



Volume 2024 – September, 2024 No. 8  
Next Meeting – 9/11/2024  
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 [jbives@texas.net](mailto:jbives@texas.net)

**Treasurer:**

Pat Gunter 210-479-0805

**Secretary:**

Jill Troyer 830-237-6230

*Committee Chairs*

**Membership:**

Suzanne Markgraf 210-710-4842

**Publicity:**

Susan Alton [daxkitten@aol.com](mailto:daxkitten@aol.com)

**SALES: - OPEN-**

**Webmaster:**

Randy Baker [Randy826@gmail.com](mailto:Randy826@gmail.com)

**Newsletter:**

Audrey Vertucci – [AudreyVe@gmail.com](mailto:AudreyVe@gmail.com)  
210-861-5588

**Year-round Events: Boerne**

Pat Gunter 210-479-0805

**Year-round Events: DeZavala Daily Bread,  
Broadway Daily Bread, Leon Creek,  
Salado-1604, Land Bridge at Hardberger  
Park, CrownRidge, Friedrich Park.**  
Ellen Ott 210-723-8574

**Year-round Events: Eisenhower Park**

Susan Medlin 210-325-3523

**Year-round Events: Schertz**

Patricia Heller [paheller001@gmail.com](mailto:paheller001@gmail.com)

**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:** Dave Roberts

**Deputy SW Region:** Susan Medlin

**SWRD:** Andy Thomas

## Renewal Time

The following membership renewals are currently due:

**June 1:** Janice Connor and William Hamilton.

**July 1:** Sue Bigbee, Patricia Gunter, Briana Martinez and Dorian Rosales

**August 1:** Patricia V. Lozano

**September 1:** Mia Conlon, Anita Oehmke, Andrea Rinella

To renew your RR membership, fill out the attached application 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 Suzanne Markgraf c/o: RR, PO Box 2744, Universal City, TX 78148. Lifetime Memberships are available for \$30 per person.

## The next RR club meeting will be held September 11 at 6:30 p.m.

Meetings are held the 2<sup>nd</sup> Wednesday of every month at the Universal City Public Library, 100 Northview Drive, Universal City, TX 78148.

## Heinz Johnson

*Posted by Susan Fine*

It is with a heavy heart that we inform our Volksmarching Community about the loss of a dear friend and great leader, Mr. Heinz Johnson. He left us on the morning of August 14. We are grateful for all he did for the AVA. May he rest in peace.

## In Remembrance of Heinz Johnson

*Submitted by Wayne Henry*

The following is a listing of Heinz Johnson's IVV Honors recognition in 2007:

Heinz Johnson San Antonio, TX Heinz Johnson, one of America's pioneer

volkssporters, has made historic contributions to American volkssporting. He founded the US Air Force Global events, which reach walkers around the world, and was also instrumental in the growth of volkssporting in the U.S. He founded the Randolph Roadrunners, co-originated the Texas 10, and originated the slogan "Everyone's a winner!" While in military service in Germany Heinz attended Presidium meetings, established a volkssporting fitness day, and coordinated events held at military bases on the same weekend.

Heinz also had an impact on Tops in Blue:

In 1964, Tops in Blue began the production of films and records, as well as television productions, to exhibit their outstanding performances, according to the site, but in 1971, as the Recreation Director at Air Force headquarters, Heinz Johnson pushed to bring back the live tours.

On Friday, September 06, 2024 a Memorial Service will be held for Heinz Howard Johnson at 1:00 p.m. at the Emerald Oaks Retirement Community [20302 Bulverde Rd San Antonio, TX 78259](http://20302BulverdeRdSanAntonioTX78259)

## From the Desk of the Pres--

**First Friday:** The First Friday walk is held each month starting at the AVA headquarters, 1008 S. Alamo Street, San Antonio, TX 78210. **Friday, September 6, 2024 is the next scheduled free 5K walk.** From 3:00 to 7:00 p.m. you can register for the walk. *Questions? Call Ellen 210-723-8574*

## Upcoming RR Events:

**September 21** - Southside Lions Park.

**November 29** – Pearsall Park.

**December 1** – CHRISTMAS PARTY

**December 14** – Boerne Christmas Walk will be the last RR sponsored walk before the clubs merging. A pancake and sausage breakfast will be offered

and a ceremony to celebrate merging the clubs is in the planning. Everyone is asked to wear a Roadrunner shirt since there have been many different designs over the club's 44 years of existence. Anyone who wears a Roadrunner shirt will receive a gift.



### **Sneakers/Tennis shoe fundraiser:**

Ellen is still collecting gently used sneakers or tennis shoes for the AVA fundraiser, Big Give. Bring to any RR meeting or walk event.



### **AVA Biennial Convention - Las Cruces, New Mexico Convention Committee - Jerry Wilson, Chair**

Planning continues for the 2025 convention in Las Cruces NM. We anticipate sharing on the AVA website, all available information in late August and September, including providing access to the convention registration system. One special event in the planning stage is an International Walk, crossing the border between the United States and Mexico. Now might be a great time to check your passport expiration date to determine if a renewal is needed.  
[convention@ava.org](mailto:convention@ava.org).



### **“Walking Waves With AVA”**

Make your reservations for the “Walking Waves with AVA” cruise, our fun-filled 7-day walking cruise adventure, November 15-22, 2025. Prices have increased only \$5 after the initial deadline. A deposit of \$125 must be made by **September 24, 2024**, to take advantage of the AVA group rate. Final payment is due July 1, 2025.

The fun starts in the Port of New Orleans, with pre-walks November 13 & 14, including 2 walks in Orleans and a special event honoring our veterans.

Then ‘All Aboard’ the Norwegian Escape for your adventure in the Gulf of Mexico, and walking for IVV credit, including New Orleans, Cozumel, Belize, Honduras, Costa Maya, and back to New Orleans. There are also two Ace-T walks onboard the ship.

Special AVA pricing is only \$957.85 per person on an inside cabin, based on double occupancy.

Join the 33+ volkswalkers who have already registered. Invite friends, family, and other AVA club members. A portion of the cruise price benefits AVA. See the full itinerary, get more info on available cabins, and register here: [Landing Page \(itams.com\)](http://itams.com)



### **9/18-9/19, 2024 - Individual Donor Campaign**

Once a year the AVA hosts a giving campaign to support operations and help us close the funding gap. Funds are also used to support new initiatives like club banners, club multi-day events, marketing, programs, and technology development. Your support allows the national office to continue serving our clubs, members, and participants in the best way possible. There are new and exciting initiatives and events proposed for 2025 like a membership campaign, walk application, walk on the waves cruise, and an incredible convention in Las Cruces, New Mexico! Please consider donating and reaching out to others to support this utterly unique and wonderful organization that continues to strengthen our health, our friendships, and our communities.

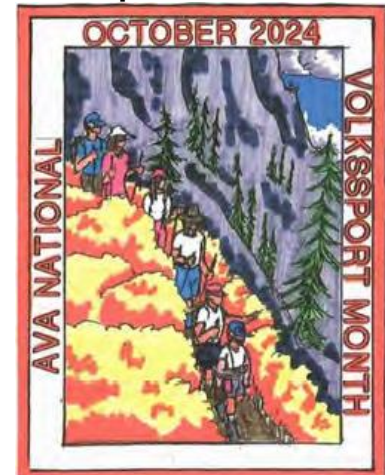
Every little bit you give helps us reach our goal. Of course, you can give during the online portion September 18-19 from 6 pm the 18th to 6 pm the 19th. The AVA can benefit if we have a big turnout during the online portion.

But you can also give during the whole week and the whole month of

September, and through the entire month of October to be counted as a Big Give donor. Every amount helps, no matter how small you might think it is.

Donate online to The Big Give on September 18-19 from 6 pm - 6 pm. Or mail your donation check to the American Volkssport Association: 1008 S. Alamo St., San Antonio, TX 78210, now through October 31st.

### **October 2024 National Volkssport Month Patch**



### **TEXAS VOLKSSPORT ASSOCIATION 2024 VOLKSSPORTING CLUBS OF SOUTHWEST TEXAS CALENDAR**

Note: This is **NOT** an official document. Always verify events/dates on.ava.org or with the applicable club.

#### **September:**

SAT/07 – World Heritage Festival  
SAT/14 –HCV, Medina - The Apple Store, Love Creek Orchards  
SAT/21 – RRR, Southside Lions Park  
SAT/28 – CRW, Richard Moya Park  
SUN/29 – BHV, Crazy Horse, SD

#### **Local Club Abbreviations**

CRW – Colorado River Walkers  
HCV – Hill Country Volkssportverein  
KAV – Kyle AMVETS Club  
LSW – LoneStar Walkers  
NBW – NB Marsch-und Wandergruppe  
RRR – Randolph Roadrunners  
SAP – San Antonio Pathfinders  
TTR – Texas Trail Roundup  
TVA – Texas Volkssport Association  
TXW – Texas Wanderers  
VVF – Volkssportverein Friedrichsburg





## Traditional Events for

**September, 2024:** (Please check the AVA website for any changes or cancellations)

Sept 7th, 2024 for 1 day.

San Antonio, TX - World Heritage Festival Walk at Mission County Park

SN: 127301 – 2024 - 5, 10km

Walk starts at 7:30, last walker must start by 8 am. Cost is \$40 per walker.

This is annual fundraiser for the World Heritage Spanish Missions. Both 5 and 10 km routes go through Mission San Jose and Hot Wells. Enjoy the festival afterwards.

[www.worldheritagefestival.org](http://www.worldheritagefestival.org)

Sept 28th, 2024 for 1 day. SN 127313

Austin, TX - Richard Moya Park Revisited. 10001 Burseson Rd. Austin TX. 78719 Start: 8:00 - 11:00 a.m.

Rating: 1A, Distance: 5, 10km

<https://my.ava.org/find-an-event.php>

**12th Annual Fall Volksmarch**  
September 29, 2024



The Crazy Horse Volksmarch is the most popular organized hike in the United States (15,000 walkers in a record year). This family event is sponsored by the Black Hills Chapter of the American Volkssport Association (AVA) and hosted by Crazy Horse Memorial®.



The US Freedom Walk Festival is a world-class, noncompetitive, non-profit, international walking festival co-hosted by Arlington County, AVA America's Walking Club and the IML Walking Association.

Our mission is to promote walking as a fitness activity and to promote international understanding and friendships while showcasing the USA by walking through the monuments, memorials and parks of Arlington and Washington, DC. It is held Friday, Saturday and Sunday of the third week in October. It includes: Walk for the Freedom Walk Medal. IML Trails from 6 to 14 miles (10 to 22 kilometers) AVA/IVV Welcome Walk 3 or 6 Miles (5, 10 Kilometers) One Bike Event - One Swim Event

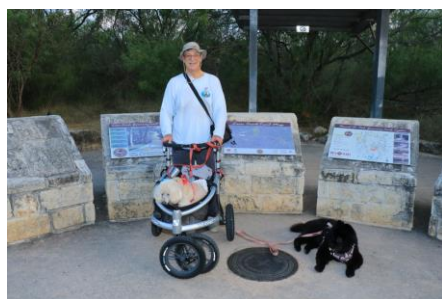
## Leon Creek Featured YRE August 17, 2024



At the start/finish with Robin Fennell, Mike Schwencke and John Ives.



Along the walk trail.



Martin Callahan with Winston in the basket and Dolly at Mainland Trailhead info kiosk.

## Better together: The many benefits of walking with friends

*Walking with others has a host of health perks and helps you stay motivated.*

By [Heidi Godman](#), Executive Editor, [Harvard Health Letter](#)

June 1, 2023

There's an old saying that if you want to go fast, go alone; if you want to go far, go together. One good example is exercising, especially brisk walking — the kind that gives your heart and lungs a workout and boosts overall health. The activity is easy to do with family and friends, and the team approach can pay off in many ways.

### It's a great social activity

Going for a brisk walk with one or more friends is a form of socializing, which is essential for good health. Socializing helps stave off isolation and loneliness, which are associated with heart disease, diabetes, arthritis, depression, chronic stress, and premature death.

Socializing also helps exercise the brain, which protects your thinking skills. When you socialize, your brain interprets people's facial expressions, speech, emotions, and body language, and then powers your reactions — turning your thoughts into words, facial expressions, and body movements. That extra effort from socializing, even if you're unaware of it, promotes brain cell connections, which keeps thinking and memory sharp.

The physical work of a walk also stimulates the growth of new brain cells. So, when you socialize while you walk, you get a double dose of brain health benefits.

### It gets you on a schedule

Have trouble sticking to an exercise regimen? You're not alone. "Humans aren't designed to exercise. We're designed to conserve energy. We love to sit around. That's our nature," explains Dr. Edward Phillips, associate professor of physical medicine and rehabilitation at Harvard Medical School and Whole Health Medical Director at VA Boston Healthcare System.

You'll have better luck staying on a walking routine if you go with friends, primarily for two reasons.

**Accountability.** "Friends have expectations, and we tend not to want to let them down. We jump through hoops to be there for others. So, if you agree to walk with a friend, you're more likely to do it," Dr. Phillips says.

**Motivation.** "When you walk with someone else, you challenge and

encourage each other. Imagine that you hit a wall while walking, but other people around you are still going. That makes you realize that it's doable, and you keep walking," Dr. Phillips says. "The other piece is that being with others is fun, and you might be more inclined to go for a brisk walk if you think about it as spending time with friends rather than a chore. You'll want to go."

**It's practical**

Walking with a buddy is safer than walking alone. "There are more eyes watching for hazards you may miss. And you'll be more visible to drivers when you walk in pairs or a group. Also, if you experience any kind of health problem while walking, or if you fall, a friend can take care of you and call for help," says Dr. Phillips says. Having a person on hand who can help you is especially important if you have a chronic condition that can lead to sudden symptoms, such as heart disease, asthma, or a balance disorder.

One caution: Don't leave your phone at home and assume you'll use someone else's in an emergency. If that person is unable to speak and share the phone's passcode, you'll be out of luck. It's better if each person on the walk brings a fully charged phone.

**Techniques and drills**

Make the most of your walk with friends by challenging and coaching each other. You can challenge yourselves by trying a different style of walking, such as Nordic walking, which uses poles. Doing new things is fun, good for your thinking skills, and easier with a buddy. Or try improving your walking times. "Note how long it usually takes you to get from here to there. If it's 32 minutes, try to do it in 31 minutes the next time, and 30 minutes the next," Dr. Phillips say

To do a little coaching, Dr. Phillips suggests making a deal to keep each other in good walking form. Make sure all walkers are swinging their arms and keeping poles (if using them) at a 45° angle.

**Maintaining the pace**

You can easily adjust your pace to stay in step with just one friend. But what if you're walking in a group? "If you'd all like to walk at the same pace, use a metronome app, and play it loudly on your phone. Or clap your hands or beat a small drum. Take turns being the person who maintains the pace," Dr. Phillips suggests.

Or, if the group is comfortable with it, let the faster walkers get ahead. "After a little while, they can take a break and stretch while they wait for the others to catch up," Dr. Phillips says. "Or the faster walkers can slow down by making their routines more intense. They can raise their arms up and down while walking, wear a weighted vest, or carry other people's water bottles. Have fun with it and enjoy the journey. You're not just there for exercise. You're there for camaraderie. The fact that it comes with health benefits is icing on the cake."

**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.

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

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

Telephone number \_\_\_\_\_

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

E-mail address \_\_\_\_\_

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

Family members \_\_\_\_\_

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

Amount submitted \$ \_\_\_\_\_

AVA Volkssport Associate  Yes  No

Eager to serve as club officer \_\_\_\_\_ or committee chair \_\_\_\_\_