



Volume 2004 No. 6
Next Meeting - June 1, 2004
7:30 p.m. at the Golden Corral
Restaurant, Universal City
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

Suzanne Markgraf 210-651-9378

Vice President

Totsy Miller 210-648-0637

Treasurer

Tony Paulson 210-658-8324

Secretary

Suzy Krisak 210-646-7849

Committee Chairs

Membership

Nancy Paulson 210-658-8324

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210-496-2197

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Bilita VanCleave 210-695-2235

Year-round Events, Universal City

Carlen Forinash 210-493-8543

E-mail

RandolphRoadrunners@satx.rr.com

Website

[www.geocities.com/
randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

Event Information

1-800-830-WALK

TVA Website

<http://walktexas.org/>

European AVA Liaison

Hans-Dieter Fuhr

Wiesbaden, Germany

Tel. & Fax 0611 / 66894

Hans-D.Fuhr@t-online.de

Renewal Time

The following membership renewals are currently due: **Ken & Pat Bradley, Lauren Ulbrich, Helen Montgomery, James & Lucy Sampson, Charles Wortz, Richard & Henrietta Harrison, Jim Linehan, Patsy & Dale Meyers, and Marcie Granzin, Diana Carroll, Malcolm Carter, Patricia Ermel, Fred P. Cailan, Jr., Ron Rundberg, and Mary Ellen Watters.**

Please send in your renewal fees now. We value your membership. To renew your membership, fill out a renewal application attached at the following website address:

www.geocities.com/RandolphRoadrunners/membership.html and send it with

your fees to **Nancy Paulson** c/o the club address.

New Memberships:

Please welcome the following members back to our club: **Roy and Freya Snyder.**

King William/Beethoven Event Info:

The Beethoven walk is scheduled for Friday, July 16th this year. A volunteer is still needed to assist with parking for this event. Please contact Tony or Nancy Paulson if you can help. The start time is 4:00 to 6:00 PM and finish time is 9:00 PM

YRE Kick-Off Info -----

Remember, the DeZavala Broadway Daily Bread kick-off will be held on June 5th to celebrate the opening of the three new Coffee shop YRE's. Start time for the kick-off is 7 to 10 AM, with manned start and finish tables for this event. The DeZavala Broadway Daily Bread store is at 5011 DeZavala Road. Look for it on the corner of Brandeis and DeZavala down the street from Clark High School, on the opposite side of the street. Call Ellen Ott if you need

more information. Also, make time to walk the other two new YRE's: Broadway Daily Bread on Broadway, Alamo Heights and the Lighthouse Coffee and Café in Stone Oak.

Play the Slots!!

Interested in a trip to Las Vegas? Are you feeling lucky? Call Ellen Ott for information about this three state event, including YRE's. The trip would take place the first weekend of April, 2005.

Next TVA meeting

The Texas Volkssport Association (TVA) meets twice yearly on the 1st Saturday in February and the 1st Saturday in August. In addition to local year round events, the host club will usually have a sanctioned event that is held on Sunday of that weekend. No other sanctioned volkssporting events are held in Texas on these weekends. The annual budget is voted on at the February meetings and the TVA officers are elected at the August meetings.

The next TVA General Membership meeting will be held at 1 PM, Saturday, August 7th at the Grace United Methodist Church, Copperas Cove. The TVA Board will meet at 9 AM, same location.

There is a 5K/10K walk scheduled for Dana Peak Park, Stillhouse Hollow Lake for Sunday AM. A group rate has been secured at the Best Western Inn & Suites in Copperas Cove for both Friday and Saturday night. The rate will be \$72.00/night (1-4 per room) plus 13% tax (suites only available at this time). It has just been announced that there will be a Jehovah Witness convocation in the Killeen area that weekend and hotel/motel rooms will be at a premium.

Coming Events:

Sat June 5, 2004

10K Walk 68192

Terry Hershey Park

15200 Memorial Drive @ Memorial
Mews
Houston, TX
[Houston Happy Hikers](#)
Catherine Kellner 979-478-6203
hhhpresident@houstonhappyhikers.org
<http://www.houstonhappyhikers.org/weflyer0406/weflyer-0406.htm>

Sat June 5, 2004
11K Walk 68082
First United Methodist Church
121 N. Center
Grand Prairie, TX
[Dallas Trekkers](#)
Jerry Vanlandingham 972-513-0394
bfitch@ix.netcom.com
http://www.dallastrekkers.org/brochures/grand_prairie_060504%20.pdf

Sat June 12, 2004
10K Walk 67416
Fredericksburg Law Enforcement Building
Fredericksburg, TX
Volkssportverein Friedrichsburg
Becky Lindig 830-997-8056
alin786@ktc.com
<http://walktexas.org/events/20040612a.htm>

Sat June 12, 2004
300M Swim 67417
Lady Bird Johnson Municipal Park
Fredericksburg, TX
Volkssportverein Friedrichsburg
Becky Lindig 830-997-8056
alin786@ktc.com
<http://walktexas.org/events/20040612a.htm>

Sat/Sun June 19-20, 2004
10K Walk 68206
10K Walk 68207
Richards Park
Brady, TX
[Trotting Texas Turtles](#)
Karl Kittenger 254-547-1403
walkabout@hot.rr.com
<http://www.walktx.org/BradyWalk.PDF>

Here Comes the Sun -- Do You Know What to Do?

Lower Skin Cancer Risk

Article date: 2004/04/05

As spring takes hold, many of us will be spending more time outdoors, taking advantage of the warmer weather. But enthusiasm for the new season shouldn't cloud our judgment about [sun safety](#), experts warn.

"It's good for people to be out and

exercise and be active, but when you are out, be careful to protect yourself," said Martin Weinstock, MD, a professor of dermatology at Brown University Medical School in Providence, RI, and chairman of the American Cancer Society's Skin Cancer Advisory Group.

Protecting yourself means following ACS's "[Slip! Slop! Slap!](#)" advice, he said: When you're going to be outdoors, slip on a shirt, slop on sunscreen, and slap on a hat. Sunglasses that screen out ultraviolet rays can protect eyes and the delicate skin that surrounds them.

Too much exposure to the sun can raise the risk of skin cancer, including the deadliest type, [melanoma](#). Rates of melanoma have been increasing in the US over the past 20 years, and ACS estimates that some 55,000 new cases will be diagnosed in 2004. Nearly 8,000 people are expected to die from melanoma this year.

Don't Get Burned

Although anyone can get melanoma and [other skin cancers](#), they are most common in people with fair complexions who sunburn easily. A recent Scandinavian study published in the *Journal of the National Cancer Institute* (Vol. 95, No. 20: 1530-1538) found that women with blond hair had about twice the risk of developing melanoma as women with dark brown or black hair, while redheads had 4 times the risk.

The investigators, who studied more than 100,000 Swedish and Norwegian women, also found that getting sunburns -- particularly as a youth -- raised the risk of melanoma. This finding is in line with those of several other studies that have linked [excessive childhood sun exposure](#) to skin cancer.

"In general, for most people who are susceptible to sunburn, you should definitely stop the exposure long before you get red," Weinstock said. "That's why it's a good idea to put sunscreen on before going out."

Beachgoers must be especially careful, he noted, because the sunlight reflects off water and sand, and bathing suits provide very little coverage.

The ultraviolet rays in sunlight, UVA and UVB, can cause damage to the DNA in skin cells that may eventually cause them to become cancerous. In fact, a study published online in the *Proceedings of the National Academy of Sciences* suggests that UVA rays may be even more harmful than previously believed because they penetrate into deeper layers of skin where cancers begin to form. For this reason, it's a good idea to use a sunscreen that protects against both types of UV radiation.

San Antonio is listed in the top 12 Walking Cities in the U.S.

A great walking city needs more than verdant parks and balmy weather. In 2003, the American Podiatric Medical Association, in conjunction with *Prevention*, studied the major US cities and then tabulated and weighed 20 criteria of interest to pedestrians, including crime, mass transit, air quality, and the number of historic sites, museums, and gyms each city has. The APMA crunched the numbers and ranked the [125 best US cities for walkers](#), so even if you don't live in one of them, consider these urban oases when planning your next vacation or business trip.

San Antonio, TX

You may remember the Alamo, but you probably didn't know that this central Texas metropolis boasts 157 miles of natural creek ways, all ready to be explored on foot. This is just one of San Antonio's many pedestrian secrets. A unique geography is another: The city straddles the divide between the Hill Country to the north and flatter, rolling plains to the south. This sort of stark topographical contrast gives walkers the rare opportunity to either test their stamina or take it easy--or both--over the course of one long walk. Air quality is outstanding; the APMA study scored San Antonio's air quality index 94 out of a possible 100.