



Volume 2020 – October 2020 No. 10
Next Meeting – 10/15/2020

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

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:

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, Susan Fine, Samantha Goldsten, Laura Krbec, Glenda Parra and Yolanda Nieto. 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 tentatively scheduled for October 15, 2020 (on Zoom).



From the Desk of the Pres--

There will not be a Christmas party this year. With restrictions still in place, many folks have expressed reservations about attending a social gathering. Reservations and plans would have to begin now, which is not feasible.

RR 2020 events had the following participation:

Taco Cabana - 11 July- 49 walkers
Taco Cabana - 8 Aug. - 52 walkers
Leon Creek Greenbelt yre – 5 Sept. - 28 walkers

Future Events Scheduled for 2020:
10 October - feature Eisenhower yre-flyer to follow.
21 November - Pearsall Park - new

route!

12 December - Boerne Christmas walk - can still use the hall; will check on SA Loafers; probably no breakfast this year.

The following RR events are scheduled for 2021:

9 January	Corner Bakery/Alamo Hts
13 Feb.	Del Webb
14 May	Beethoven/King William
17 July	Taco Cabana
14 August	Taco Cabana
9 October	a featured YRE
11 Dec.	Boerne

Any questions can be directed to me.

Ellen at: ellenott@sbcglobal.net

October is Pedestrian Safety Month. The next time you walk in the street or don't use a crosswalk THINK about how unsafe that is. I wrote an article for the RR newsletter a few years ago of why I didn't use a sidewalk many times... limbs hanging over the sidewalk, uneven sidewalks, cars parked on the sidewalk, mailboxes constructed in the middle of the sidewalk, sidewalks uneven or there are no sidewalks and the poorest excuse of all to walk in the street...to look for money. With all that said I'm trying to be better crossing at a light and **not jay walking.**

The RR Membership is at 180 with no recent renewals. There were 19 open renewals from March thru July. Hearing no objections, these members have until 15 October to renew otherwise they will be dropped from the roster. Caryl Swann has sent numerous e-mails and messages to these folks with no response.

I would like to take this opportunity to thank the following folks who have helped with club "stuff."

Thank You to:

Herb Laing for setting up the September zoom meeting;

Caryl Swann for managing the club membership and the 2 Schertz's yre's;

John Ives for helping with the route for Pearsall Park and club logistics;
 Pat Gunter for being the club treasurer and keeping the walk box for the 3 Boerne yre's;
 Susan Medlin for keeping the yre's in order for CrownRidge, Eisenhower Park and Southside Lions Park;
 Audrey Vertucci for editing the club newsletter and forwarding club communication;
 David Prewitt for being the sales person and all it takes to keep an inventory of books and other merchandise.

Everyone's help is necessary to keep the club running smoothly. Some of us have been doing club work for many years and may like a break. So, thanks to each of the above folks for keeping the Roadrunners a great club
 Ellen 🐾

From: David Prewitt

Re: RR Sales merchandise

Attention: RR club members - Please spread the word ---
 The RRs need to get rid of old inventory so we can eventually order some new shirts for the club so if you need or want a club sweat shirt or polo please contact me or come see me at a walk on the Sales Table and let's make a deal! Also please place your order for a 2021 Starting Point with me asap.
 Thanks,
 Dave Prewitt
staingbusy@yahoo.com
 RR Sales Committee



2020 VOLKSSPORTING CLUBS OF SOUTHWEST TEXAS CALENDAR - Check before you walk due to COVID-19

October 2020:
 SAT/03 – HCV Bandera YRE
 SAT/10 – RRR Eisenhower Pk YRE
 SAT/17 – TTR Japanese Tea Garden
 SAT/24 & SUN/25 –HCV Waring/Fish Fry on Sunday only
 SAT/31 – KVT County Park near Camp Verde Store

November 2020:
 SAT/07 – NBW New Braunfels Walk
 SAT/14 – CRW Georgetown
 SAT/21 – RRR Pearsall Park
 THU/26 – **HAPPY THANKSGIVING**
 FRI/27 – RRR: Opt Out – Southside Lions Park
 SAT/28 – HCV Comfort Christmas

December 2020:
 SAT/05 – VVF Johnson City Christmas Lights Walk IV
 SUN/06 – TTR SA Christmas Lights Walk VI
 SAT/12 – RRR Boerne Christmas Walk
 SAT/19 – **OPEN**
 SAT/26 – **OPEN**
 THU/31 – VVF Memorial Walk and evening walk Fredericksburg

Local Club Abbreviations
CRW – Colorado River Walkers
HCV – Hill Country Volkssportverein
KVT – Kerrville Trailblazers
LSW – LoneStar Walkers
NBW – NB Marsch-und Wandergruppe
RRR – Randolph Roadrunners
SMR – San Marcos River Walkers
SPF – Selma Pathfinders
TTR – Texas Trail Roundup
TVA – Texas Volkssport Association
TXW – Texas Wanderers
VVF – Volkssportverein Fredericksburg

Events Outside VCSW TX Area
WTX – West Texas Trail Walkers
ETT – East Texas Trekkers
SCS – Sun Country Striders
RKC – Raton Kiwanis Club

WTX: 3-day Event held annually in West Texas and/or New Mexico on Columbus Day Weekend in October, hosted by the West Texas Trail Walkers. Cancelled for 2020 due to COVID -19.
ETT: 6-day event held in Louisiana over MLK Weekend in January hosted by East Texas Trekkers.

RKC: The annual late September weekend in Raton, New Mexico has two Traditional Events in Sugarite Canyon State Park and YRE walks in Raton, Trinidad, and Capulin Volcanic National Monument. Hosted by the Kiwanis Club of Raton.

SCS: 6-day summer event held in Ruidoso, NM in even numbered years, hosted by the Sun Country Striders

To find information on the events listed here; go to ava.org, click on Events, click on Search Events, select the State (Texas), either a YRE or Traditional walk, the time period and hit Enter. Walks within the next 90 days should have additional information on the website. If not, please call the POC for more details.



Susan A. Medlin
 Deputy, Southwest Region
 Texas Volkssport Association President
 Texas Trail Roundup President
 210-325-3523 sueammed@aol.com



WEST TEXAS TRAIL WALKERS for 2021!
Hike with an Altitude! Hold the dates of October 8-10, 2021 for next year's hiking event in the Big Bend National Park and Big Bend Ranch State Park in west Texas. The West Texas Trail Walkers will be celebrating our 40th year of hiking in the parks of west Texas. In addition we will be holding memorial walks for Tom Spencer, the founder of WTTW and Jerry Stovall, long-term members of the club who both passed away earlier this year. Check our website: www.westtexastrailwalkers.org for updates.



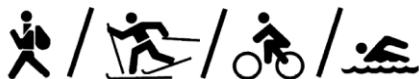
The Sun Country Striders will sponsor 6 days of traditional walks April 20 – 25, 2022 in the Ruidoso, New Mexico area (Altitude between 8700 – 6200 feet). You can do the walks anytime. If you cannot make all 6 days, come out for whatever days you can to walk among beautiful forests and

landscapes. [Download the brochure here](#). To further enhance your adventure, we have added White Sands National Park, and Roswell, NM as traditional events, which can be walked anytime April 13 – May 2, 2022.



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



Texas Traditional Events and Featured Events:
(check the AVA website for any changes or cancellations)

10/10/2020 - featured RR Eisenhower Park YRE from 7:30 to 11:00 a.m. Sign in and stamp at the park. Located off

1604 on Military Dr., - entrance 2 mi. on left

10/24/2020 - 10/25/2020 - Walk
Event Number: 116305 5k/10k
Start: Waring VFD Hall
Event City: Waring
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

10/31/2020 - 10/31/2020 - Walk
Event Number: 116787 5/10k
Start: Curtis Park
Event City: Dallas - Halloween Tricks & Treats
Host Club: Dallas Trekkers, Inc.
Event Website:
www.dallastrekkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
2334 Saharah
Garland, Tx 75044
Contact: Helen Hull, (972) 530-1026
E-Mail: helenhull@yahoo.com
Club Website: www.dallastrekkers.org



10/31/2020 - 10/31/2020 - Walk
Event Number: 116447
10km/5km/13km
Start: County Park near Camp Verde Store @ 288 Camp Verde Rd., Camp Verde TX 78010
Event City: Camp Verde, TX 78010 - Camp Verde, "Home of the Camels"
Host Club : Kerrville Trailblazers
Event Website:
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
www.walktx.org/KerrvilleTrailblazers/

Leon Creek Greenway

Featured YRE 8/15/20



Mike & Kathy Schwencke working the start table



Martin Callahan and Rudy next to the 5.25 mile marker along the trail.



Mike Phillips and Buddy and Diane Duesterhoeft with Molly and Cory.

*Photos courtesy of Martin Callahan

Waggin' Tail Column Tips for Walking Your Dog in the Summer

Dog walking is a great way to get outdoors and get some exercise for humans and dogs alike! Whether you are strolling around the block, walking your dog at the park or exploring the great outdoors (or on an AVA walk route!), follow these tips for walking your dog in the hot weather.

1. Keep Your Dog Cool

When the temperature rises, plan dog walks for the early morning or late evening to avoid the hottest part of the day. Check surfaces, such as asphalt and sand, before walking the dog. If it is too hot for your feet, it is too hot for your dog's paws and should be avoided completely.

Pick shady routes for walking your dog. Plan to take frequent breaks and enjoy the shade and cool grass together.

2. Keep Your Dog Hydrated

Proper hydration is critical for dogs and humans alike, especially during summer weather. Although some parks are equipped with dog-accessible drinking fountains, play it safe by taking water with you and offering it to your dog regularly. Collapsible dog bowls will come in handy any time you are out on walking the dog.

3. Provide Special Care for Flat-faced and Senior Dogs

Keeping your pup cool and comfortable during dog walks is particularly important for flat-faced breeds, such as French Bulldogs, English Bulldogs, Boxers and Pugs. Their shortened muzzles can make breathing and panting more difficult, especially in hot weather, which makes it more challenging for these dogs to stay cool. Flat-faced dogs can overheat more easily during walks so keep the walks short and sweet.

Pudgy or senior dogs need similar care and benefit from shorter dog walks. It is helpful to consult with your veterinarian before embarking on a walking routine with your senior or overweight canine companion.

Hot summer weather can provide some challenges to your daily dog walking

RANDOLPH ROADRUNNERS
PO Box 2744
Universal City TX 78148-1744

4. Apply Sunscreen

Dogs need sunscreen, too! Dogs with thin hair as well as pink and exposed skin are prone to sunburn and benefit from sunscreen. Keep your pup protected by applying a sunscreen made just for dogs before heading out for dog walks, and reapply as directed.

5. Have Fun!

Leisurely summer dog walks are a great way to enjoy the outdoors and to spend quality time with your four-legged friend.

During dog walks, allow your pup to lazily sniff along the way. Doing so provides mental enrichment along with the physical exercise; it is the perfect combination for a happy dog.

So, whether you use a dog collar or a dog harness, grab your dog leash and go for a walk; your dog will thank you!

Jennifer Mauger is a professional dog trainer certified by the Certification Council of Professional Dog Trainers (CCPDT.org)

**North Star Mall – 8/22/20
Beat The Heat**



Michael Marke & Andy Thomas walk the trail route.

***All Photos courtesy of Martin Callahan**



Rose Foerstar & Pat Gunter along the walk trail.



Marilyn & Marisha Stewart & Martin Callahan.



Kathy & Mike Schwencke on the trail.



Andy Thomas, Gerry Kamicka & Michael Marke on the 2nd floor mall level.

RANDOLPH ROADRUNNERS APPLICATION
PO Box 2744, Universal City TX 78148-1744

Please check applicable box (es):

Renewal New Member

Name _____

Address _____

City _____ State _____ Zip code _____

Telephone number _____

E-mail address _____

Family members _____

Amount submitted \$ _____

Family member(s) included (see instructions below) DATE _____

NEW MEMBER FEE: \$4.00 for 1 \$10.00 for three years

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

RENEWAL FEE: \$4.00 for one year
\$10.00 for three years

This renewal fee includes each family member who paid \$2.00 with the original application.

If the \$2.00 fee was not paid with the original application, add family members now by including \$2.00 for each person.

Lifetime membership for (1) one person is available for a \$30 fee.

AVA Volkssport Associate Yes No

Eager to serve as club officer _____ or committee chair _____