

# the ROADRUNNER



## Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2019 – October 2019 No. 10  
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 – NEEDED!*

### *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](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*  
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:  
**Melissa Thomson, Bette & Jim Mayfield, Jane Radigan, Nancy & Tony Paulson, Patricia Lagleder and Perry G. Rawson.** 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.

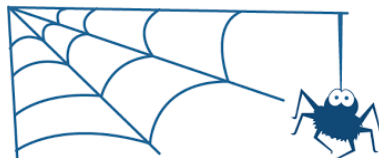
## Welcome New Members!

Yolanda Nieto	Seguin
Laura Krbec	Schertz
Samantha Goldstein	New Braunfels

## 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--



### 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!

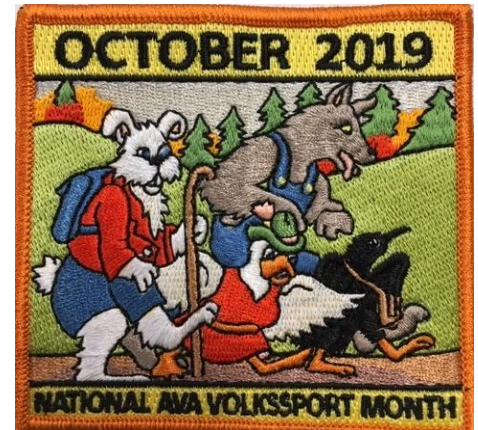
### RR 2019 Walk Schedule:

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

And don't forget the 2 featured YREs in October:

12 Oct. Crownridge Canyon

19 Oct. Eisenhower Park



**October is National AVA Volkssport Month**



**CAPROCK CANYONS**  
**Texas State Park & Trailway**  
**COPPER BREAKS**  
**Texas State Park**  
**4 Walks in 4 Texas Counties**  
**October 11-13, 2019**

Join the **West Texas Trail Walkers** for our 38th annual event in the red rock canyons of Caprock Canyons State Park out in the panhandle of Texas. Wind and water over the eons shaped the rugged beauty of the canyons. This park also holds the official Texas State bison herd which is allowed to freely roam the park. Around 60 miles of the more than 90 miles of trails in the park are hiking/biking trails converted from an old abandoned railway line.

Complementing Caprock Canyons State Park is Copper Breaks State Park. This park is part of the original lands held by the Comanche and Kiowa Indians. Recently the park was designated as an International Dark Sky Park, and you can also see a portion of the official herd of Texas Longhorn cattle.

For Texas County walkers, this three day event weekend offers 4 walks in 4 different counties: Hardeman, Briscoe, Childress, and Hall Counties.

**Friday, October 11, 2019:** Caprock Canyons Trailways, Turkey Depot Trailhead in Turkey, Texas. The hike is flat and rated 1B. The 5k is an out and back hike along the railway that has been converted to a hike/bike trail. The 10k hike includes a walk through historic Turkey, TX, the home town of Bob Wills, the king of western swing.

**Saturday, October 12, 2019:** Haynes Ridge, Upper North Prong and Lower North & South Prong Trails, Caprock Canyons State Park, Texas. The Haynes Ridge Trail is the most challenging hike in the park, but after you conquer the steep and rugged trail up to the ridge you are rewarded with beautiful views of the caprock formations and a relatively flat hike along the Upper and Lower Prong Trails. The Haynes Ridge Trail is rated 3D and the Lower North & South Prong Trails are rated 2C. A 5k out and back and two 11k loops are being offered for up to a 22k total.

**Sunday, October 13, 2019:** Bull Canyon, Copper Breaks State Park. The hike starts at the Juniper Ridge Day Use area at the rim of a small canyon with views of rugged rocks spilling out onto the prairie. A series of loop trails provide hikes of either 5k, 10k or 14k distances. The 5 or 10k hikes are rated 2B and the 14 hike is rated 3B.

**Wednesday, October 9 through**

**Sunday, October 13, 2019:** A historic

Childress, Texas walk is sanctioned for you to complete any time over the long weekend on your own schedule. There will be a 5k or 10 walk offered on flat, city sidewalks, rated 1A. Childress has a rich history as a major railroad town and the downtown buildings reflect the history of that period from early to middle 20th century.

Please join us for the social events. A wine and cheese social is being offered Friday, October 11 at the 501 Winery, Childress, TX and our annual dinner meeting will be held on Saturday, October 12 at The Plaza Mexican Restaurant, Childress, TX. You can make reservations now at our host hotel, the Holiday Inn Express in Childress by calling 940-937-0900. The room rate is \$82 plus tax. The event brochure and registration forms will be available online at [westtexasrailwalkers.org](http://westtexasrailwalkers.org) in early June, 2019.



## US Freedom Walk Festival (USFWF) 18-20 October 2019

3 days - 6 trails - Bike – Swim  
Volkstriathlon - Social & dinner

### Schedule:

#### Friday

Opening Ceremony 4 pm  
5 & 10km - Start between 12:00 noon - 3:00 pm  
Finish by 6:00 pm  
SWIM: IVV credit only \$3.00. Hours: 10:00 am - 5:00 pm  
BIKE: IVV credit only \$3.00. Hours: 10:00 am - 3:00 pm

#### Saturday

12 km start 8:00 am - 12:00 noon  
21 km start 8:00 am - 11:00 am  
Finish by 5:00 pm

SWIM: IVV credit only \$3.00.  
Hours: 10:00 am - 4:00 pm  
BIKE: IVV credit only \$3.00. Hours: 7:00 am - 5:00 pm  
Social: Ballroom. Hours: 3:00 pm - 6:00 pm  
International Dinner 6:30 pm - pre-registration is highly encouraged.

#### Sunday

21 km start 7:00 am - 10:00 am  
12 km start 8:00 am - 12 noon  
Finish by 4:00 pm  
SWIM: IVV credit only \$3.00. Hours: 10:00 am - 3:00 pm  
BIKE: IVV credit only \$3.00. Hours: 7:00 am - 1:00 pm  
Awards Ceremony 3:00 pm

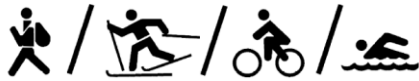
The US Freedom Walk Festival is a world-class, noncompetitive non-profit, international walking festival co-hosted by Arlington County and the Office of the Surgeon General of the US. Its mission is to promote walking as a fitness activity and to promote international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC.

We also sponsor walk events and bike events that can be walked (or ridden if bike route) throughout the year at the participant's convenience. These events are called "Year Around" event.

The US Freedom Walk Festival Club is a non-profit, voluntary membership organization under the laws of the Commonwealth of Virginia, and organized exclusively for charitable and educational purposes under Section 501(c)3 of the Internal Revenue Code of 1986 as amended, to promote the health, physical fitness and wellbeing of the people of the United States by organizing, promoting, and conducting scheduled programs of noncompetitive, family-oriented, participatory lifetime sports, including but not limited to, walking (including jogging and running), bicycling, swimming, cross-country skiing, and such other events as may be sanctioned by the AVA.







## Texas Traditional Events

### October, 2019:

10/5/2019 - 10/5/2019 - Walk

**Event Number:** 113849 5k/10k

**Start:** Paul Davis Park

**Event City:** Garden Ridge - Gambol in Garden Ridge

**Host Club :** Randolph Roadrunners

#### Event

**Website:** [randolphroadrunners.info](http://randolphroadrunners.info)

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

**Write for more information to:**

9265 Garden Ridge Dr.

Garden Ridge, Tx 78266

**Contact:** Deanna Repp, (210) 845-8870

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

#### Club

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

10/9/2019 - 10/13/2019 - Walk

**Event Number:** 113860 5k, 10k

**Start:** Holiday Inn Express

**Event City:** Childress - Childress Town & Park - Childress County

**Host Club :** West Texas Trail Walkers

#### Event

**Website:** [westtexastrailwalkers.org](http://westtexastrailwalkers.org)

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

**Write for more information to:**

1635 Windmill Lane

Mesquite, TX 75149

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

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

#### Club

**Website:** [www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

10/11/2019 - 10/11/2019 - Walk

**Event Number:** 113862 14k, 11k, 6k

**Start:** Turkey Depot Trailhead, Turkey, TX.

**Event City:** Turkey - Turkey Depot Trailway - Hall County

**Host Club :** West Texas Trail Walkers

#### Event

**Website:** [westtexastrailwalkers.com](http://westtexastrailwalkers.com)

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

**Write for more information to:**

8819 London Heights

San Antonio, Tx 78254

**Contact:** Joe Noonan, (210) 286-8819

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

#### Club

**Website:** [www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

10/12/2019 - 10/12/2019 - Walk

**Event Number:** 113863 5k, 11, 17k

**Start:** North Prong Primitive Camping Parking Lot, Caprock Canyon State Park

**Event City:** Quitague - Haynes Ridge & Canyons - Briscoe County

**Host Club :** West Texas Trail Walkers

**Event Website:** [westtexastrailwalkers.org/Home.html](http://westtexastrailwalkers.org/Home.html)

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

**Write for more information to:**

6091 FM 482

New Braunfels, TX 78132

**Contact:** Sheri Logan, G. Silkworth, (830) 609-0370

**E-Mail:** [bwandslogan@netzero.net](mailto:bwandslogan@netzero.net)

#### Club

**Website:** [www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)

10/13/2019 - 10/13/2019 - Walk

**Event Number:** 113861 5k, 10k, 16k

**Start:** Group Picnic Area, State Park Rd. 62, Copper Breaks State Park, Texas

**Event City:** Quanah, Tx - Bull Canyon Trail - Hardeman County

**Host Club :** West Texas Trail Walkers

#### Event

**Website:** [westtexastrailwalkers.org](http://westtexastrailwalkers.org)

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

**Write for more information to:**

1635 Windmill Lane

Mesquite, TX 75149

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

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

#### Club

**Website:** [www.westtexastrailwalkers.org/Home.html](http://www.westtexastrailwalkers.org/Home.html)



10/26/2019 - 10/26/2019 - Walk

**Event Number:** 113953 10km/5km

**Start:** Trinity Trail - Art Cowsen Trailhead

**Event City:** Benbrook - Benbrook Trinity Trail Walk

**Host Club:** Tarrant County Walkers

#### Event

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

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

**Write for more information to:**

917 Forest Oaks Lane

Hurst, TX 76053

**Contact:** Brooke Hudson, (817) 944-5191

**E-Mail:** [brooke\\_hudson@hotmail.com](mailto:brooke_hudson@hotmail.com)

#### Club

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

10/26/2019 - 10/26/2019 - Walk

**Event Number:** 115556 5k & 10K

**Start:** Winedale Historical Center-Theatre Barn #5

**Event City:** Round Top - Winedale

**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:** [CKELLNER@TWLT.NET](mailto:CKELLNER@TWLT.NET)

#### Club

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

10/26/2019 - 10/27/2019 - Walk

**Event Number:** 113857 5K/10K

**Start:** Waring VFD Hall

**Event City:** Waring

**Host Club:** Hill Country

Volkssportverein

**Event Website:**

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

**Write for more information to:**

102 Edgewood Drive

Comfort, TX 78013

**Contact:** John Bohnert, (830) 995-2421

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



## Lazy U Ranch Walk 9/14/19



Lynda Flournoy, Kathy & Mike Schwencke



Ranch Entrance to start point



Fishing available on the lake



Walk Registration pavilion



Walkers on the first loop trail



Martin Callahan & Gayle Weinraub in front of the James Jennings Ulbrich limestone building at the start/finish.

**\*All 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 \_\_\_\_\_

Address \_\_\_\_\_

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

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

Telephone number \_\_\_\_\_

E-mail address \_\_\_\_\_

Family members \_\_\_\_\_

Amount submitted \$ \_\_\_\_\_

**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.

**RENEWAL FEE:** \$4.00 for one year

\$10.00 for three years

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.

**Lifetime membership for (1) one person is available for a \$30 fee.**

AVA Volkssport Associate ☐ Yes ☐ No

Eager to serve as club officer \_\_\_\_\_ or committee chair \_\_\_\_\_