



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2024 – October, 2024 No. 9
Next Meeting – 10/9/2024
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

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

SALES: - OPEN-

Webmaster:

Randy Baker Randy826@gmail.com

Newsletter:

Audrey Vertucci – 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

Club Website:

www.randolphroadrunners.info

AVA Website: www.ava.org

TVA Website: www.walktexas.org

TVA President: Dave Roberts

Deputy SW Region: Susan Medlin

SWRD: Andy Thomas

Renewal Time

The following membership renewals are currently due:

July 1: Sue Bigbee, Briana Martinez and Dorian Rosales

August 1: Patricia V. Lozano

September 1: Mia Conlon, Anita Oehmke, Andrea Rinella

October 1: Pam Pruneda, Norma Amola and Debroah Standish

To renew your RR membership, fill out the attached application or print it off our website:

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 October 9 at 6:30 p.m.

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

Congratulations!

Congratulations to RR, Herb Laing, who was voted Alumni of the year 2024, by Baylor Nursing School.

From the Desk of the Pres--

As of January 1, 2025, all Roadrunner memberships will carry over to the San Antonio Pathfinders when the clubs merge unless Ellen hears from you to remove your name.

The new website is up. The address will be sanantoniopathfinders.org

First Friday: The First Friday walk is held each month starting at the AVA headquarters, 1008 S. Alamo Street,

San Antonio, TX 78210. Friday, October 4, 2024 is the next scheduled free 5K walk. From 3:00 to 7:00 p.m. you can register for the walk.

Walkers Wanted for 4 October First Friday Walk!

This October First Friday, on October 4th, a representative from Fleet Feet is coming to walk and talk. We need some walkers to join us and talk shop and others just to show up and walk so she can see we actually have participants!

It was the representative's idea to come to the First Friday Walk. I think that was a great idea but we need walkers! Please invite friends and club members to come walk this First Friday.

Henry Rosales will let us know what time she is going to show up so everyone can arrive at the same time. Text or call, ellenott@sbcglobal.net, 210 723-8574.

Upcoming RR Events:

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.

Walk to Defeat ALS - San Antonio – Oct. 5

The national ALS organization has scheduled a walk to Defeat ALS on October 5, 2024 locally here in San Antonio and a team has been formed by AVA walker, Wayne Henry, to walk and show support for Susan Medlin in her recent diagnosis of ALS.

The following is the link for information on the walk and to register under team name, "AVA for Susan M" <https://www.als.org/texas-ch/events/walk-defeat-als-san-antonio>
Northwest Vista College
3535 N Ellison Dr.
San Antonio, TX 78251

Suggestions are to wear an AVA shirt for the walk and to meet near the garage pedestrian exit on the SE side stairs. That is where Parking Lot 6 is located according to the school map. Note that the walk is 1 mile so it should be easy for all.



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.

Also, I'm still accepting any donated volksmarch medals and/or Fiesta medals for the AVA sales table.

Update on the River Walk North YRE ---

If you want to do this YRE, parking in the Pearl parking lots from Monday to Thursday between 8 a.m. to 2 p.m. is FREE.

However, on Thursday afternoon thru Sunday a parking fee is charged. If anyone wants to do that walk and doesn't want to use the OSB, I have the walk stamp. Please let me know. *Ellen*



AVA 2025 Biennial Convention - Las Cruces, New Mexico Convention Committee - Jerry Wilson, Chair

Convention Hotels Registration Now Open! The convention hotel reservation page is open on the AVA's website convention page. We are utilizing a reservation platform called Playeasy. When you click on the hotel registration link it will take you to the Playeasy website page where you can find all hotels in the Las Cruces area as well as hotels the AVA has negotiated a special rate for our guests.

The hotels we negotiated rates with are under the "Hotels Specials" tab. All of the special rate hotels are within 1/2 mile from the convention center and the rates range from \$154.00 - \$92.00, breakfast included. Please note the cut off dates to reserve rooms at the special rate.

Should you have any problems registering, please contact Henry at henry@ava.org.

AVA Office Move Planned

The AVA National Office is going to be moving soon; just a short distance from where the current office is located. It has not been officially announced because the lease has not been signed yet, but is expected to be signed within days.

Please keep this in mind if you are sending a Big Give donation or other items. Big Give checks can be sent until October 31 to count as part of this fundraiser.

Website Maintenance of My.Ava.Org in Mid-November

At this time, the AVA IT Committee is planning a mid-week 2-day shutdown of the my.ava.org website in November.

During the shutdown, the my.ava.org website will be transferred from its current web hosting service to the same hosting service and virtual private server used by the ava.org website. This transfer will reduce web hosting service costs and provide for the possibility of doing future my.ava.org feature development without disturbing the active my.ava.org services. The required testing to assure this transfer goes smoothly is currently well underway. The exact dates for the 2-day shutdown in November are yet to be determined.



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.
October:
SAT/05 – Defeat ALS Walk, "AVA for Susan M" at NW Vista College

SAT/19 – SAP – Historic Gonzales (T)
SAT/26- SUN/27 – HCV - Comfort Walk & Fish Fry (T)

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

Oct 19th, 2024 for 1 day.
Gonzales, TX - Historic Gonzales and Independence Park. Start: Independence Park with the AVA sign
<https://my.ava.org/event-view.php?sn=126979>

Oct 19th, 2024 for 1 day.
HOUSTON, TX - Heights
Come walk in the Houston Heights a short distance from Downtown. Enjoy a meal at the Bluestone Lane restaurant. Start: 115 West 19th Street, Houston 77008. <https://my.ava.org/event-view.php?sn=128836>

Oct 20th, 2024 for 1 day.
San Antonio, TX - Take A Walk on The Westside. Start: The Neighborhood Place - 3014 Rivas Street, San Antonio, Tx <https://my.ava.org/event-view.php?sn=128864>



Oct 26th, 2024 for 2 days.
Waring, TX - Halloween Walk
This event is a favorite tradition, with panoramic views of the scenic hill country. Spend time in the hall for fun, food, and fellowship. Start: The Lane Valley Community Center, 11 Waring Road, Waring, Texas 78074
<https://my.ava.org/event-view.php?sn=126909>



AVA's Walking Waves – Rob McDaniel Admin.

<https://www.facebook.com/groups/984561729747302/>

Exciting update! We've now secured 63 deposits for AVA's Inaugural Fundraising Cruise! In the coming days, I will post a new flyer to encourage more walkers to join this incredible adventure. Thank you all for your amazing support and for being part of this FUN-raising event.

For those curious about how your participation benefits AVA, while you enjoy great rates, group discounts, and perks, AVA stands to earn \$100 per cabin, plus one Tour Credit (TC) for every five cabins booked—so far, we've earned 6 TCs! If the average cabin rate is \$500, that generates \$3,000, plus an additional \$3,300 in TCs, totaling \$6,300!

Donations to AVA: America's Walking Club supports crucial programs that fund event organizations, promote walking for health, and provide resources to members. These contributions raise awareness about fitness, strengthen AVA's mission, and often assist local charities through partnerships. Your participation is key to helping AVA to continue promoting, health and community through walking.

Prices are based on two people per cabin and include Cabin Fare, Government Taxes, and Port Fees. Prices for the cruise are good until November 24, 2024.

Let's aim to book 100 cabins to make an even greater impact on AVA's cause! Spread the word—invite your club members, family, friends, and co-workers to join us and take AVA's FUN-raising event to the next level!

LANDING PAGE DETAILS:

<https://apps.itams.com/.../2799/ITRAVEL/1001/1001263/1155>

BOOK NOW:

<https://apps.itams.com/.../Book.../2799/ITRAVEL/1001/1001263>

Also, a few questions arose about whether I would arrange air travel for the group. At the time, I wasn't sure and thought everyone would handle their own flights if needed. However, I have since looked into the possibility of securing group travel rates for air travel. To move forward, I need to know who is planning to fly, which city you will be departing from, and when you plan to arrive in New Orleans.

We have two pre-cruise walks scheduled: one on November 13 (Garden District) and another on November 14 (French Quarter District).

Please take a moment to answer the poll questions on the AVAs Walking Waves Facebook page so I can get a better idea of when people are arriving and how many we can expect for each pre-cruise walk.

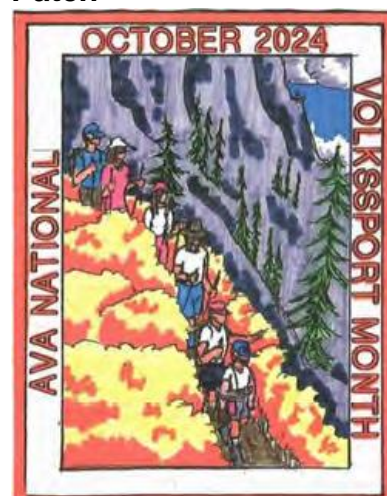
Thank you for your time and cooperation! I will be in touch with the travel company in January for pricing, as they mentioned it's a bit too early to get exact rates right now.



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

October 2024 National Volkssport Month Official Patch



HOLIDAY CHRISTMAS PARTY!

1 December, 2024

4 p.m. to 8 p.m.



HUNTER'S CREEK CLUB HOUSE

3630 Hunters Circle 78230

Pot Luck Dinner

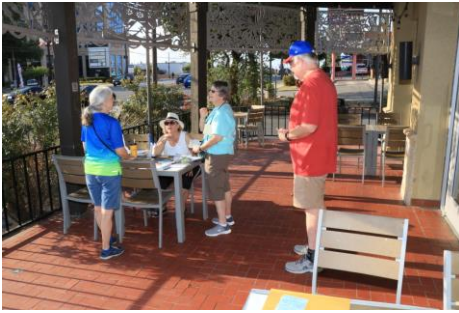
Bingo plus surprises!



WeWard the walking App - Get paid for your steps!

The free mobile app, WeWard (WeWard.App.com) rewards you for walking. It logs your daily step count, and over time you can redeem your steps for cash, retail cards or donations. To date, the app has given \$20 million in cash back and increased users' walk time by nearly 25%. Diana Coello, a New York based mother who had diabetes and high blood pressure, used the app to get healthy. After years of struggling, she lost 80 pounds and improved her health by walking with the app. As for rewards, Diana says, "I was able to redeem many gift cards from my family's favorite stores over the last year!"

Beat the Heat, NorthStar Mall YRE - August 25, 2024



Sheila Kuschke, Ellen Ott, Pat Gunter and Bill Kuschke at the walk start point.



Rose Foerster, Mike Schwencke, Pat Gunter, Jerry Perkins & Sheri Logan on the walk.



Martin Callahan in front of the iconic NorthStar Mall boots.



Jackie Lytle and Sheri Logan at fountain next to Saks Fifth Avenue on the walk route.



Andy Thomas and Kathy Swoboda stop for a picture along the trail through the mall.

First State Webfooters Walking Club AVA-065
34th Annual Sea Witch & Fiddler's Triathlon
 Rehoboth Beach, Delaware
 October 26, 2024
 Events 5/10K Walk, Bike 10.6K-43.6K + 300 Swim
 YMCA - 20080 Church St, Rehoboth
 Ocean City, Maryland
 October 27, 2024
 Team up with Freestate Happy Wanderers
 a short distance to Boardwalk on Atlantic Ocean,
 OC Convention Center - 4001 Coastal Hwy
 Ocean City, MD

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 year _____ \$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 _____