



Volume 2004 No. 8
Next Meeting – August 3, 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

Alan & Gloria Mick 210-659-5402

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, San Antonio

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:
Patricia Ermel, Fred P. Gailan, Jr., Ron Rundberg, Carol Christy, and Fred Sheets, Gerald Batto, Armando Bernal, Newton Cole, John Thomas and Carol Shaner.
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: **Alan & Gloria Mick and Jack & Janet Shircel.** New members, we invite you to become active in your club!

Your Help is Needed!

At the August meeting of the Texas Volkssport Association we will be electing the TVA officers for the next two years. The three positions up for election this year are the President, 2nd Vice President and Secretary. Right now we have at least one person who has expressed an interest in serving as the next president and the next 2nd vice president. What we need is someone who would like to serve as TVA secretary, a position responsible for taking and maintaining the minutes for the TVA's two yearly meetings.

If you, or someone you know, would like to be a part of the leadership team for our state organization please contact me at bfitch@ix.netcom.com or call me at 972 235-9086. If you have any questions about one of these important positions, please feel free to contact me.

Thank you,

Bruce Fitch

TVA Nominating Committee Member

**Beethoven/King William
Event July 16th**

This year, 125 brave Texans defied the July weather and joined us for the King William walk on the 16th of July. It was typically hot and humid, but a small breeze and the fact that most of the walk is shaded helped and everyone made it through. Of course, the thought of that German food and beer at the end may have inspired some. As usual the Beethoven Mannerchor people were wonderfully welcoming and gracious. They gave us ice and water, and free admission for all credit walkers. Most of us took advantage of their generosity.

We modified the trail slightly and added a few hundred meters to bring it up to a legitimate 10K. No one got lost so the directions must have been adequate. We had numerous phone calls and e-mails from folks as far away as Plano and Harlingen asking for directions and details. We attracted our usual loyal Kerrville contingent and a few Austinites. All in all a good group. The winner of a pair of New Balance shoes at the event was Ms Donna Fisher of San Antonio.

“Thank you” to the following people for working the King William event: Totsy Miller, Suzy Krisak, Joan Whealen, Carlen and Joanne Forinash, John Thomas, David Toth, Bilita and Don Van Cleave, Gloria and Al Mick, Nancy Riley, Jim and Sherry Scheurich, Pat Gunter, Darlene Oner, John Mathis, Suzanne Markgraf, and Tony and Nancy Paulson, the event coordinators.

From the Desk of the Pres.

If you are interested in running for the office of president or treasurer, please contact Joan Whealen or Totsy Miller, members of 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 800Flowers, 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.

August Walking Tips:

Walking the right way can give you better health, fitness, and attitude. It can help you walk faster and more smoothly. Walking the wrong way can lead to wasted effort or even injury.

Over Striding - When walkers try to walk faster, a natural inclination is to lengthen your stride in front, reaching out further with your forward foot. This leads to a clumsy, ungainly gait, striking hard with the feet. Your shins hurt and you really don't get any faster.

RANDOLPH ROADRUNNERS
P. O. Box 2744
Universal City TX 78148-1744

The cure: All of the power of your walk comes from pushing with the back leg and foot. If you are trying to walk fast, concentrate on taking shorter, quicker steps. Then think of really rolling through your step with your back foot and leg, getting a good push off. The result will be faster feet and lengthening your stride where it does you some good - in back.



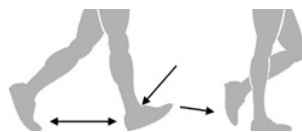
Left: overstriding. Right: correct.

Flapping, Slapping Feet

- Your feet hit the ground with a slap.
- You land flat footed with each step and get no roll.
- You may develop shin pain.

This means that instead of rolling through the step with your forward foot, it is flattening out prematurely. Either you are fighting stiff, heavy shoes or your shins are too weak to let you roll through the step.

The cure: Get flexible shoes that bend at the ball of the foot. A pair of running shoes with a low heel is best.



Roll through a step

To strengthen your shins, ankle, and lower leg do **toe raises**: Stand on a stair facing upstairs with your heels hanging over the edge. Dip the heels down, then raise them high. Repeat 10-20 times.

[Step Stretch Toe Raises](#)

Foot fun: While sitting around, several times a day, tap your toes quickly for several seconds.

Coming Events:

8/8/2004 - 8/8/2004 - Walk

Event Number: 68373 10 K

Start: Stillhouse Hollow Lake - Dana Peak

Event City: Killeen

Host Club: Trotting Texas Turtles

Event Website:

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

712 Ridge Street

Copperas Cove, TX 76522

Contact: Karl Kittinger, (254) 547 - 1403

E-Mail: walkabout@hot.rr.com

Club Website:

www.walktx.org/ttt2.html

8/14/2004 - 8/14/2004 - Walk

Event Number: 68405 10K

Start: Pease Park (South Entrance)

Corner of Kingsbury & Parkway

Event City: Austin

Host Club: Austin Sertoma Club

Event Website: [None](#)

More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

PO Box 50255

Austin, TX 78763

Contact: Daphne Hamilton, (512) 266 - 8341

E-Mail: daphne.hamilton@att.net

Club Website: