



Volume 2005 No. 10
Next Meeting October 4, 2005
7:00 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

Ellen Ott 210-525-8574

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:
Milton Camps, Newton Cole, Philip Vann, Shirley Conrad, Cheryl Davis, Joan Whealen, Carrie Carson, Marte Kellog and Leilani Nunley. Please send in your renewal fees now. We value your membership. To renew your membership, fill out a renewal application attached or print one from the following website address:
www.geocities.com/RandolphRoadrunners/membership.html and send it with your fees to Nancy Paulson c/o the club address.

Volksmarching F.Y.I.--

The 30th Anniversary Volkssport Tour for walkers and sightseers is scheduled for May 23rd through June 5th, 2006. The tour will include Germany, Luxemburg and the Czech Republic. Contact Ellen Ott for information.

President's Weekend – 2006 will be held in Orange Beach, Alabama, February 17 to 20, 2006. For information go to:
www.GeorgiaWalkers.homestead.com

We celebrated 25 years of Global events at the Canyon Lake walk on Sept. 17th. An appreciation plaque was presented to Heinz Johnson, the founder of the Randolph Roadrunners who was instrumental in developing the Global events. Heinz will be speaking about the Globals at the October RR meeting. A celebration cake and other refreshments were enjoyed by walkers attending the event. Many thanks to our dependable volunteers: Bilita and Don Van Cleave, Carlen and Joanne Forinash, Nancy and Tony Paulson, Ellen Ott and Mike Hermes, Betty Richter, Totsy Miller, Joan Whelan and Bridget Magness.

On October 14th, Ellen Ott will be presenting a poster at the American College of Sports Medicine at the

University of Illinois. The subject: Volkssporting! (Just another chance to do a college event!)

Remember; October is National Volkssporting month. Forms to order the special patch will be available at the club meetings and at Roadrunner walk events.

On Sunday, Oct. 23rd the club will host a booth at the American Heart Association Health Fair in the Alamodome from noon to 4 pm. We need a Spanish speaker to help out at this event.

Club Elections will be held in November. Officers up for election are vice-president and secretary. Let your nominating committee, Alan and Gloria Mick (jjmick1021@msn.com) know if you are interested.

Special AVA Program RiverWalk America starts January 1, 2006 and runs indefinitely. Cost is \$8. The program rules include a sanctioned AVA walk, bike or ski event if the trail passes by or crosses over a river. A river is defined as a flowing body of water whose name ends in the word River. A trail passes by a river if you can sight the river as you walk the trail. Requests for inclusion in the program should be sent to Lorraine Weaver for clarification. Handwritten entries are not acceptable. The program can be completed at four distinct levels. A participant may turn in his/her book with 5, 10, 15, or 20 stamps. The level approach has been chosen so that children will be able to participate and complete the RiverWalk America Program without being discouraged if the challenge of competing 20 qualifying events is too great. Levels: 5 events, Rafter; 10 events Rowboat Captain; 15 events Paddlewheel Captain and 20 events Steamboat Captain. POC, Lorraine C. Weaver, 2222 Chesapeake Ln., Leonardtown, MD 20650, e-mail: seka@gmpexpress.net. Checks made payable to RiverWalk America Volksmarch Special Program.

Coming Events:

10/1/2005 - 10/1/2005 - Walk

Event Number: 71209 5K & 10K**Start:** Cherry Springs Christ Lutheran Church**Event City:** Fredericksburg**Host Club:** Volkssportverein Friedrichsburg**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

326 Glenmoor Fredericksburg, TX 78624

Contact: Elizabeth Crenwelge, (830) 997 - 2533**E-Mail:** tjocole@austin.rr.com

10/7/2005 - 10/7/2005 - Walk

Event Number: 71743 10 km**Start:** Chihuahuan Desert Research Institute**Event City:** Fort Davis**Host Club:** West Texas Trail Walkers**Event Website:** www.ava.org/clubs/wttw**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

5103 Plantation Colony Dr.

Sugar Land, TX 77478

Contact: Garry Speir, (281) 265 - 3772**E-Mail:** gspeir@alltel.net**Club Website:** www.ava.org/clubs/wttw/

10/8/2005 - 10/8/2005 - Walk

Event Numbers: 71745, 71746, 71747 - 10 km**Start:** Davis Mountain State Park**Event City:** Fort Davis**Host Club:** West Texas Trail Walkers**Event Website:** www.ava.org/clubs/wttw**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

5103 Plantation Colony Dr.

Sugar Land, TX 77478

Contact: Garry Speir, (281) 265 - 3772**E-Mail:** gspeir@alltel.net**Club Website:** www.ava.org/clubs/wttw/

10/9/2005 - 10/9/2005 - Walk

Event Number: 71748 10, 15, 20 km**Start:** The Nature Conservancy**Event City:** Fort Davis**Host Club:** West Texas Trail Walkers**Event Website:** www.ava.org/clubs/wttw**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

5103 Plantation Colony Dr.

Sugar Land, TX 77478

Contact: Garry Speir, (281) 265 - 3772**E-Mail:** gspeir@alltel.net**Club Website:** www.ava.org/clubs/wttw/

10/15/2005 - 10/15/2005 - Walk

Event Number: 71382 5/10km**Start:** Guadalupe River State Park**Event City:** Spring Branch**Host Club:** Texas Wanderers**Event Website:**www.walktx.org/TexasWanderers**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

9355 Blazing Star Trail

San Antonio, TX 782662311

Contact: Lyn Ward, (210) 651 - 6536**E-Mail:** Lward10km@aol.com**Club Website:**www.walktx.org/TexasWanderers

10/15/2005 - 10/15/2005 - Walk

Event Number: 71753 10K or 12K**Start:** "The Point" @ Morgan's Point**Event City:** LaPorte**Host Club:** Houston Happy Hikers**Event Website:** houstonhappyhikers.org**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

2017 Briar Ln.

Richmond, TX 77469

Contact: Catherine Kellner, (979) 478 - 6203**E-****Mail:** hphpresident@houstonhappyhikers.org**Club Website:**www.houstonhappyhikers.org/

10/15/2005 - 10/15/2005 - Walk

Event Number: 70168 5K & 10K**Start:** Caddo Lake State Park**Event City:** Uncertain**Host Club:** East Texas Trekkers**Event Website:** www.dallastrekkers.org/brochure**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

4722 Comanche Trail

Tyler, TX 75707

Contact: Jan Wood, (903) 534 - 9301**E-Mail:** jpw6391@msn.com**Club Website:**www.easttexasrekkers.com/

10/22/2005 - 10/22/2005 - Walk

Event Number: 72345 10 km**Start:** Clark Gardens Park**Event City:** Mineral Wells**Host Club:** Tarrant County Walkers**Event Website:** aecotrill@prodigy.net**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

7021 Sparrow Point

Fort Worth, TX 76133

Contact: Barbara Bice, (817) 292 - 6377**E-Mail:** r.bice@sbcglobal.net**Club Website:** www.walktx.org/TCW.html

10/22/2005 - 10/22/2005 - Walk

Event Number: 71450 5/10km**Start:** San Pedro Park**Event City:** San Antonio**Host Club:** Trinity Trekkers**Event Website:****More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

8463 Romney, San Antonio, TX 78254

Contact: David N. Toth, (210)521 - 8684**E-Mail:** dnt@stic.net

10/22/2005 - 10/23/2005 - Walk

Event Numbers: 71246, 71247 10km**Start:** Lazy Hills Guest Ranch**Event City:** Ingram**Host Club:** Kerrville Trailblazers**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

446 Vicksburg Ave.

Kerrville, TX 78028

Contact: Robert Theis, (830) 896 - 3550**E-Mail:** platte@ktc.com

10/29/2005 - 10/29/2005 - Walk

Event Number: 72603 10km**Start:** Plano 15th DART Station**Event City:** Plano**Host Club:** Plano Walking Club**Event Website:**www.walktx.org/planowalkingclub**More Details:** [Click here for directions, ratings, etc.](#)**Write for more information to:**

4221 Whistler Dr., Plano, TX 75093

Contact: Maggie Cole, (972) 612 - 8129**E-Mail:** maggiiec@airmail.net**Club Website:**www.walktx.org/Plodders.html

10/29/2005 - 10/29/2005 - Walk

Event Number: 70478 10K**Start:** Mockingbird DART Station**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:**

3321 Dartmoor Dr., Dallas, TX 75229

Contact: Helen Bateman, (214) 732 - 3419**E-Mail:** helenbateman@earthlink.net**Club Website:** www.dallastrekkers.org/

10/29/2005 - 10/30/2005 - Walk

Event Number: 70957, 70958 10km**Start:** Waring VFD Hall**Event City:** Waring**Host Club:** Hill Country Volkssportverein**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**Don't for the Founder' Day Celebration and walk event on Saturday, October 22, 2005 at San Pedro Park.**

REUSE-A-SHOE In 1993, Nike began what is its longest-running environmental and community program: [Reuse-A-Shoe](#). Simply put, athletic shoes are gathered, separated, and ground up into Nike Grind material for use in athletic surfaces and fields, called [NikeGO Places](#), to help kids get moving. Some 16 million pairs have been recycled to date. To make this program sustainable, Nike has key partners in place. One of those partners is the National Recycling Coalition. With the NRC we have expanded the Nike Reuse-A-Shoe program to participating organizations across the continental U.S., with a goal of recycling 125,000 pairs of shoes each year. Our recycling partners take care of the logistics of collecting the shoes, leaving us to focus on the recycling process and end uses for the resulting Nike Grind material. For more information about the National Recycling Coalition, visit their website at www.nrc-recycle.org. To check out the current list of collection sites, go to our [Drop-Off Locations](#) page.

Worldwide Volkssport Tours has organized a cruise starting on February 20, through March 3, 2006. The cruise sails from Norfolk, Virginia on the luxurious Ms Maasdam of the Holland America Line. A great way to stay in touch with your volksmarch friends and enjoy some warm weather. Your cruise will include sanctioned walks in San Juan, Puerto Rico and St. Thomas, VI. and maybe a swim. (if there is enough interest). Also included are all your meals aboard ship, nightly entertainment, and Captain's Welcome Aboard Party.

Rates start at \$949.00 inside and \$1159.00 outside, and are per person based on double occupancy. Port charges, taxes and handling fees are \$302.95 per person. Book early to take advantage of additional promotions and best cabin selection. Single supplements and guaranteed single is available.

For more information and to receive a brochure please e-mail me at avawalk5@Comcast.net and include your postal address. I will be away until 7/28 and will at that time contact everyone who emails me. Thanks,
Sandy Lynch -- AVA 470
Worldwide Volkssport Tours
Laurel, Maryland

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 Family member(s) included (see instructions below) DATE _____

Name _____

NEW MEMBER FEE: \$4.00 for year
\$10.00 for three years
This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

Address _____

Apt No. _____

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.

City _____ State _____ Zip Code _____

Telephone number _____

AVA Volkssport Associate Yes / No

E-mail address _____

Family members _____

Eager to serve as club officer _____ committee chair _____

Amount submitted \$ _____