



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

Volume 2020 – January 2020 No. 1  
Next Meeting – 1/16/2020

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:  
**Reuben & Marta Knappe, Anne White, Mike & Ginny Jones, Andy Thomas, Mary DeLaGarza, Rose Mueller, Norman & Antje Klaunig, and Elias & Kathleen Abdulahad.** 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!**

Debra Engler San Antonio  
Andy & Cindy Welch San Antonio  
Debbie Lindsey San Angelo

**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 January 16, 2020.



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

**RR Club Walk Schedule:**  
**4 Jan.** Friedrich Wilderness Park YRE (Staffed from 8 to 11 a.m.)

**11 Jan.** Corner Bakery-Lincoln Heights and Alamo Heights. Workers are needed to staff this walk. Call or email Ellen: 210-723-8574 or [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

**8 Feb.** Del Webb Chocolate walk-some of the route will be a new trail for the 10km.

**Annual Christmas Party 2019**

The Christmas party on Tuesday, December 10, at Stone Werks, Big Rock Grille was enjoyed by 30

attendees. Hunter Garrett provided keyboard holiday music. The Christmas riddles were another story!! On Wednesday 11 December, Kathy and Mike Schwencke and Ellen took 371 pairs of socks that were donated at the party to the Children’s Shelter. Thank you to all who contributed to this worthwhile cause.

**Boerne Christmas Walk**

Chamber of Commerce weather greeted 105 walkers at the Boerne Christmas pancake and sausage breakfast walk on 14 December.

A BIG thank you goes to Pat Gunter, Darlene Oner, Randy Baker, Susan Alton, Caryl Swann, Jill Troyer, Susan Medlin, Ed Roberson, Dave Prewitt, Mike Hermes, John Ives, Herb Laing, Wiley Smith and Joanne Forinash for coming out and working this event.

**RR CLUB SECRETARY STILL NEEDED –**

Please support your club. “Thank you” to whoever volunteers to step up and fill this position!

*Ellen*



**Join us at the Sunday House Inn, 501 E. Main St.**

**Fredericksburg, TX on 12/31/19 for 2 YRE walks and 1/1/20 for one morning YRE walk.**

12/31/19 – 10km – 5km YRE  
Start 11 am – 1 pm for the Cross Mountain Memorial Walk. Start is at the Cross Mountain memorial parking lot.

12/31/19 – 10km – 5km YRE AVA Pilgrimage Walk. Start 6 – 9 pm at

Sunday House Inn. This is the last walk of 2019!

1/1/20 – 12km, 10km, 7km, 5km  
St. Mary's Cemetery YRE walks. Start between 8 – 11 am at the Sunday House Inn. This will be the first walk of 2020.  
POC, Susan Medlin 210-325-3523,  
[sueammed@aol.com](mailto:sueammed@aol.com)



**EAST TEXAS TREKKERS**  
**LOUISIANA**  
**EASTCENTRAL**  
**2020 – 8 YREs - 8 Parishes**  
**Special Group Walks – Jan 16-20, 2020.**

Join us MLK weekend, Jan 16-20, 2020 for group walks starting in Winnsboro and then going on to Natchez. Meet others and carpool to the various walks.

Thurs, Jan 16 - meet in Winnsboro around 2:00 for a group walk  
Fri, Jan 17 - Columbia & Gum Springs (Winn Parish, west of WinnField)  
Sat, Jan 18 - St Joseph & Natchez, MS  
Sun, Jan 19 - Vidalia & Jonesville  
Mon, Jan 20 - Jena & Pollock

Plan to stay at:  
America's Best Value Inn in Winnsboro (registration point) on Thurs & Fri nights  
Holiday Inn Express in Natchez, Ms (registration point) on Sat night  
Edwards Motel in Jonesville (318-339-8578) on Sun night

Natchez is a good walk for the 5 or 10 or 16K. The others are fine for 5K, though the Gum Springs and Pollock are good for 10K, especially if you like walking in the woods.

I will have complete sets of directions for both the north section and the south section on Thurs in Winnsboro. And as always, you may do the walks in any order and at any time. Hope to see you in January.

Helen Hull

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



**Executive Director's Update—**  
**Henry Rosales**

Thank you to all who have sent questions and comments regarding the new AVA logo. Being that we are a large national organization it is unlikely everyone will agree with all the changes we are implementing. Nonetheless, constructive feedback is always appreciated to continuously improve what we do.

Here are a few comments on the logo contrary to what you might have read on Facebook.

*"I like the new logo!"*

*"The logo is modern and looks great."*

*"I very much like the new logo - it strikes me as fresh, fluid and lively."*

*"I was surprised that the AVA came up with a new LOGO! It's attractive and modern."*

*"I like the new logo. It sets the stage for the future of Volkssporting in the US."*

It is important to remember the logo change is part of an effort to rebrand the AVA. This rebranding effort will also include changes to our website, event collateral, and messaging (video). We must do this, so the AVA becomes part of the national conversation on the walking movement that is storming the United States. The new logo does not change Who we are or What we do. The goal is to attract new participants who we hope will one day become members and/or volunteers.

**Program Development & Outreach—Emily Chetwood**  
**Introducing Our Newest Team Member**

Hello all, my name is Emily Chetwood! I'm working with the AVA in the areas of Program Development and Outreach as a Public Allies Americorps member. I will be working as a member of the AVA Programs Committee as well. I'm originally from San Antonio, TX. I graduated from Prescott College in Prescott, Arizona with a double major

in *Human Development & Psychology* and *Arts & Letters*, BA. My goal has always been to learn how to best serve the people of my community. I intend to bring my perspective and experience as an ally, my diverse knowledge within the mental health community and my personal love of being active and in the outdoors to furthering the mission of America's Walking Club.  
I can be contacted at [emily@ava.org](mailto:emily@ava.org).

**NEW AVA WEBSITE AS OF**  
**DECEMBER 15th, 2019!**

The AVA is migrating to a new website with new features beginning December 15, 2019. The first thing you will see when you click on AVA.org will be a new landing page. As we continue to build the website new pages will be added. Clubs can access all existing club information from the legacy website by clicking on the Clubs Only tab. We would love to hear your comments on the new website. Please send them to: [Hector@ava.org](mailto:Hector@ava.org).

**Special Programs**

A quick reminder that the following special programs are ending on December 31, 2019:

Ice Cream Parlors Underground Railroad

The following new special programs begin January 1, 2020:

Airports- Celebrating American Flight  
Mayflower - 400th Anniversary Walk  
Rockin' Around the Clock

Get more details at the website at:

<http://ava.org/futureprog.php>

Questions? Contact the POC for each program or the AVA Program Committee at [programs@ava.org](mailto:programs@ava.org).

**VOP 2020: The Appalachian Trail**

We hope you're ready for adventure.

Take on the Great Appalachian Trail from Georgia to Maine and get fit along the way! Originally conceived by forester Benton 1922, this trail stretches 2,200 miles of forest and wildlands, which we will accomplish virtually by averaging 5,500 steps a day. Don't worry; we'll pass through a few towns along the way for breaks.

The AT Challenge begins 1/1/2020, \$35.00 per person, includes T-Shirt. Go to [http://ava.org/Appalachian\\_Trail.php](http://ava.org/Appalachian_Trail.php) to Register with AVA, and then further instructions will be emailed to you...

seamless for current Walkin' Canada participants. Tell your friends, family, and Club Members. The Regional Traveling Trophy Challenge will also begin 1/1/2020. Hope to see you on the AT!



The Texas Trail Roundup is very pleased to offer you the chance to explore San Antonio and their wonderful Missions and Gardens with several walks over a **3-day INTERNATIONAL** weekend event.

This is an **IML** event – one of only two to occur in the United States and our first as a fully sanctioned IML Member.

Walk distances and routes vary depending on your choices with the longest being a 42k (26 miles) full Marathon and a 21k (13 mile) half-marathon that will visit 4 of the 5 Spanish Missions in San Antonio. Shorter distances are also offered for those not quite so adventurous.

**Friday, February 21: Hannibal Pianta Art Walk – 10k/5k** – Enjoy an art walk in downtown San Antonio. You will see the **Bexar County Courthouse, Majestic Theater, Aztec Theater, El Mercado, the Riverwalk,** and much more.

**Saturday, February 22: World Heritage Spanish Missions – 42k/21k/13k/5k** – Marathoners (42k) head out early to walk by all five Spanish Missions. Half-Marathoners (21k) are bused to **Mission Espada** and walk back through 4 Missions. 13km walkers visit **Mission Concepcion**. 5km walkers visit the **King William District,** and the **Blue Star Art Complex**. 42/21 km walkers start 6:45 – 7:15 am, all others start 7:30 – 10 am. Finish table closes at 5 pm.

**Sunday February 23: San Antonio's Parks and Gardens – 21k/13k/5k** – 21 km walkers head up the River Walk to **Brackenridge Park** and the **Japanese Tea Gardens**. 13 and 5 km walkers visit the **Alamo** and **La Villita Historic Arts Village**. 13 km walkers also visit the **Pearl**, and everyone walks through **El Mercado**. 21km walkers start 7:30 – 8:30 am, all others 8:30 – 10 am. Finish table closes at 4 pm.



This is the first year of the new San Antonio IML. We've designed a beautiful medal of the San Antonio skyline for all first year walkers. Next year there will be a smaller medal highlighting one of the attractions in San Antonio. It will attach to the sturdy ribbon of the first year medal, building a treasure for years to come.

**Details:**

**Start:** February 21, 2020 @ 6:30 am

**End:** February 23, 2020 @ 4:00 pm

**Event Categories:**

10k Walk, 21k half marathon, 42k full marathon, 5k Walk, All Day Event, Dinner, Historical, IML Event, Longer Walk, Missions, Multi-day, Social, Volksmarch, Walk, World Heritage

**Website:** <http://texastrailroundup.org/>

**Venue:**

*Holiday Inn – San Antonio Downtown*  
318 West César E. Chávez Blvd  
San Antonio, TX 78204 United States  
**Phone:** 210-225-3211

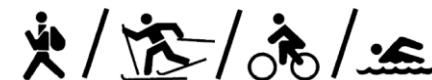
**Website:**

<https://www.ihg.com/holidayinn/hotels/us/en/san-antonio/satal/hoteldetail>

**Organizer:** Texas Trail Roundup

**Email:** sueammed@aol.com

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



**Texas Traditional Events & (1 – YRE) - January 2020:**

1/1/2020 – YRE – Start at the Sunday House for the St. Mary's Cemetery  
12/10/7/5 km YRE walks.

1/11/2020 - 1/11/2020 - Walk  
**Event Number:** 116205 5k & 10K  
**Start:** Mosquito Cafe

**Event City:** Galveston - Winter  
**Host Club:** Houston Happy Hikers

**Event Website:**

[www.houstonhappyhikers.com](http://www.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](mailto:hhpresident@houstonhappyhikers.com)

**Club Website:**

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

1/11/2020 - 1/11/2020 - Walk

**Event Number:** 116125 10km/5km

**Start:** Corner Bakery in the Quarry - Lincoln Heights

**Event City:** San Antonio - Lincoln Heights

**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)

1/11/2020 - 1/11/2020 - Walk

**Event Number:** 116069 10km/5km

**Start:** Corner Bakery in the Quarry

**Event City:** San Antonio - Alamo Heights

**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)

1/25/2020 - 1/25/2020 - Walk

**Event Number:** 116066 12k/5k

**Start:** Medina River N.A., 15890 Highway 16 South  
**Event City:** San Antonio - Medina River Natural Area and Greenway Trail  
**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) 382-0367

**E-Mail:**

[mike.schwencke@outlook.com](mailto:mike.schwencke@outlook.com)



## Southside Lions Park YRE Walk – 11-29-19



Working at the event, Jill Troyer, Ellen Ott, Darlene Oner, John Ives, Susan Medlin, and Pat Gunter.



David Prewitt with Rudy, Mike Schwencke with Dolly, Diane Duesterhoeft with Molly, and Mike Phillips with Buddy stop for a picture along the walk trail.



Crossing Salado Creek on the Park walk route.

## Japanese Tea Garden Walk 11-23-19



Volkssporters at the registration area for the Texas Trail Roundup club's Japanese Tea Garden Walk.



Japanese Tea Garden and pond below.



Martin Callahan holding Rudy with Dolly Japanese Pagoda before leaving the park.



Jeff Busse with Dolly & Rudy, Raymond & Vorsha Sherfield & Gayle Weinraub.

## San Antonio AVA Christmas Party 12-10-19



The Christmas party room at Stone Werks Big rock Grille.



Mike & Kathy Schwencke and Emily Chetwood.



Pat Gunter, Susan & Darren Medlin.



Alma Patricia Aceves selects one of the traditional Christmas cookies that Ellen Ott is passing out to the folks attending the party



The wagon full of donated children socks.

**Boerne Christmas Walk –  
12-14-19**



Pancake makers Mike Hermes, Herb Laing and Wiley Smith.



Martin Callahan with Rudy and Dolly along the River Road Park Trail on the 10km.



Ellen Ott presents Martin Callahan an AVA Commendable Service Award in Luther Hall.

**RANDOLPH ROADRUNNERS**

PO Box 2744  
Universal City TX 78148-1744



Mike Schwencke, David Prewitt and Kathy Schwencke at the sales table. Mike is pointing to the old AVA logo on the embroidered patch that has been replaced with a new design.

**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 \_\_\_\_\_