



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

Volume 2020 – March 2020 No. 3  
Next Meeting – 3/19/2020

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*

Jill Troyer 830-237-6230

*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)

*TVA President-Deputy SW Region*

Susan Medlin 210-325-3523

[sueammed@aol.com](mailto:sueammed@aol.com)

**Renewal Time**

The following membership renewals are currently due:

**Anne White, Rose Mueller, Elias & Kathleen Abdulahad, Susan & John Ives, Doug & Kaye Bair, Jimmy Young, Nancy Fix Anderson, Susan chandler, Linda & Sean Cook, A.G. Nicholson, Keith Riggie, Denise Wanke and Cynthia Zielinski.** 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!**

Sharon Winston	San Antonio
Linda & James Gavin	San Antonio
Stephanie Porter	San Antonio
Donna & Steve Crary	San Antonio
Denise Lasater	San Antonio
Ruth McLain	Bulverde
Colleen Hermes	San Antonio
John McDowell	Helotes
Beverly Ferreira	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 March 20, 2020.

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

We have all heard how good dark chocolate is for us. Combine that with a walk...just think of the healthy benefits! To help make the Chocolate Walk such a success the following need to be showered with thanks:

Pat Gunter, Randy Baker, Joanne Forinash, Jill Troyer, Susan Medlin, Dave Prewitt, Andy Welch, Mike Schwencke, Joy Williams and Mike Jones for the great trail and my ever faithful sidekicks; John Ives and Mike

Hermes who work where ever and do whatever is needed.

For this I thank all of you!

Ellen



**The Randolph Roadrunners  
Present the  
2020 March TVA Meeting in  
Boerne - March 6 – 8**

SW20/Y1858, SW20/Y1879,  
SW20/Y1857

**STARTING POINT: Comfort Inn & Suites, 35000 I-10 Boerne, TX 78006.** Parking is available at the hotel. Book your room at the Comfort Inn & Suites by calling (830) 249-6800 for reservations. Rates are King bed at \$120 + 13% tax or 2 Queen beds at \$125 + 13% tax. For these rates, rooms must be booked by February 6, 2020.

**EVENT Schedule:**

**Friday, March 6**

Noon – 3: register for any of the 3 Boerne YREs at the Comfort Inn. Finish by 6 pm (sunset at 6:38).

6:30 – 8 pm: Dinner at the Dodging Duck Brewhaus, 402 River Rd. Their burgers are divine, and they were voted best burger in Boerne in 2019. Register for the dinner by 15 February.

**Saturday, March 7**

7 – 9 am: register for Boerne Library 10km/6km walk at Comfort Inn, then drive to Boerne Visitors Center, 282 N. Main St. Park behind the Visitors Center.

Noon: all walkers finish. Lunch on your own.

11 – 12:30: VCSWTX 2021 Calendar Meeting (\$10 lunch available) Register for working lunch by 30 Feb.

12 – 12:45: Credentialing at Comfort Inn

1 – 4 pm: TVA General Membership Meeting at Comfort Inn

5:30 – 8 pm: Dinner at Little Gretel, 518 River Road. Register for the dinner by 15 February.

### Sunday, March 8 - Spring Forward one Hour

3 YRE walks available, sign in at Comfort Inn.

**DISCLAIMER:** The sponsors are not liable for accidents, thefts, and/or material damage. Reasonable effort has been made by the sponsors to make this a safe, enjoyable and memorable event.

**POC:** Susan A. Medlin, (210) 325-3523; email: [sueammed@aol.com](mailto:sueammed@aol.com)  
For dinner reservations, email Ellen Ott, [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net) by February 15.



### Del Webb DaisyCares Pet Food Drive 2/8/20

Hello Ellen and the Roadrunners, Thank you all so much for supporting the [DaisyCares.com](http://DaisyCares.com) Pet Food Drive and Fiesta Medal Sale on Saturday! It was great to see so many of you here walking at Hill Country Retreat for your Volksmarch!

We collected about a thousand pounds of pet food and supplies with your kind assistance. We also sold 52 Fiesta Medals and received some very generous cash donations!

You have helped us make many pets and their people very happy! On behalf of [DaisyCares.com](http://DaisyCares.com), please accept my sincere appreciation!

Karen Currie  
Hill Country Retreat Resident  
DaisyCares Volunteer/Ambassador  
Randolph Roadrunner, 1979-1982



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

### National Walking Week

April 1st to 7th



### Programs & Special Programs Committee-Tim Miner, Chair AMERICA'S WALKING CLUB LEADS THE WAY FOR "NATIONAL WALKING WEEK"

On January 5th, 2020, the Board of Directors voted to make a bold statement to the world and declared that the **first seven days of April** will be called "National Walking Week." This activity will coincide with "National Walking Day" as sponsored by the American Heart Association for the last twelve years and takes place on the first Wednesday of April. This year, National Walking Day occurs on Wednesday, April 1, and National Walking Week includes the days of the first through the seventh. The creation of National Walking Week allows the focus to be on all the reasons we walk in AVA and in the country, and it will give greater flexibility for everyone to be included in activities since there will always be weekend days to participate.

The first National Walking Week gives AVA and its member clubs and individuals the ability to do several things. First, it will create a "critical mass" of activity leading to visibility and publicity for our work in the areas of fitness, fellowship and fun. Second, it gives the AVA and its clubs the ability to create alliances and coalitions to promote walking together for all the reasons mentioned in the declaration. Partnerships will be the key to AVA exposure and growth in the future.

Every club is encouraged to hold a walking activity sometime during the first seven days in April. Traditional

events are great. Coming together to do a year-round in a group walk is great. Please look at the benefits of owning and using a "Traveling Guided Walk" stamp. This stamp allows the club to hold multiple events during the seven days that are not already sanctioned. It gives greater flexibility to reach out to new communities and activities that would be ripe to co-host a walking event with you.

Because this week is the AVA's opportunity to show the benefits of walking to a wide range of activities and causes, there will be "neutral" sites created on the internet and in social media to allow collaborations. These links will be on the AVA's new website and shared throughout the internet world and in our traditional media. During the seven days, please ask yourself the question, "How does my walking benefit my community?" Go out and tell the story!

**WALK LONG,  
STAY STRONG!**

### Walking Week Events

April 1 – Wednesday - Downtown churches YRE from dawn to dusk, walk box to register at Holiday Inn , 318 W. Cesar Chavez Blvd.

April 2 – Thursday – Start point at Blue Star Arts Complex, 1414 S. Alamo St. from 7:30 to 10 a.m. Walk to Mission Concepcion and back.

April 3 – Friday - Leon Creek Greenway YRE. Walk Box at front desk of Drury Inn, 15806 I-10W at 1604 interchange. Open dawn to dusk.

April 4 – Saturday – 9<sup>th</sup> Annual Tour de Castroville, Castroville Regional park, 816 Alsace St., Castroville. AVA Start/Finish under the tent. Start 8:30 to 11:30 a.m. Finish by 2 p.m.

April 5 – Sunday – River Walk North or South YREs. Walk Box at The Inn at Alamo, 405 Broadway. Open dawn to dusk.

April 6 – Monday - Stone Oak YRE. Walk box at Drury Inn, 801 N. Loop 1604 between 281 & Stone Oak Pkwy. Open dawn to dusk.

April 7 – Tuesday – North Star Mall evening walk 3 to 7 p.m. Start at Taco Cabana, 7339 San Pedro Ave. Mall closes at 9 p.m.

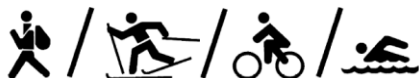


2020 brings new excitement for the Big Give. As we get close to the day, we will publish Big Give updates in the Checkpoint and social media. Stay tuned for announcements on Big Give prizes, target times to donate and new AVA giveaways. This year, a special prize will be awarded to the region with most donors. More details to come.

Why donate to the Big Give? Our walking programs help people live a longer healthier life by lowering the risk of heart disease, diabetes, obesity, depression and even some cancers. As America's Walking Club, our mission is to bring these walking health benefits to people of all ages and abilities. Walk long, stay strong with America's Walking Club.

Please consider donating online to the Big Give on **March 26, 2020**. Your donations will help increase accessibility of walks in more communities. Access to AVA walks will reduce the risk of disease and will help bring people together all while having fun! Donations can be made online through [thebiggivesa.org](http://thebiggivesa.org) or you can mail a donation check to American Volkssport Association 1001 Pat Booker Rd, Ste 101, Universal City, TX 78148 now through April 30, 2020. 2020 is year six of the Big Give! Last year, our generous donors raised \$81,665.70! 409 individuals came together to support our cause. This year, our goal is to surpass \$80,000 once again.

WALK LONG, STAY STRONG!  
03.26.2020



**Texas Traditional Events**  
**March, 2020:**

3/7/2020 - 3/7/2020 - Walk

**Event Number:** 116231 5k/10k  
**Start:** Comfort Inn and Suites  
**Event City:** Boerne  
**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)

3/14/2020 - 3/14/2020 - Walk  
**Event Number:** 116313 5k & 10K  
**Start:** Baytown Nature Center  
**Event City:** Baytown - Nature Center  
**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, (000) 000-0000  
**E-Mail:**[hvhpresident@houstonhappyhiker.com](mailto:hvhpresident@houstonhappyhiker.com)  
**Club Website:** [www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

3/14/2020 - 3/14/2020 - Walk  
**Event Number:** 116310 10km/5km  
**Start:** Parking lot in the rear of the Llano County Historical Museum, 310 Bessemer Ave  
**Event City:** Llano, TX 78643  
**Host Club:** Volkssportverein Friedrichsburg  
**Event Website:**  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
320 Morning Glory Drive  
Fredericksburg, Tx 78624  
**Contact:** David Roberts, (830) 992-7584  
**E-Mail:**[dloberts34@hotmail.com](mailto:dloberts34@hotmail.com)  
**Club Website:** [www.walktx.org/AVA1](http://www.walktx.org/AVA1)

3/14/2020 - 3/14/2020 - Walk  
**Event Number:** 116258 10km/5km  
**Start:** Parks of Aledo Trails  
**Event City:** Aledo, TX - Parks of Aledo Trails

**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)



3/21/2020 - 3/21/2020 - Walk  
**Event Number:** 116287 13k / 10k / 5k  
**Start:** Jakes Burgers and Beer  
**Event City:** Flower Mound  
**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:**  
1134 Thistle Dr.  
Mesquite, Tx 75149  
**Contact:** Deborah Carter, (214) 549-0853  
**E-Mail:**[debwalk@earthlink.net](mailto:debwalk@earthlink.net)  
**Club Website:** [www.dallastrekkers.org](http://www.dallastrekkers.org)

3/21/2020 - 3/21/2020 - Walk  
**Event Number:** 116190 10 km  
**Start:** Kissing Tree Community, 201 Kissing Tree Lane  
**Event City:** San Marcos  
**Host Club:** San Marcos River Walkers  
**Event Website:**  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
100 E. Laurel Ln.  
San Marcos 7866600000  
**Contact:** Barbara Piersol, (512) 396-4463  
**E-Mail:**[bpiersol@grandecom.net](mailto:bpiersol@grandecom.net)

3/28/2020 - 3/28/2020 - Walk  
**Event Number:** 116269 5k and 10k  
**Start:** Gruene Hall in Gruene Historic District  
**Event City:** Gruene, TX - New Braunfels Spring Walk in Gruene Historic District

**Host Club:** NB-Marsch-und Wandergruppe

**Event Website:**

[www.muw.walktexas.org](http://www.muw.walktexas.org)

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

**Write for more information to:**

217 E. Tanglewood

New Braunfels, TX 78130

**Contact:** Jan Engel, (830) 660-4935

**E-Mail:** [jsengel@earthlink.net](mailto:jsengel@earthlink.net)

**Club Website:**

[www.muw.walktexas.org](http://www.muw.walktexas.org)

## RR Del Webb Chocolate Walk 2/8/2020



Susan Medlin's Fondue fountain for chocolate dipping at Del Webb walk.



Gayle Weinraub with Rudy, Marcella Leshner, Diane Dueterhoeft, John Bohnert with Dolly, and Tina Bohnert next to the entrance to the Persimmon trail at Del Webb.

## Take A Happiness Walk

Instantly recharge your energy by increasing circulation. Take an easy walk that includes these stress-busting techniques anytime you need a quick pick-me-up. And it can also help if your goal is to lose weight or firm up.

**Focus on your Feet.** Feel the firm ground beneath you as each foot rolls from heel to toe. Try to hold awareness of your steps for 2 to 3 minutes.



Checkpoint marker along the chocolate trail.



Joe and Susan Noonan with Rudy and Q-tip, Mike Schwencke with Dolly, and Gayle next to the check point on Cedars Trail at Del Webb.

## Turn Your Attention to Breathing.

Lift your torso to stand upright and increase lung space. As you inhale, imagine you are drawing in renewed energy. Exhale tiredness and pain. Let fresh life flow into your lungs and your cells.

**Mentally Talk to Yourself.** Thinking *fresh air in, stale air out* as you breathe can help you maintain focus.



Ellen Ott and Pat Gunter working the start/finish table CorwnRidge Canyon.



Carlen Forinash, Jackie Lytle, and David Prewitt in front of mural by artist Oscar Alvarado.



## CrownRidge Canyon Natural Area – RR featured YRE 2/1/2020

### 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 \_\_\_\_\_