



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

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:

Susan Fine, Samantha Goldstein, Glenda Parra, Yolanda Nieto, Heather Hedquist, Bart Marlar and Rebecca Rozmus.

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.



Welcome New

Members!

Janelle Moore

San Antonio

Robert Mahon

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.



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.

21 November - Pearsall Park - the flyer is out - I will need some volunteers for Pearsall Park at the Check point and start/finish area.

27 November, Friday - Southside Lions Park YRE - since this is a YRE there's a half page of info out for this. The sign-in and stamp will be at the park by pavilion 2.

12 December - Boerne Christmas walk - Luther Hall at St. John's Lutheran Church - start time 8 am

If you need any more or other info please e-mail or call me. -

ellenott@sbcglobal.net - 210-723-8574

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

Ellen

From: David Prewitt, Sales 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

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

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



COMMUNICATIONS - SAMANTA SANCHEZ

HERE'S TO YOU! WE COULDN'T HAVE DONE IT WITHOUT YOU. \$103,760 WAS RAISED!

We are so grateful to all our donors for the success of this year's Big Give fundraising campaign. Our goal of \$80,000 was surpassed once again.

With your help, we were able to raise \$103,760! More than 800* donors (118 clubs and 712 individuals) spared a minute of their time to give back to our mission. Special thanks to all those individuals who donated during the five Match Minutes. An additional \$2,300** was raised through the five Match Minutes. This has been the most successful Big Give campaign to date. We couldn't have done it without you. Thank you! Stay tuned for more #BigGive2020 updates in the upcoming November Checkpoint. *Donor numbers include duplicate donors. **\$2,300 is included in the amount raised total.



"Walk With America's Veterans"
 An America's Walking Club Special Program

PROGRAMS COMMITTEE - TIM MINER, CHAIR

TIME TO ORDER YOUR (WALK WITH AMERICA'S VETERANS) WWAV SPECIAL PROGRAM BOOK(S):

The goal of this special program is to walk for fitness while discovering the many ways our country's veterans are honored for their military service.

"Collect" 15 different qualifiers in the logbooks for 6 different awards which are military "challenge" coins that honor the six military services. Each qualifier is:

- An individual fixed memorial, identifiable on any civic map.
- A local display program that honors veterans (all similar and related banners, for example, are ONE qualifier as a single "program").
- A building that is the location of any veterans' organization, or any government body that supports veterans.
- A memorial to victims of 9/11 attacks that identifies the Pentagon by name, or a veteran who was killed on that day.
- A road marker giving "Blue Star" or other designation to honor a GROUP of veterans, or a park or space that honors veterans. (NOT individuals unless the "memorial" name is for a veteran who is being honored for military service -- usually KIA-- not just a politician or other notable who was a veteran.)
- Individual grave markers or headstones for veterans do not qualify.

ONE qualifier is collected with each AVA America's Walking Club stamp. When in doubt about a qualifier, post a question with a picture in the new Facebook group created to administer and discuss this special program, or ask the POC below.

All qualifiers must be for military service from 1890 to the present, nothing earlier (Revolutionary or Civil War) will count. Each "entry" in the logbook is an AVA-stamp PLUS the name/ picture/ description of the qualifier and location. When using a TGW or GW stamp, the sanction number is also required. Qualifiers can only be used once in a book or in a year, whichever comes first. (A new year on the AVA stamp allows a repeat of the qualifier in the same book.)

Program dates: 1 January 2021 to 31 December 2023 (Tentative end which could change based on the popularity of the program)

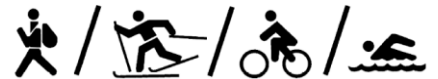
Order books for \$12 each with check made out to "US Freedom Walk Festival Club" and redeem by 31 December 2024 to the following address: Veteran's Walking Program c/o Volksmarching Club PO Box 2422 Woodbridge, Virginia 22195

Contact information: Tim Miner, 703.583.2916

Veterans@WalkVirginia.Org

Facebook Group:

<https://www.facebook.com/groups/421653078810337>



Texas Traditional Events and Featured Events:

(check the AVA website for any changes or cancellations)

11/7/2020 - 11/7/2020 - Walk
Event Number: 117479 5k and 10k

Start: Headwaters at the Comal
Event City: New Braunfels - New Braunfels Fall Walk

Host Club: NB-Marsch-und Wandergruppe

Event Website: muw.walktexas.org/
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

217 E. Tanglewood

New Braunfels, Texas 78130

Contact: Jan Engel, (830) 660-4935

E-Mail: Jsengel@earthlink.net

Club Website:

www.muw.walktexas.org



11/14/2020 - 11/14/2020 - Walk
Event Number: 117903 5/10/18 k
Start: San Gabriel Park, near to 305 E Morrow St., Georgetown Tx. 78626
Event City: Georgetown - Randy Morrow Trail

Host Club: Colorado River Walkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

3109 Rogge lane
Austin, TX 78723

Contact: Carol Obianwu, (512) 771-9566

E-Mail:

cobianwu@utexas.edu

Club Website:

www.coloradoriverwalkers.org/

11/21/2020 - 11/21/2020 - Walk
Event Number: 118516 5/10k
Start: Pearsall Park; start at large pavilion between the two parking lots
Event City: San Antonio - Pearsall Park

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

11/21/2020 - 11/21/2020 - Walk
Event Number: 116788 6/10k
Start: Bachman Lake Park
Event City: Dallas - Bachman Lake
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



How to Buy Your Next Pair of Walking Shoes

By [Wendy Bumgardner](#)

Undoubtedly, the most important piece of equipment you'll need for walking is a pair of walking shoes. It's important that you find a pair specifically designed for walking rather than strapping on some running shoes or leisure sneakers. Sure, it's an added expense, but it's one that will pay off by ensuring greater comfort and preventing injury, instability, and foot pain.

Walking shoes typically fall into one of three categories.

Performance trainers are lightweight shoes that are great for those who don't need motion control.

Cushioned shoes offer greater comfort for those who walk long distances (over five miles at a time).

Stability shoes are for people who don't have severe stability problems but would benefit from added motion control.

No matter how great a shoe looks, it won't do you any good if it doesn't **fit correctly**. To ensure this, find the best athletic shoe store in your area where the serious runners go. Personal trainers are often a great resource for these. Be sure to keep an eye out for stores that offer **foot analyses**. This alone is a strong indication that they'll be able to find a shoe more anatomically suited to your foot.

Walking shoes differ from running shoes in that each addresses how a person moves. Walkers strike first with the heel and roll through the step. Runners, by contrast, strike in the midsole and need a built-up heel to soften the impact as well as a flared heel for stability. Walkers need neither of these things.

A walking shoe must be flexible in the forefoot, or your foot will fight it as it rolls through each step. This will hamper your gait and can also lead to [shin splints](#).

To find the right pair of walking shoes, put each candidate through the following quality test:

Look at the heel. It should be no more than an inch higher than the sole under the ball of the foot, and there should be no flare.

Next, grip the shoe in your hands and twist it. Not only should it twist latitudinally, but it should also easily bend at the ball of the foot and not the middle of the arch.

Finally, set the shoe on the floor and poke the toe. If it's well designed, the toe should be slightly off the ground and rock a little when poked.

If you **overpronate** (walk so that your foot tilts too far inward toward the arch), you may need to find a pair of **motion control shoes** to compensate. This is especially true if you are heavy or have other mobility issues such as a weak knee or hip.² While motion control shoes tend to be heavier, they offer firmer support and can help balance the gait when walking.

If in doubt, have your gait analyzed at the shoe store. If the pronation is particularly severe, you may need to either get a custom pair or find an **orthotic insole** able to provide the support you need.

When searching for the right walking shoe, don't get hung up on labels. If you find a flexible, flat shoe with a minimal heel drop, it may be perfectly well suited for walking even if it's labeled a running shoe. Similarly, there are many walking shoes that have all the bells and whistles but are anything but flexible and flat. To make the right choice, always place function before fashion. Sure, you want to look great, but it's more important to find something that makes walking a joy. You can usually find a great pair for between \$60 and \$120. Anything more and you'll be paying for style.



Tales from the Trails

Bandera "Cowboy Capital of the World" - Reprinted from Susan Alton's Travel Bug Blog.

On October 3, 2020, Susan Medlin and I started the Bandera walk early. It was a cool morning and the walking club had changed the route a little since the last time we did the walk so we saw a few new things.

You would have never known there's a pandemic in the town of Bandera. They had all kinds of activities going on and very few people were wearing face masks. Our walking group wore face masks whenever we were around other people, and we social distanced on the walk.

Here's a sample of some of the events going on in Bandera that day:
Farmer's Market,
Bandera Cattle Company Gunfighters
Motorcycle rally,
Rock 'n' roll concert at an outdoor venue.

After we signed in, we drove to a small park with restrooms to start our walk. This wasn't the official walk start but it was on our route, so we just picked up the walk where it passed by on Main Street. The Farmer's Market people were setting up when we arrived.



Across the street from us was the Bandera County Courthouse with its clock tower. We passed by the Bandera Library which was hosting a book sale. It's a good thing we went by it at the

beginning of the walk and not the end! We did not want to carry books with us for six miles.

From Main Street, we immediately headed into one of Bandera's older neighborhoods. The Frontier Times Museum was on our route, although we didn't check to see if it was open. We walked a couple of miles around Bandera's east-side neighborhoods.



On the way back to Hwy. 16, we passed the Bandera Natural History Museum. Neither of us had known about this museum. I'd like to go back and visit it when I have a chance.

Our REAL start for the walk was coming up on our left, the Bandera County and Convention Visitors Bureau. We stopped to talk to the members of the Hill Country Volkssportsverein who were staffing the start table. We also looked around inside the Visitors Bureau.

The walk continued past a shop with colorful yard decorations. Iron "claim-to-fame" decorations lined the streets instead of the banners some cities use.



We were on a busy street for a block and then we turned off to walk past (we chose to go through) Bandera Park. It is so pretty and we wanted to walk along the river. Bandera has a "SculptureWalk," but we did not do that this day. That's just another reason to come back.

The walk meandered off to a historic cemetery and then came back to the Horseshoe Bend Disc Golf Course. We hiked on a trail through the disc golf course and were surrounded by snout nose butterflies. They migrate back and forth locally, unlike the Monarchs that migrate to Mexico. The snout butterflies really like the hackberry trees in this part of Texas.

After leaving Bandera Park, we spent a long time walking through a west-side neighborhood. We then returned to the downtown area. At this point, we were almost finished with our walk.



Many of the buildings in the old center of Bandera date to the 1850s. On this Saturday, one of the streets our walk followed was closed to traffic because of the motorcycle rally. We walked through LOTS of parked motorcycles. There were a couple of open bars that were getting a lot of business. There was a line to get in one of them. We didn't see anyone wearing a mask at all outside. I can't speak to whether they were wearing them inside or not.

After a few more blocks, we were back at my car. Oh my goodness, the town was completely crowded. The Farmer's Market was in full swing and there was a traffic jam on Main Street. It took us a long time to drive through town to head back home.

JAPANESE TEA GARDEN WALK - 10/17/20



Entrance to the Gardens



A view of the Gardens at the Start area.



Susan And Joe Noonan along the walk trail.



Hungry vultures hanging around the playground waiting for Volkssporters to drop out along the walk trail. 😊



Gayle Weinraub and Rudy stop for a picture along the trail under the old bridge built by the Berlin Iron Bridge Company in 1890.



John Pavlosky at the water falls in the gardens
*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

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 _____