



Volume 2004 No. 7
Next Meeting - July 6, 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

Programs

Ellen Ott 210-525-8574

Publicity

YOUR NAME COULD BE HERE!

Sales

Joanne Forinash 210-493-8543

Webmaster

Stella Morado-Cahue
830-620-5616

Newsletter

Audrey Vertucci – AudreyVe@aol.com
210-496-2197

Year-round Events, Boerne

Bilita VanCleave 210-695-2235

Year-round Events, Universal City

Carlen Forinash 210-493-8543

Year-round Events, Universal City

Ellen Ott 210-525-8574

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: **Malcolm Carter, Patricia Ermel, Fred P. Gailan, Jr., Ron Rundberg, Susan Barnes, Totsy Miller, Carol Christy, and Fred Sheets.** 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-

A warm welcome to: **Minerva Rodrigues, Daniel Garcia, and Jeanne Benson.** New members, we invite you to become active in your club!

Happy Birthday!

Club member John Thomas spent his 90th birthday, May 28th, working at the event finish table for the Army Nurses Convention Volkssporting event. Congratulations and "thank you" John Thomas for your contributions of time and effort to your club. We appreciate all you do and wish you many more!

May 28th Event

Thank you to the following people for working the May 28th event at the Adams Mark Hotel: Pat Gunter, Stella Morado-Cahue, John Mathis, John Thomas, Jim & Sherry Scheurich, Mabel Matsumoto, Betty Berry, Nancy Riley, Sarah Six, Harriet Phillips, Mary Marino, Alice Felder, Darlene Oner, Clare Plitza, Mike Hermes, Gerry Kamicka, Linda Goodman, Suzanne Markgraf and all our other volunteers. You will not be forgotten.

Also, I hope everyone's enjoying the club's new YRE's. Don't forget the Boerne and Universal City YREs. There are plenty of walks for everyone so come out and enjoy!

Ellen Ott

King William/Beethoven Event--

The Beethoven walk is scheduled for Friday, July 16th this year. The start time is 4:00 to 6:00 PM and finish time is 9:00 PM.

From the Desk of the Pres.

If you are interested in volunteering for the nominating committee, please contact me at 651-9378. Names for candidates for the positions of president and treasurer must be submitted at the October meeting for the November election. If no volunteers step forward, I will appoint individuals to serve on the nominating committee.

Suzanne Markgraf, President

Earn a Refund and Support Volkssporting

The AVA has joined Consumer First. This partnership is a win-win for everyone. Register your current MasterCard and Visa credit cards (up to four) on our secure site and when you use one of those cards to purchase items from participating merchants, you will receive a refund. Each purchase also supports volkssporting. Best of all, there is NO cost to you.

Visit www.consumer1st.com/251495 to sign up or go to the AVA web page and look for the link. Take a couple of minutes to register your cards and that is all there is to it. Consumer First will take care of your refund. There are lots of on-line merchants such as 800-Flowers, Delta Airlines, Expedia, Barnes and Noble, Office Depot. Once you sign up you will have access to the complete listing of merchants. Of course this listing is subject to change without notice so watch for additional new merchants.

Next TVA meeting

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). There will be a Jehovah Witness convocation in the Killeen area that weekend and hotel/motel rooms will be at a premium. Again, if you are going, make your reservations now.

Calling All Artists . . .

Sharpen your pencils and get out your paints or crayons. The AVA needs your patch designs for National Physical Fitness and Sports Month and National Volkssporting Month for 2005. All entries need to be received at Headquarters by December 31, 2004. Recognition will be given to the winning design in TAW and Checkpoint and you will be provided with a free patch once they are received from the supplier.

New Levels for Bike Awards

The Canadian Volkssport Association has taken on the task of designing and procuring three new bike awards for the levels of 20,000km, 25,000km and 30,000km. The AVA has agreed to purchase these and they should be in stock shortly. Dust off your bikes, purchase a bike distance book and earn these new awards.

Coming Events:

7/9/2004 - 7/9/2004 - Walk
Event Number: 68164 10K
Start: Dallas Area Rapid Transit (DART) Headquarters
Event City: Dallas
Host Club: Dallas Trekkers, Inc.

Event Website:
www.dallastrekkers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
5706 Maidstone
Richardson, TX 75082
Contact: Bruce Fitch, (972) 235-9086
E-Mail: bfitch@ix.netcom.com
Club Website:
www.dallastrekkers.org/

7/16/2004 - 7/16/2004 - Walk
Event Number: 68278 10 k
Start: Beethoven Mannerchor Hall und Garten
Event City: San Antonio
Host Club: Randolph Roadrunners
Event Website: [none](#)
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
120 Thomas Edison Dr.
Schertz, TX 78154
Contact: Tony & Nancy Paulson, (210) 658 - 8324
E-Mail: nantony6@hotmail.com
Club Website:
www.geocities.com/randolphroadrunners/

7/24/2004 - 7/24/2004 - Walk
Event Number: 68214 10km/ 5km
Start: City of Allen (Joe Farmer) Recreation Center
Event City: Allen Texas
Host Club: Plano Walking Club
Event Website:
<http://www.walktx.org/Plodders>
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
704 S. Grove Rd
Richardson, TX 75081
Contact: Kitty Simmons, (972) 231-6518
E-Mail: dona7112@iadfw.net
Club Website:
www.walktx.org/Plodders.html

7/31/2004 - 7/31/2004 - Walk
Event Number: 68332 10KM
Start: Medina School
Event City: Medina

Host Club: Hill Country Volkssportverein
Event Website:
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
P O Box 822
Comfort, TX 78013
Contact: John Bohnert, (830) 995-2421
E-Mail: tina.bohnert@comfort.txed.net
Club Website:

Stay Comfy in the Heat

Little things can turn an enjoyable warm-weather walk into a torturous outing. But you can stop these seasonal problems before you even step out the door.

Bees and yellow jackets are attracted to bright colors and sweet smells. Dress in white or khaki-colored clothing and skip scented lotions, hair spray, and perfume. Carry sugary sports drinks in clean, tightly sealed containers.

Prickly heat with its small bumps and an unpleasant prickly sensation occur when sweat is trapped and skin is over-heated. Choose loose-fitting shorts and tees made of breathable fabrics such as 100% nylon or polyester instead of spandex.

Chafing thighs and armpits can be avoided. Shorts and sleeveless tops allow exposed areas of sweaty skin to rub against each other and become sore. If you don't mind the mess, apply a bit of petroleum jelly to these areas to stay friction-free. Or, form a barrier with a non-talc powder. Antiperspirants will also help control irritating moisture. Another option: Bike-style shorts will protect legs—just make sure they're breathable.