



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

Volume 2020 – May 2020 No. 5  
Next Meeting – 5/21/2020

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, Keith Riggle, Denise Wanke, Cynthia Zielinski, Kelly Peek, Susie Agiorre, Jim Martin and Lorraine Adams. 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 scheduled for May 21, 2020

### Until further notice.



### From the Desk of the Pres--

Hello everyone; hope you are staying safe and healthy. One way you can do this is to enjoy one of the many year around events hosted by the Roadrunners.

The following start locations for Roadrunner yre's that are open are:

Comfort Inn - for the 3 Boerne yre's  
Rodeway Inn - for Crownridge Natural Area and Friedrich Park.

Drury Inn 1604 and I-10 - for Leon Creek walk, bike and Eisenhower Park  
Broadway Daily Bread - on Broadway and DeZavala.

Southside Lions Park - is on the remote start box.

The "Y" in Schertz is NOT open.  
Any questions can be directed to me.  
Ellen - [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

### Up-coming walk events planned:

Beethoven Mannerchor - 15 May  
This has been approved by Claude Heide; as of now they are not planning to cancel the May Fest.

Taco Cabana - 11 July  
Nacogdoches and 1604; details being worked out - may drive to Comanche Lookout Park for the 5k trail

Taco Cabana - 8 August  
Blanco Rd and 1604; want to use this TC before road work starts on the intersection of 1604 and Blanco

Roadrunner YRE - 5 September  
All suggestions welcome as to what yre to do - perhaps Broadway (Alamo Heights) ???

Roadrunner YRE - 10 October  
would like to have suggestions

Pearsall Park or Walker Ranch- 21 November

Great 5k trail - have to work on a 10k route at Pearsall Park; other option is Walker Ranch since the land bridge is suppose to be finished going over Wurzbach Parkway by the end of October – presently, construction is on time. Please let me know your thoughts on this so I can get something sanctioned.

Boerne Christmas Pancake walk - 12 December

According to the web site the Boerne Christmas Market is also held in the Main Plaza on 19 and 20 December from 10 am to 5 pm with over 130 vendors both weekends. Usually the same vendors are there both weekends.





## David Bonewitz, President AVA: America's Walking Club

I hope that you and yours are staying healthy as the nation deals with this COVID-19 crisis. With the need for social distancing and the shutdown of other outlets, we still have a need for exercise, fresh air, and sunshine. While it appears that walking in ones neighborhood may remain an option even in areas that are otherwise shutdown, you must be sure to follow the directions of your local health and government officials. Most sources also advise that if you are sick or someone in your home is sick, stay inside and away from people. If you do go out to walk, be extra careful as an accident could send you to the emergency room which might bring more exposure to this virus.

So, I encourage you to get some exercise, eat healthy, and maintain contact (albeit from a distance) with your friends. The AVA national leadership has been looking at options for providing encouragement to our members and the public. You will find some of those in this edition of the Checkpoint. As more are developed we'll let you know.

These are crazy times, but we will get through them. Stay positive, and stay in touch with each other (from that appropriate social distance). Finally, even though The Big Give has been put on hold, consider sending a donation to AVA: America's Walking Club. This is still our one annual fundraiser, and I hope you will show your support. Do everything you can to stay healthy. Stay Safe So You Can Keep Walking.

Happy trails,  
David Bonewitz, PhD  
AVA President  
AVA: America's Walking Club

## AVA Virtual Online Programs—Jan Van Vlack Special C-19 Activities Program Starts April 6th

In an effort to stay healthy and active during the COVID-19 crisis, we are setting up a special version of the *Virtual Online Program (VOP)*, *The Appalachian Trail*, based solely on activities converted to steps beginning 4/6.

How creative can you be? Since some activities, like bicycling, would convert to more steps than mopping or gardening, we decided to use an average of 2,500 converted steps/day. Go for a bike ride... done for the day.

Only mopped, gardened, or walked some stairs? Find something else to get your activity in. Play croquet with the grandkids, lift some weights, get the Wii out and bowl! Most anything and everything will count... so if you can't find it on the list, find something comparable. Let your imagination guide you. And if you do go for a Volkswalk, a walk around your block, or a walk in the park, that will also count as an activity!

We are trying to reach non-walkers and those who have had to cut back on walking because of social distancing and quarantines, but we think many of our current VOP Walkers will also want to join the fun. Unlike other additional Challenges, because the Special C-19 Activities Program will include a very special T-Shirt, there will be a charge for this Program. Due to increasing costs, we are asking for reimbursement for postage for T-Shirts.

### ***Here is the current (and creative) VOP pricing:***

\$35 - Current Walking Appalachian Trail Challenges includes T-Shirt. Postage reimbursement appreciated.  
\$25 - (limited time special), current Walking Appalachian Trail Challenges, no T-Shirt (unless purchased separately plus shipping).  
\$30 - Special C-19 Activities Program for new VOP Appalachian Trail participants includes Special C-19 T-Shirt, postage reimbursement expected. (Does not include walking versions of The Appalachian Trail Challenges).  
\$15 - Have it all... Special C-19

Activities Challenge for current VOP Appalachian Trail walking participants, includes Special C-19 Activities T-Shirt and The Appalachian Trail T-Shirt. Postage reimbursement expected.

***Remember: The actual Appalachian Trail Volkswalk is currently closed. This may be the only way to "see" this wonderful trail this year! Join now, see as much as you can of the AT during this crisis, and if you don't finish, you will still earn the Special T-Shirt while having fun. Sign up now so you won't miss logging your Activities. The Challenge begins 4/6/20.***

***Questions: Please post on The VOP Appalachian Trail Challenge for others to see, or email me at vop@ava.org. Visit the AVA.org website and register.***

## Communications— Samanta Sanchez Book your 2021 reservations and say cheese!

The 2021 Convention hotel has been booked! A block of rooms for our upcoming convention has been reserved at the beautiful Madison Concourse Hotel, located in the heart of downtown Madison.



The AVA has blocked room nights for June 29 – July 3 at a discounted group rate of \$129 + tax per night (limit 2 people per room). Rates increase to \$139 for three guests per room night and \$149 for four guests per room night. Breakfast will be complimentary for AVA guests staying at this hotel Wednesday through Saturday only (limit of two complimentary breakfasts per room). Additional breakfast can be purchased for \$8.00 per person. Parking for overnight guests is discounted at \$8 per night. Complimentary airport shuttle is included with your stay, along with a spectacular view of downtown Madison.

To make your reservations please dial (800) 356-8293 and ask for the AVA 2021 Biennial Convention block to get the discounted rate or make your reservations online by visiting: <https://reservations.travelclick.com/6388?groupID=2812872>.

The Madison Concourse Hotel is the place to stay when visiting Wisconsin, don't miss out on this great rate! The Madison Concourse Hotel One West Dayton St. Madison, WI 53703

Convention workshops and the General Membership meeting will be hosted in the Monona Terrace Community & Convention Center located at One John Nolen Drive, Madison, WI 5370. <http://ava.org/2021-convention/>



View from the Madison Concourse Hotel

**TALES FROM THE TRAILS**  
East Nashville and Stones River National Battlefield - April 11, 2019 – *By Susan and Bob Alton*

The walk sign-in point for this 5km Volksmarch (which is a walk around a neighborhood in East Nashville, Tennessee) was located at a skateboard shop. From there, we drove a few blocks to the walk start at Edgefield Baptist Church. This walk is described as an "Urban hike."



Edgefield Baptist Church - our start point

To us, it's fun to see all the different types of architecture, flowers in bloom, and cute shops, or murals in any given neighborhood. Every few blocks there

was a sign with a map and the history of that neighborhood.

This walk had some hills so we got a little more exercise. And we had to start getting in shape for the waterfall and Appalachian Trail hikes we were going to do in June!



The fire of 1916 destroyed over 600 structures in East Nashville. Part of the damaged area wasn't rebuilt and instead was turned into East Park.

The next two photos are of the "gargoyle house" which, luckily, did not get destroyed in the 1916 fire in this neighborhood.



The gargoyle house.



The gargoyle

The main focus of this walk is the neighborhood and the beautiful houses.

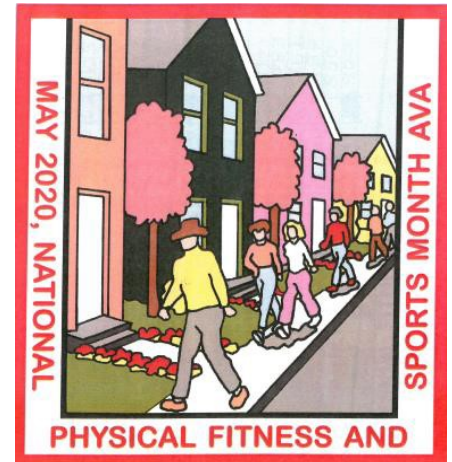
The mural on the side of Fanny's House of Music is awesome. It depicts influential women guitarists, such as Joan Jett, Dolly Parton, Taylor Swift, Suzie Quatro, Maybelle Carter, Joni Mitchell, Joan Baez, Loretta Lynn, Sister Rosetta Tharpe, Bonnie Raitt, and more.



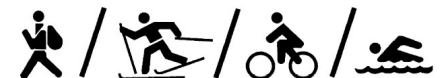
Fanny's House of Music Mural

The East Nashville 5km was a good walk, but the instructions need updating. They refer to checkpoints where there aren't any questions to answer, and there was one place in particular with an error in the directions which caused us to go up a steep hill and a few blocks out of our way. Luckily, we found the error before we went too far.

## May 2020 National Physical Fitness & Sports Month Patch



Patch design courtesy of Dorman Batson Northwest Region



**Texas Traditional Events**  
**May, 2020 as listed on AVA website:** (check the AVA website for any changes or cancellations)

5/2/2020 - 5/2/2020 **CANCELLED AND POSTPONED UNTIL 10-31-20.**

**Event Number:** 116447 10km/5km  
**Start:** County Park near Camp Verde Store @ 288 Camp Verde Rd., Camp Verde TX 78010  
**Event City:** Camp Verde, TX 78010  
**Host Club:** Kerrville Trailblazers

Event Website:  
[www.walktexas.org/Kerrville Trailblazers](http://www.walktexas.org/KerrvilleTrailblazers)  
 More Details: [Click here for directions, ratings, etc.](#)  
 Write for more information to:  
 446 Vicksburg Ave.  
 Kerrville, Tx 78028  
 Contact: Robert Theis, (830) 896-3550  
 Club Website:  
[www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)



5/9/2020 - 5/9/2020 - Walk  
 Event Number: 116304 5K/10K  
 Start: Joshua Springs Park & Preserve  
 Event City: Comfort  
 Host Club: Hill Country Volkssportverein  
 More Details: [Click here for directions, ratings, etc.](#)  
 Write for more information to:  
 P O Box 822  
 Comfort, Texas 78013  
 Contact: John Bohnert, (830) 496-1746  
 E-Mail: [johnbohnert63@gmail.com](mailto:johnbohnert63@gmail.com)

5/15/2020 - 5/15/2020 - Walk  
 Event Number: 116401 5k/10k  
 Start: Beethoven Mannerchor Halle und Garten  
 Event City: San Antonio - Maifest & King William  
 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)

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

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 \_\_\_\_\_