



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2020 – June 2020 No. 6
Next Meeting – 6/18/2020

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

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

AVA Website

www.ava.org

TVA Website

www.walktexas.org

TVA President-Deputy SW Region

Susan Medlin 210-325-3523

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, Denise Wanke, Cynthia Zielinski, Kelly Peek, Susie Agiorre, Jim Martin, Lorraine Adams, Janice Connor, Rite Wheeler and Rick & Jane Wilson. To renew your RR membership, fill out the application attached or print it off our website: 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 RR meeting is scheduled for June 18, 2020 and we will be using **Zoom** and a speaker from the Hardburger Conservancy will be featured.



From the Desk of the Pres--

Hello; hope ya'll are staying safe and healthy. The AVA has face masks for sale. Call or email the AVE for info or you can call me if you have any questions. 210-723-8574. A good way you can stay healthy is to enjoy one of the many year around events hosted by the Roadrunners. The following start locations for Roadrunner yre's are open:

1. Comfort Inn - for the 3 Boerne yre's
2. Rodeway Inn (now LaCantera Inn) - for Crownridge Natural Area and Friedrich Park.
3. Drury Inn 1604 and I-10 - for Leon

Creek walk, bike and Eisenhower Park
4. Broadway Daily Bread - on Broadway and DeZavala.

5. Southside Lions Park - is on the remote start box.

5. The Schertz YMCA opened May 18, The walk box is in a small room on the left before the main desk to avoid any crowding in the hallway. The YMCA building will be closed every day from 1 - 3 PM for extensive cleaning. Any questions can be directed to me. Ellen at: ellenott@sbcglobal.net

Up-coming walk events planned:
Beethoven Mannerchor Halle und Garten - 19 June

Beethoven Halle, Pereida St. S.A.T.
3:30 p.m. to 6 p.m. finish by 9 p.m.

Taco Cabana - 11 July

Nacogdoches and 1604; 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

North Star Mall YRE – 22 August

Start at the San Pedro Taco Cabana corner of Rector and San Pedro. Start time will be determined by what time the mall doors open. As of May 28, the doors don't open until 10 a.m.

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.

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.



KUDOS to the following RR walkers as published in the June TAW--

Events:

125	Donnie King
350	David Prewitt
350	Kathy Schwencke
700	Susan Alton
800	John Ives
1100	Susan Medlin
1250	Bart Marlur

Distance:

6,000 km	John Ives
6,500	Susan Alton
16,000	Bart Marlur

SPECIAL PROGRAMS:

As of June 2020, the following RR's have completed the Ice Cream Parlors Special Program:

Susan Barnes
Susan Medlin
Darren Medlin
Ellen Ott

Completed Little Free Library Special Program:
Susan Medlin



**AMERICA'S
WALKING CLUB**

— ESTABLISHED 1976 —

Executive Director Update – Henry Rosales

Safe Practice Recommendations for AVA Events

The AVA Board of Directors has approved the reopening of AVA events effective May 1, 2020. This means clubs may conduct events but only if

they are following all Federal, State, and Local restrictions and guidelines AND the Regional Direction has approved of the event(s). In addition, the AVA recommends the following event guidelines to ensure the safety of everyone. Clubs may decide to incorporate additional guidelines and best practices as they see fit or as recommended by their Regional Director.

The AVA has put together the following as a set of safe practice recommendations for clubs hosting AVA events: The club or state organization hosting an event should continue to implement social distancing (6 ft apart) and health safety practices consistent with state / county / local guidelines in your area and where the walks will take place.

➤ Advise members who feel sick or display flu-like symptoms NOT to attend events.

➤ Organizers should coordinate the start/finish points ahead of time.

➤ Have a plan in place if more than the limit of participants (based on restrictions of your area) show up to walk.

• A suggestion could be to establish a RSVP process and a maximum attendance limit for the event or for each group

➤ Modify registration procedures; suggestions for this:

• Volunteer workers wear masks/gloves (at start point & checkpoint)
• Limit the number of volunteers in one area to two people
• Spacing participants in lines as they wait to register
• Having one or two volunteers dedicated to directing social distancing
• Participants bring their own pens
• Sanitizing all surfaces (rubbing alcohol 70%-90% could be used for this if there are no other sanitizers available for purchase)

➤ Have participants wear face masks and/or gloves (at checkpoints & finish area)

• If possible, have a supply of gloves on-site and/or encourage participants to bring their own

➤ Stagger participants at the start point

➤ Have participants practice social distancing on their walk as much as possible

➤ If possible, provide hand sanitizer (at start point & checkpoint) and/or make participants aware of restrooms for hand washing near the walk

➤ Let participants know ahead of time how safety practices will be handled for each walk

• Suggestions for this can be to include information on how you will operate regarding COVID-19 into your event brochure

• Use your club newsletters, event flyers, event brochures, website, e-mail blasts and/or social media to reinforce new guideline expectations for your volunteers and your participants.

➤ If possible, have individual bottles of water available for participants and/or advise participants to bring their own water bottles

➤ Advise the participants to bring exact change as another way to minimize contact.



22ND AVA BIENNIAL CONVENTION
MADISON, WI | JUNE 26 - JULY 3, 2021

2021 AVA Biennial Convention - Tentative Schedule

By Jerry Wilson, AVA Convention Committee Chair

The Following is the tentative schedule of events leading up to and through the 2021 AVA Biennial Convention slated for Madison Wisconsin. There may be changes, but things are firming up the more we talk through the process.

Saturday, June 26, 2021 Pre-Convention Walk & Bike Events: Galena, IL 8:00 am -12:00 pm Start, 3:00 pm Finish. Sanc. As a Seasonal Event. *Those in Madison: Shake the Lake (Madison Independence Day Fireworks Over Lake Monona). Free Event

Sunday, June 27, 2021 Pre-Convention Walk & Bike Events: Oconomowoc, WI 8:00 am-12:00 pm, 3:00 pm Finish. Sanc. As a Seasonal Event *

Monday, June 28, 2021 Pre-Convention Walk & Bike Events: Green Bay, WI 8:00 am-12:00 pm, 3:00 pm Finish. Sanc. As a Seasonal Event * Convention Registration, Merchandise, Credentials, Silent Auction Begin at Monona Terrace Event Start and Finish Room Opens at Concourse Hotel

Tuesday, June 29, 2021 Pre-Convention Walk & Bike Events: Sparta, WI 7:30 am-12:00 pm Start, 3:00 pm Finish. Sanc. As a Seasonal Event *Afternoon Board Meeting -Concourse Hotel Evening Meet and Greet on Roof-top - Monona Terrace Later Evening Dessert Time with Cash Bar at Concourse Hotel Dinner on Your Own.

Madison Bike & Swim Events: Participate any day and daylight time desired. These are sanctioned as seasonal events. ** Bike & Swim Registration can occur at any Pre-Convention Event or at the Concourse Hotel Event Registration Room Also Register for Other Walks. Pre-Stamp Books for Events Remaining to Be Completed After Sat., July 3 Noon.

Wednesday, June 30, 2021 Breakfast for Concourse Hotel Lodgers Convention Walk: U W Arboretum Walk: Bus To and From Start Point, Very Limited Parking at Arboretum Walk Site Box Lunch -Monona Terrace Early Afternoon State Association or Regional Director Meetings, or FLW Monona Terrace Tour -Monona TerraceMid-Afternoon General Session -Monona Terrace Dinner on Your Own.5:30 pm Options, May Include: Register in advance: Concert on the Square (free) on the Grass in Roped Off Area,

Other Options: Concert on the Square: Strolling the Square. Dinner Along State St., and Surrounding Area Guided Walk (non-sanctioned) or On Your Own Walk to U W Union Terrace for Sunset & Purchase Food & Drink Guided Walk to One-Five Breweries, Non-Sanctioned, Three W/ Meal Service, One Additional W/ Limited Food. * Madison Bike and Swim Events: See above.

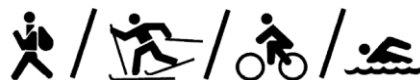
Thursday, July 1, 2021 Breakfast for Concourse Hotel Lodgers Convention Walk: Monona Bay Walk: Start 7:30 - 11:30 am Complete by 2:30 pm. Concourse to Concourse Box Lunch - Monona Terrace Afternoon Workshops-

Monona Terrace Early Evening Gala Social Time -Monona Terrace Evening Gala -Monona Terrace Public Music Event Running Simultaneously on the Monona Terrace Roof, Free* Madison Bike and Swim Events: See above.

Friday, July 2, 2021 Breakfast for Concourse Hotel Lodgers Convention Walk: Olbrich Gardens: Start 8:30 - 12:00 pm Finish by 3:00 pm Bus to Start, Walk Back to Concourse Hotel. Box Lunch: Monona Terrace Early Afternoon Workshops -Monona TerraceMid-Afternoon General Session Monona Terrace -Convention Officially Ends at end of Meeting. Evening President's Reception -Concourse Hotel* Madison Bike and Swim Events: See above.

Saturday, July 3 Breakfast for Concourse Hotel Lodgers Post Convention Walk: UW Campus Walk: Start 7:30 -11:30 am, Finish: By 2:00 pm Outreach Event. Running Simultaneously: Dane County Farmers Market on the Capital Square 6:30 am - 2:00 pm Items for Purchase.* Madison Bike and Missed Walk Events: See above, Must Pre-Stamp Books if Not Finished by 2:00pm Saturday.

Sunday -Seasonal Events Open for Participants Until End Date, if Books Pre-Stamped.



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

6/19/2020 - 6/19/2020 - 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
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
Club Website: www.randolphroadrunners.info



7/11/2020 - 7/11/2020 - Walk
Event Number: 116500 5/10k
Start: Taco Cabana at 1604 and Nacogdoches
Event City: San Antonio - July Summer Sunrise Event
Host Club : Randolph Roadrunners
Event Website: 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
Club Website: www.randolphroadrunners.info



Science Says Walking Helps You Feel Less Anxious

BY [JODI HELMER](#) - MAY 3, 2020

With the global corona virus pandemic dominating headlines (and your thoughts), it's almost impossible not to feel a little anxious right now. "It's a time when all of us are in need of healthy ways to cope and resources to regulate our emotions," says Kathleen M. McIntyre, LCSW, an instructor in psychiatric social work at Columbia University Medical Center.

One positive coping mechanism: Going for a walk. Here's what the science says and how often you should walk to reap the benefits:

A recent study published in the journal Health Psychology found exercise, such

as walking, reduced feelings of anxiety, depression and hostility. McIntyre was part of a team of researchers who followed 119 healthy (but inactive) adults between the ages of 20–45, separating them into two groups: The first group did not change their activity levels while the second group started a moderate-intensity exercise regimen that included walking or jogging on a treadmill, using a stair-climber or riding a stationary bicycle for four days per week. The goal, according to McIntyre, was for participants to achieve 70–80% of their maximum heart rate for at least 40 minutes, four times per week. The initial program lasted 12 weeks.

Those who engaged in moderate-intensity physical activity experienced a 39% drop in their depression scores (compared to the control group) and also reported lower levels of hostility and anxiety. Even after participants stopped exercising for four weeks, their self-reported levels of anxiety, depression and hostility remained lower than their sedentary peers.

Additional studies have shown similar effects. The data shows high-intensity exercise had a greater impact on reducing anxiety compared to low-intensity exercise and workouts lasting at least 30 minutes were more effective than shorter workouts for treating anxiety and depression.

Moreover, walking in nature appears to be particularly beneficial for reducing anxiety. Spending as little as 120 minutes per week outdoors helped boost mental health and well-being, according to research published in the journal *Scientific Reports*.

Since 40 minutes of exercise at least four times per week led to significant mental health benefits, it's a good goal to aim for. However, even just 10 minutes of walking per day can help you slowly work up to longer durations if you're new to walking. Eventually, you might want to surpass 40 minutes, four times per week, since "longer, more frequent walks could provide even bigger benefits," says McIntyre.

Not only does exercise release mood-boosting endorphins, but going for a daily walk "is a great way to have a sense of accomplishment, which can yield an immediate boost for your mood levels, combat anxiety and increase motivation," notes McIntyre. Just remember to follow the guidelines for social distancing and, if recommended, wear a mask, adds McIntyre.

To become more active, try setting a simple goal to increase (and track) your daily steps. Go to "Plans" in the MyFitnessPal app and choose a 28-day step plan to learn tips to boost your activity.



Spring Crazy Horse Volksmarch due to Covid-19. The club will make a decision on the Autumn Crazy Horse walk by August 26.



Martin Callahan and Rudy along the trail in front of the *Treue der Union* (Loyalty to the Union) monument on High Street at the Comfort YRE. The monument is dedicated to German Unionists who were killed by Confederate troops at the Battle of Nueces on 10 August 1862 and while crossing the Rio Grande on 18 October 1862 in order to join the Union Army in Mexico. In 1865 the remains of 40 of these German Unionists were buried at this site and in 1866 the monument was dedicated.

The start point for this walk is still closed (the High Street Café), but John Bohnert is willing to meet walkers who call him ahead of time and he will bring

the box to them as he did for me. He is having Tina type up an email to send out soon. John's number is 830-995-2421.

Martin Callahan



Salado Creek Greenway/McAllister Park YRE Walk- Martin Callahan with Dolly (left) and Rudy stop for a picture next to the memorial plaque for the Staff Sergeant Christopher Morningstar Boardwalk along the walk trail on 19 April 2020.



Martin Callahan with Dolly (left) and Rudy at the Salado Creek Greenway/Tobin Park YRE Walk trail at the monument to Robert L.B. Tobin on the Tobin Park trailhead which is the turn-a-round point for the 5k trail on 7 April 2020.



Martin Callahan and Rudy at Salado Creek Greenway/Tobin Park YRE Walk trail next to the monument to Robert L.B. Tobin at the Tobin Park trailhead 18 May 2020.

***All photos courtesy of Martin Callahan**



From left to right, Doug Eide with Dolly, Gayle Weinraub, and Martin Callahan with Rudy stop for a picture in front of the Gazebo on the trail along W. San Antonio Ave. through Main Plaza. —Photo submitted to Checkpoint by Martin Callahan.



AVA C-19 Walking Masks

Cotton and Poly-Cotton Blend
 2 Layers Non-Medical
 1 Mask for \$9.75 or 2 Masks for \$17.50
 (You save \$2.00)
 Limited Supply
 To order and prepay contact Marian at
 the National Office
 marian@ava.org (210) 659-2112

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
 This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

Address _____

Apt No. _____

RENEWAL FEE: \$4.00 for one year

City _____ State _____ Zip code _____

\$10.00 for three years
 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 _____