



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

Volume 2020 – September 2020 No. 9  
Next Meeting – 9/17/2020

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**

*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:

**Rose Mueller, Nancy Fix Anderson, Susan Chandler, Linda & Sean Cook, Denise Wanke, Kelly Peek, Susie Agiorre, Jim Martin, Lorraine Adams, Rite Wheeler, Rick & Jane Wilson, Robert Basaldua, Eva Bueno, Elizabeth Prike, Sylvia Reyna, Donna, Leonard & Rachael Watson.**

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!

Ben & Susan Ennis San Antonio  
Darlene & James Copeland San Antonio

Steven Stechulte San Antonio  
Gregory Young 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 RR meeting is tentatively scheduled for September 17, 2020 (even if it's outdoors). Folks may need to bring their own chair. Ellen will bring bug spray. Covid precautions may still be necessary, but everyone can wear a mask and social distance. Ellen will send an agenda at a later date.

## From the Desk of the Pres--

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.

6. The Schertz YMCA

The walk box is in a small room on the left before the main desk to avoid any crowding in the hallway.

As of Saturday, July 18, 2020

The Schertz YMCA is open as follows:

Saturday 8AM - 2PM

Sunday - closed

Mon - Fri: Open 6AM - 1PM and 3PM-8 PM

The YMCA building will be closed every day from 1 - 3 PM for extensive cleaning. Face masks are required to enter the gym.

Any questions can be directed to me.

Ellen at: [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)



## RR Taco Cabana Sunrise Walk 7/11/20

It was another great morning in a San Antonio neighborhood on 11 July for the SunRise walk that started in the parking lot by the Taco Cabana at 1604 and Nacogdoches Road. 47 walkers walked in the Fox Run area and Comanche Lookout Park. "Thank you" to: John Ives, Mike Hermes, Patricia Heller, Herb Laing and Dave Prewitt for working this event.



## Up-coming walk events planned:

Taco Cabana - 8 August

Blanco Rd and 1604. Start area in

parking lot west of the Taco Cabana. Start time is 6:30 to 8:30 am. We will conduct the walk as we did for the RR July walk... sign in on a log sheet and stamp books after sign in. There will be 1 check point with bottle water. Covid precautions will be followed.

**Workers are needed for this walk.**

8/15/2020 – 8/15/2020 YRE YO966  
15 August the San Antonio Pathfinders (formerly Selma ) will feature will feature Leon Creek Greenway - Mainland to Military Drive Start 6:30 to 8:30 - Start is at the Mainland Trailhead. Turn east on Mainland Drive off Bandera Rd. and follow Mainland Drive until it dead ends at the trailhead.

North Star Mall YRE – Featured by the TTR on 22 August. As of 27 July, the start will be in the mall parking lot and staffed from 9 until noon. The mall doesn't open until 10 so some of the walk can be done in the parking garage before the mall opens.



**Nominations Committee—Tom Jackson, Chair**

**Opportunity to Serve**

The 22nd AVA Biennial Convention in Madison, Wisconsin, is less than a year away. While we will enjoy great walks, see new and old friends, and gain knowledge at workshops, a critical activity at our convention is the election of the national officers for the term of office from July 3, 2021 – June 30, 2023. Those national officers are the President, Vice-President, Secretary, and Treasurer.

Think of AVA as a sailing ship. The clubs are the sails that give AVA its energy and move it forward. The Regional Directors are like the lines that set the sails and configure the ship to run at its most efficient. The National Officers are like the rudder that sets the

direction that the ship is going to sail. You get the idea. Good leadership is essential for AVA to keep moving forward. Think about what you have done for your club, your state association, your region, and AVA. You have ideas about how AVA could do things better. It is easy to sit back and criticize, but what does that accomplish.

Now is the time to step up and make a difference. Run for national office! The Nominating Committee is made up of experienced, dedicated AVA members who volunteer to encourage AVA members to volunteer to run for office, and assist the candidates seeking office to understand the timelines and procedures to seek office. Nomination Letters of Intent and Candidate Packages will be due in October in time for inclusion in the December 2020 TAW. Further details and precise schedule will be provided in upcoming TAWs and Checkpoint. For more information, contact Tom Jackson at [nominations@ava.org](mailto:nominations@ava.org).

**C-19 VOP Program**

Join our new exercise program! The C-19 Activities Program is a special version of the Virtual Online Program, The Appalachian Trail, based solely on activities converted to steps. Now you can spring clean, do some gardening, yoga or dance around the house and convert your movements into steps from the safety of your home. Join our new program for only \$30 (C-19 t-shirt is included). Current Appalachian Trail members can register for \$15.



Click image to go to registration page. To view a full list of C-19 Activities [click here](#) or to see more details about the program [click here](#)



**Communications— Samanta Sanchez**

**New Regional Challenge Prize!**

This year, the Big Give Committee has decided to award a prize and special recognition to the region with the most amount raised during our Big Give campaign. The Walking Stick of Kindness will be awarded to the winning region and it will be passed down from winner to winner each year. In addition, the regional winners will be recognized during the 2021 AVA Biennial Convention and will receive a Front of the Line Pass\* to all social events and gala dinner. So spread the word among your regions and donate to the Big Give for a chance to win the Regional Challenge. Thanks to the generosity of our donors, we are getting closer to reaching our \$80,000 goal! To date, the AVA has raised \$57,776.64! Thank you all for your support.

*\*Pass includes front line access to all AVA food and beverage catered events like lunches, socials and the Thursday night Gala.*



22<sup>ND</sup> AVA BIENNIAL CONVENTION  
MADISON, WI | JUNE 26 - JULY 3, 2021

**Book your 2021 reservations and say cheese!**

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 breakfast 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.



## Tales from the Trails

Taken from Susan Alton's "Travel Bug" blog

### Kerrville River Trail 10k Volksmarch - Saturday, July 25, 2020.

On July 25<sup>th</sup>, Susan Medlin and I did a Texas Summer Volksmarch. The start time was 6:30 a.m. in Kerrville, Texas. I was up at 3:30 a.m. to pick up Susan at 5:30 a.m. (She's 1/2 hour from our house.) This is another of those 1-1/2 hour drives into the Texas Hill Country where the temperatures are a few degrees cooler. The drive to Kerrville was uneventful and we started walking at 7:10 a.m., after signing in. This is a Kerrville walk I have never done before and it's beautiful.



We drove to the Kerrville River Trailhead start point. The whole 10k was on a wide, paved trail. The temperature was 73 degrees.



The Kerrville River Trail was mostly in the shade along a river which was nice in the heat of summer. Huge Cypress trees lined the banks and we saw a turtle, geese, and ducks.



The trail followed the river past downtown Kerrville and we crossed under two bridges along the way. People were kayaking on the river, walking, bike riding, and jogging on the trail.



We finished our 10k walk at 9:00 a.m. and drove 1-1/2 hours back to San Antonio.



### Texas Traditional Events and Summer Sunrise Events as listed on AVA

**website:** (check the AVA website for any changes or cancellations)

8/8/2020 - 8/8/2020 - Walk

**Event Number:** 116501 5/10k

**Start:** Taco Cabana at 1604 and Blanco

**Event City:** San Antonio - August Summer Sunrise Event

**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)

8/15/2020 – 8/15/2020 Featured Walk

Event Number: Y0966 YRE 5/10k

Leon Creek Greenway Walk -

Start: Mainland Trailhead

Turn East on Mainland Drive off of Bandera Rd. and follow Mainland Dr. until it dead ends at the trailhead.

6:30 to 8:30 am.

Event city: San Antonio

Host club: Selma Pathfinders

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

8/22/2020 – 8/22/2020 Featured Walk

The TTR will feature the North Star Mall walk. As of now the start will be in the parking lot and staffed from 9 until noon. The mall doesn't open until 10 so some of the walk can be done in the parking garage before the mall opens.

## 7 Incredible Health Benefits of Walking Daily

BY SUE MOSEBAR, EDITOR IN CHIEF  
BIOTRUST NEWS

Did you know that an estimated 40% of adults don't walk at all, and it's getting worse as more of us spend time tied to technology? Yet walking is an activity that's accessible to nearly everyone, and it's incredibly affordable, enjoyable, and downright easy for most of us.

Here's a short list of just a handful of the many health benefits of walking daily:

1. **Helps maintain a healthy weight.** Walking burns calories, and the faster and longer you walk, the more calories you'll burn. In addition, walking can help increase muscle tone and strengthen the entire body, especially the legs and butt. It can also help improve

balance and prevent falls. What's more, taking a 30-minute brisk walk can improve insulin sensitivity, and regular walking can help you better manage blood sugar and reduce belly fat.

2. **Increases energy.** By improving both circulation and increasing the supply of oxygen to cells throughout the entire body, walking helps increase energy levels. Give it a try after lunch or when you're feeling an energy slump to see if it doesn't give you a bit of a boost. Research shows that 30 minutes of aerobic activity, like taking a walk, can improve concentration, memory, reasoning, and planning.
3. **Increases creativity.** Get this, in a 2014 study published in the *Journal of Experimental Psychology, Learning, Memory, and Cognition*, researchers found that walkers think more creatively than sitters during creative-thinking tests. In fact, walking increased creative thinking by 81% on one standard test for creativity and 23% for another. Need to solve a problem, create a solution, or spark the imagination? Grab a quick walk! And the brain health benefits of walking—and exercise in general—apply to children too. In other words, kids perform better in the classroom when they move more. And I keep hearing about schools taking away recess. What a shame.
4. **Reduces the risk of heart disease and stroke.** In fact, research has indicated that walking can reduce the risk of cardiovascular disease by up to 27%. How? By promoting healthy blood pressure, improving circulation, reducing LDL ("bad") cholesterol, increasing HDL ("good") cholesterol, and increasing how much blood the heart pumps with each beat (called "stroke volume"). The health benefits of walking don't stop there. Walking also reduces the chances of developing type 2 diabetes, which increases one's risk for heart disease and stroke. Again, by maintaining blood sugar levels and blood pressure in healthy ranges, walking supports overall health and reduces the chances of various chronic diseases.

5. **Supports a healthy mood.** Fitness mogul Bill Phillips is often quoted as saying, "Food is the most widely abused anti-anxiety drug in America, and exercise is the most potent, yet underutilized anti-depressant." It's true, and simply moving can be good therapy to prevent and even relieve some symptoms of depression. Research has even shown that walking can help lessen feelings of anger and hostility. Plus, walking outdoors in the sunshine helps increase vitamin D levels and provides an escape from daily stresses. It's a perfect way to breathe deeply and put problems into perspective.
6. **Builds bone density and joint health.** Along those lines, walking may help prevent osteoporosis and osteoarthritis. Walking can also improve balance and coordination, which helps prevent falls and associated injuries, such as hip fractures. In addition, walking helps keep the joints mobile by increasing the lubricating fluid between bones.
7. **Preserves memory and brain function.** This especially important and relevant as you get older. Believe it or not, regular physical activity, such as walking, has been shown to reduce the risk of dementia by up to 40%.

Surely with that list of the health benefits of walking daily, you're likely ready lace up your sneakers—if you didn't have them on already. While you can start out with just a few minutes at a slower pace, to really enjoy the benefits described above, you'll want to gradually build up to at least 30 minutes of brisk walking a day. Then, continue to pick up the pace, increase your walking distance, and/or add some hills or stairs into your daily walk. The body is nothing if not adaptive, so keep challenging yourself to continue to improve and enjoy all the benefits walking has to offer.

What if you can't manage a full 30-minute session? No worries! It can be just as effective to break up your walks into multiple sessions throughout the day. Ten minutes here, 15 minutes there. It all adds up.

Oh, and if you have a significant other, a friend, or even a dog, invite them to join you. It will give you a chance to connect—which has some additional awesome benefits. Now, go take a walk!

## Brook Hollow YRE 6/27/20



Pat Gunter, Linda Goodman, Susan Medlin, Darlene Oner & Rose Foerster at the start point of the Brookhollow YRE.



Martin Callahan with Rudy along Heimer Road in front of the entrance to a private airfield on walk route.



John Ives and Jill Troyer at the walk start point.



Neighbors in the Brookhollow neighborhood watching the walkers.

**\*All photos courtesy of Martin Callahan**

**Taco Cabana Summer  
Sunrise Walk - Comanche  
Lookout 7/11/20**



Ellen Ott, John Ives, Herb Laing and David Prewitt working at the start point.



Susan Alton, Susan Medlin, Bob Alton and Darren Medlin starting the walk.



Pat Heller working the checkpoint



A view from the top of surrounding area.



Stone tower at Comanche Lookout.



Martin Callahan with Rudy points to a street sign along the trail with his first name on it.

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

**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

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 \_\_\_\_\_