunnicutt. Several others have kicked in suggestions and taken the time to look around at what has been done to date.

The idea for this project was born at the Easter walk in Comfort which was hosted by Hill Country Volkssportverein. A short conversation between me and Susan has resulted in the site, which, we hope, will have the following benefits:

- Increased participation in our events
- Increase in membership for our Clubs
- Promotion of our existence to the general public
- Provide an easier, more effective way to publicize our events and ourselves

Once on the site, you will find basic information about us on the *Home* and *About* pages. I wanted to include this info right up front as it took me quite a while to find it when I first became involved in the AVA. Our next 5 scheduled walks are also shown on the Home page, and they automatically rotate off after the event is concluded. Clicking any one of these will take you to that specific event listing, which I am trying to expand and make more interesting and salable.

After these pages, we have listed the Clubs in the Southwest Region and this is where you will find YRE information (this particular section is incomplete at the moment, but underway.) Special Programs, Events, News, Gallery and the Contact Us pages.

Upcoming Events are shown in either “List” or “Month” views with “List” being the default. Ten events are shown on each page and are organized by date. The “Month” view provides a great overview and is also clickable to get info on a specific event.

Please feel free to explore the site at your leisure and PLEASE share it with your friends, family, acquaintances – EVERYONE!!

Certain sections allow comments and you are welcome and encouraged to do so should you have anything to add. As always, good constructive criticism and ideas are truly appreciated. To date, this has been mostly an individual effort on my part, but some good suggestions have been made by a few of our people and have been implemented. There are a couple of others that I am still trying to figure out how to do (I am still quite an amateur at this!)

I truly did not know at the outset how large this site would become, or if I could even do it at all. This project has been and remains quite a challenge and will never be “complete” due to the ever changing nature of our organization, but it has been very rewarding. I have learned a lot during the last several months and still have quite a way to go, but I think we are getting there.

If you wish to contact me, the easiest way is to use the Contact form on the website. This page sends your message to [info@ava-southwest.org](mailto:info@ava-southwest.org) and will be replied to from that email address. Anything submitted from this location, comes directly to me and I will see it when I get home from work in the evenings. You may also use:

[webmaster@ava-southwest.org](mailto:webmaster@ava-southwest.org) if you wish and I will respond ASAP from that address. “Webmaster” is a self-appointed title (I had to call myself something, didn’t I?) and has no corresponding position in the SW Region and is entirely unofficial (perhaps I should have called myself “WebMINOR!!”)

I hope you enjoy this addition to our online presence and find some value in it.

Thanks,  
Donnie

*P.S. We could really use someone who knows about Social Media to help us promote things. This is well beyond my area and I simply don’t have time enough to learn it. A few “Likes,*

*Shares, Posts, Hashtags, and whatever else would go a long way towards increasing our presence and knowledge about us.*



**Fun, Fitness, Friendship**  
**AVA’s Executive Director’s Update – Henry Rosales**  
**2019 Biennial Convention, Albany, NY**

The 2019 Convention was a huge success! We had over 600 event participants. Preliminary figures show the Convention profited over \$25,000. (This number is unofficial because our finance department is still reconciling outstanding invoices. Official numbers will be announced once the books have been closed for Fiscal Year 18/19.)

This would not be possible without the support of all our volunteers! Special thanks to Convention Co-Chairs Teresa Kennedy and Lea Darling, the Empire State Capital Volkssporters, the Community Foundation for the Greater Capital Region/The Michele L. Vennard Hospitality Grant Program, Discover Albany, the Crazy Horse Memorial Foundation, CDPHP, all our volunteers and supporters for a great convention experience!

The destination for the 2021 convention will be Madison, Wisconsin. The dates proposed are the week of June 29, 2021! I am sure there will be plenty of fireworks!

**David Bonewitz, Ph.D.—**  
**AVA National President**  
**PRESIDENT’S CHALLENGE**

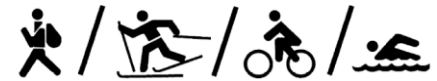
At our Albany Biennial Convention, during my “State of the AVA Nation” presentation, I issued a challenge to our clubs. While there will be some further refining to this challenge, here are the core elements:

FOR THE NEXT 2 YEARS, EACH YEAR:

- Hold one more Traditional Event than the last year with target of at least 25 paid participants
- Recruit 8-10 new club members who walk as paid walkers an average of 10 events

- Recruit/convert 3 new/existing club members to become AVA Associate Members
- Plan for the future. If you are a club officer recruit, train, and groom someone to do your job! In other words, develop a succession plan.

These elements are the core to developing more capacity at the club level, and that is what we will be focusing on for the next 2 years. The challenge isn’t easy whether your club hasn’t done a Traditional Event in years or if it already does a number of Traditional Events. Likewise, recruiting new members means a club must have an outreach plan. The work being done by the Public Relations firm working for AVA should help here. Getting new or old members to become AVA Associate Members means that a club will need to make it clear to folks that there is a difference between being a “club member” and being an Associate Member of AVA. Finally, succession planning at the club level is essential if a club is going to survive for the future. There will be special recognition at the 2021 Convention for those clubs who accomplish the President’s Challenge.



**Texas Traditional Events and Featured YREs – September, 2019:**

9/7/2019 - 9/7/2019 - Walk

**Event Number:** 113942 10k/5k

**Start:** Mission Park Pavilion, 6030 Padre Drive, San Antonio, Texas

**Event City:** San Antonio - Tour de las Misiones

**Host Club:** Selma Pathfinders

**Event Website:**

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

**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)

9/14/2019 - 9/14/2019 - Walk

**Event Number:** 113848 5k/10k

**Start:** Lazy U Ranch

**Event City:** Seguin - Lazy Day at the Lazy U

**Host Club:** Randolph Roadrunners

**Event Website:**

[randolphroadrunners.info](http://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](mailto:ellenott@sbcglobal.net)

**Club Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

9/14/2019 - 9/14/2019 - Walk

**Event Number:** 113919 10k & 5k

**Start:** Wright Historical Park

**Event City:** Dublin - Dublin, Texas; an Erath County Walk

**Host Club:** Hood County Hummers

**Event Website:**

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

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

**Write for more information to:**

3113 San Gabriel Ct

Granbury, TX 76048

**Contact:** Bruce Bartlett, (972) 567-3278

**E-Mail:** [bbartl32@gmail.com](mailto:bbartl32@gmail.com)

**Club Website:**

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

9/21/2019 - 9/21/2019 - Walk

**Event Number:** 113916 10km

**Start:** 107 Alamo Road, Fredericksburg, TX 78624.

From IH10; exit 523 and take 87 about 6 miles, turn left on Hwy 473. Take 473 about 12.5 to Old Tunnel on Old #9 Rd. From Hwy 290, take Old San Antonio Rd. South off US 290 and go 10.5 miles to Old Tunnel Rd.

**Event City:** Fredericksburg

**Host Club:** Kerrville Trailblazers

**Event Website:**

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

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

**Write for more information to:**

1400 FM 479, Harper, TX 78631

**Contact:** Susan Edwards, (830) 329-6461

**E-Mail:** [kedwards@ktc.com](mailto:kedwards@ktc.com)

**Club Website:**

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

9/21/2019 - 9/21/2019 - Walk

**Event Number:** 114175 5k & 10K

**Start:** Fernland Historical Park

**Event City:** Montgomery - Historical

**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:**

PO Box 101, Orchard, Tx 77464

**Contact:** Catherine Kellner, (979) 478-6203

**E-Mail:**

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

**Club Website:**

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

9/21/2019 - 9/21/2019 - Walk

**Event Number:** 113799 10km/5km

**Start:** Purtil Creek State Park

**Event City:** Eustace - Purtil Creek State Park

**Host Club:** East Texas Trekkers, Inc.

**Event Website:**

[www.WalkTx.org/EastTexasTrekkers](http://www.WalkTx.org/EastTexasTrekkers)

**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](mailto:helenthehun@yahoo.com)

**Club Website:**

[www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)

9/28/2019 - 9/28/2019 - Walk

**Event Number:** 113929 5k/10k

**Start:** Ain't Just Pies

**Event City:** Greenville - Hunt County

**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:**

2334 Saharah Drive

Garland, TX 75044

**Contact:** Helen Hull, (972) 530-1026

**E-Mail:** [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com)

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

9/28/2019 - 9/28/2019 - Walk

**Event Number:** 113966 10/5 km

**Start:** Walnut Creek Metropolitan Park, 12138 N. Lamar Blvd. Austin Tx. 78753

**Event City:** Austin - Northern Walnut Creek Trail

**Host Club:** Colorado River Walkers

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

**Write for more information to:**

3109 Rogge Ln., Austin, Tx 78723

**Contact:** Carol Obianwu, (512) 771-9566

**E-Mail:** [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu)

**Club Website:**

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

## Universal City Summer Sunrise Walk, 8-10-19

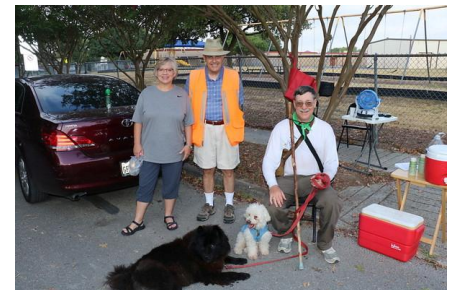


Siba Spencer, Linda Goodman, Andy Thomas, Gerry Kamicka, Michael Marke, Sheri Logan, Robert Theis and Carlen Forinash at the walk start.

**\*Photos courtesy of Martin Callahan**



Gayle Weinraub, Caryl Swann, John Ives, Pat Gunter at TC after the walk.



Kathy Schwencke, John Pavlovsky, Martin Callahan with Dolly and Rudy at the walk check Point.



John Ives, Audrey Vertucci and Pat Gunter



Mary de la Garza and Barbara Wilson on the walk trail.



**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.  
 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 \_\_\_\_\_