



Volume 2024 – November No. 10

Next Meeting – 11/13/2024

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

The final RR club meeting will be held November 13

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. All are welcome to attend.



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 new AVA headquarters, 1032 S. Alamo Street, San Antonio, TX 78210. Friday, December 6, 2024 is the next scheduled free 5K walk. From 3:00 to 7:00 p.m. you can register for the walk.

AVA Office Relocation:

We are relocating our National Office 4 doors down! The owner at our current location is selling the property. Fortunately for us, the space we had originally wanted is available for lease and we are going to move in. The space is better, both inside and out, and the rent is cheaper!

As of October 15th, 2024 our new address will be: 1032 S Alamo Street, San Antonio, TX 78210. Our phone number will remain the same at (210) 659-2112.

Please contact the AVA Finance Director, Erin Grosso, with any questions or concerns.

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.



Sneakers/Tennis shoe

fundraiser: Ellen is still collecting gently used sneakers or tennis shoes for the AVA. 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.



2024 San Antonio ALS Walk

The AVA for Susan M team had the 3rd highest number of team members (31) (2 teams tied at 40) and was in the top 10 for fundraising. Fundraising through the Walk drives bold and urgent innovation as we march together toward a treatment and ultimately a cure for ALS.

Your participation in the Walk to Defeat ALS has a direct impact on people living with ALS and their families at the local level. Through education, support groups, access to care and advocacy, we are working to defeat ALS and provide hope to people living with ALS and their families.

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!



AVA 2025 Biennial Convention - Las Cruces, New Mexico Convention Committee Trail master-Helen Hull

Oh, happy day! We have finally decided on the walks for the 2025 convention. I know that many of you have been eagerly awaiting this announcement. We are planning on offering the pre- and post-convention walks for the entire week of Apr 26 thru May 4 so that you can fit the walks into your schedule.

Each walk will be featured on a particular day and will have a manned start table, directions, and stamps available. The pre- and post-convention walks will also be available online as OSB in case you want to do a walk before reaching Las Cruces and picking up your registration packet. We will be sanctioning the walks soon with more information at that time. Convention registration should be available in a couple of weeks.

Following is a list of walks and their featured date:

Sat, Apr 26 – City of Rocks State Park – Faywood, NM

Sun, Apr 27 – Silver City, NM

Mon, Apr 28 – free day for area walks including the University Campus Walk in Las Cruces.

Tues, Apr 29 – Organ Mountains Dripping Springs – Las Cruces, NM
Wed, Apr 30 – El Paso International Walk to Juarez or El Paso Municipal Rose Garden

Thurs, May 1 – Choice of White Sands National Park – Alamogordo
Mesilla Valley Bosque State Park – Mesilla (Las Cruces)

Fri, May 2 – Reverse of Thurs (Mesilla Valley SP or White Sands)

Sat, May 3 – Historic Downtown Las Cruces (to be included next month with the convention walks)

Sun, May 4 – Socorro, NM

Following are the pre- and post-convention walks: City of Rocks State Park is located halfway between Deming and Silver City,

Silver City is 30 miles north of City of Rocks State Park and is an old mining town. Our walk will start at Western New Mexico University at 1000 W College Ave in the college plaza

The New Mexico State University Campus Walk is not actually a pre-walk as it will be available the entire week to help you fill a void in your schedule. The campus walk starts at the Las Cruces Convention Center.

Socorro is about 150 miles north of Las Cruces and will start at the New Mexico Institute of Mining and Technology campus close to Baca Hall on Neel St.



PRESIDENT/CEO - HENRY ROSALES

The National Office move on October 15 will save the AVA approximately \$10,000 per year on rent and allow us to stay in an area where we are supported by the local community and the King William Association. The King William Association recently gave the AVA a \$5,000 grant to support with operations.

A Special thanks to all who came out to support the site visit from the Fleet Feet representative. She really enjoyed the walk and wants to work with us!

Big Give Update

To all who donated to the Big Give, thank you for your generosity and continued support of our organization. The current amount raised is \$83,295 with a little less than 3 weeks until the end of the campaign. After the campaign has ended on October 31, 2024, results of the Big Give prize winners and the Regional winner will be announced. Thank you again for moving us forward!



2025 Centurion Achievement Challenge.

You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2025 Challenge between October 1, 2024 and September 30, 2025 using the official registration form on the AVA website. Please mail forms to AVA, **1032 S. Alamo St, San Antonio, TX 78210**, or e-mail to marian@ava.org.

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.

November:

SAT/02 – NBW, New Braunfels-Wurst Fest

FRI/08 – SUN/10 –TVA Meeting
 Tue/12 – SAP, Lost Maples, (Y)
 SAT/16 – CRW, Bastrop State Park
 SAT/23 – HHH, Seabrook
 THU/28 – *Thanksgiving*
 FRI /29 – RRR, Opt Outdoors
 SAT/30 – HCV Comfort Christmas
 Walk

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

2 November NEW BRAUNFELS - NB-
 Marsch-und Wandergruppe - START:
 Fischer Park, Pavilion G
 1935 Hilltop Summit Road
 New Braunfels, TX 78130

9 November
 ROCKPORT - San Antonio Pathfinders
 (Connie Hager Pavilion, 5km/10km
 Rockport Pathways/Paradise Walk)
 Mike Schwencke
 (210) 679-7609
 mike.schwencke@outlook.com

9 November
 ROCKPORT - Texas Volkssport
 Association
 (Fairfield by Marriott Hotel - TVA
 Semiannual
 Meeting, Calendar Meeting)
 David Roberts
 (830) 992-7584
 dlroberts34@hotmail.com

10 November ROCKPORT/FULTON -
 San Antonio Pathfinders (Fairfield by
 Marriott Hotel - 5km/10km
 Pathways/Paradise Walk) Mike
 Schwencke (210) 679-7609
mike.schwencke@outlook.com



12 November VANDERPOOL - San
 Antonio Pathfinders (Lost Maples SNA
 Day Use Parking near restrooms -
 5km/10km Featured YRE, 9-11 a.m.)
 Mike Schwencke (210) 679-7609
 mike.schwencke@outlook.com

16 November BASTROP - Colorado
 River Walkers (Bastrop State Park -
 5km/10km Lost Pines XIX Walk)
 Stephanie Knight (512) 423-6680
 Stephanieknight.sjk@yahoo.com
 ROCKPORT - San Antonio Pathfinders
 (Connie Hager Pavilion, 5km/10km
 Rockport Pathways/Paradise Walk)
 Mike Schwencke (210) 679-7609
 mike.schwencke@outlook.com

23 November - Seabrook Wander
 Gruppe - Houston Happy Hikers
 (Miramar Park Pavilion - 5km/10km
 Walk Catherine Kellner (979) 478-6203
 hhhpresident@houstonhappyhikers.com



29 November SAN ANTONIO -
 Randolph Roadrunners (Pearsall Park
 Pavilion - 5km/10km Opt Outside
 Walk) Ellen Ott (210) 723-8574
ellenott@sbcglobal.net

30 November COMFORT - Hill
 Country Volkssportverein (Comfort
 Community Park - 5km /10km
 Christmas Walk) John Bohnert (830)
 431-2852 johnbohnert63@gmail.com



**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!"

**Southside Lions Park Walk
 September 21, 2024**



Signing up at the walk start point.



From left to right, Linda Goodman, Gerry
 Kamicka, Jackie Lytle with Dolly, Susan
 Noonan and Andy Thomas all pose for a
 picture in front of the first of three flower
 sculptures before beginning their walk.



Martin Callahan with Winston and Dolly on
 the walk route



Gayle Weinraub on the walk trail overlooking Pecan Valley Lake spillway.



Mike Phillips and Diane Duesterhoeft with Dolly at Pecan Valley Lake before beginning the loop around the lake.



Susan Noonan, Andy Thomas and Jackie Lytle along the nature trail on the way to the finish.

Harvard Health Publishing Ask the doctor: Stretching before exercise



Q. Should I stretch before or after my workout to help prevent muscle injuries and soreness? I've gotten conflicting advice on this.

A. We all remember the importance placed on stretching in our high school physical education classes. However, recent expert opinion has moved away from static stretching before activity and toward a gradual and active warm-up period before exercise. Stretching a

healthy muscle before exercise does not prevent injury or soreness.

Muscles are made of bundles of tiny fibers. In a typical exercise-related muscle strain, these fibers develop microscopic tears. Theoretically, stretching before exercise should make the muscles more pliable and less likely to tear. But when studies have compared rates of injury or muscle soreness in people who stretch before exercise and those who don't, they have found little benefit to stretching. In fact, stretching a cold, tight muscle could lead to injury.

Instead, try a brief warm-up to get the blood flowing to your major muscle groups and loosen your joints.

For example, instead of launching immediately into a brisk walk, spend five to 10 minutes taking a leisurely stroll with long strides, and then increase the pace gradually. Or when you begin exercising on a treadmill or other gym machine, start on a low setting. This will also allow your heart and muscles to respond gradually to the increased demands of exercise.

Walk Farther, Faster and Pain-Free

These simple tweaks will add energy and power to your stride, so you can get where you're going with ease

BY MYATT MURPHY for AARP

You already know that walking burns calories, boosts stamina, improves heart health, reduces stress and lowers inflammation—and that the more you can do it, the better.

But sometimes walking is a pain in the butt ... and the legs, the back and the feet. But with a few tweaks to your posture and stride, you can walk stronger, longer and without pain. "Maintaining the best posture possible allows your body to distribute its weight more evenly and move more efficiently. That keeps muscles pain-free by preventing them from becoming overstressed and overworked," says Mike Mancias, longtime personal athletic trainer to LeBron James and author of *Game Plan*. "Better still, watching your form can also allow your lungs to expand further and take in

more energy-rich oxygen, so you're less likely to fatigue as quickly." Here's his head-to-toe (literally!) checklist on how to step up your game the next time you take a stroll.

1. **HEAD:** Tilting your head down causes your shoulders to roll forward, preventing you from breathing as deeply as possible. "Remember, oxygen equals energy!" Mancias says. Instead, look straight ahead (about 10 feet or so in front of you) with your chin lifted. Try to keep your ears in line with your shoulders, which will prevent you from leaning too far backward or forward.

2. **SHOULDERS:** Gently roll your shoulders upward, then back, then down—and keep them there. You want your shoulder blades to nearly touch each other at the middle of your back. This prevents slouching and reduces tension on the upper back and neck.

3. **CORE:** To pull in your belly and support your spine, gently squeeze your abdominal muscles—and keep them that way when walking. "Think about using your stomach muscles to pull your belly button toward your spine," Mancias says. "This trick removes stress from your lower back by keeping your body weight centered and provides more stability, so you're less likely to lose your balance."

4. **ARMS:** "Keep your arms bent at 30- to 40-degree angles and close to your rib cage; swing them forward and backward in a motion that's in line with your body," Mancias says. Moving them at an angle across your body not only wastes energy, but it can affect your steadiness, he explains.

5. **FEET:** Your heels are meant to absorb the shock of each step as you stride. With every step, land on your heel, roll forward onto the ball of your foot, then push off with your toes. "This three-part motion leaves your legs and feet feeling less tired and can help to minimize blisters," Mancias says.

RANDOLPH ROADRUNNERS
PO Box 2744
Universal City TX 78148-1744