



Volume 2005 No. 12  
Next Meeting January 3, 2006  
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](mailto:Hans-D.Fuhr@t-online.de)

**Renewal Time**

The following membership renewals are currently due:  
**Cheryl Davis, Joan Whealen, Carrie Carson, Marte Kellog, Leilani Nunley, Helen Gitchell, Rodney Koch, John Mathis, Robert & Adele Meggers, Roy & Freda Snyder, Florence Tymrak, George Whitehorse, Mike & Carol Abbott and David Geary.** 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](http://www.geocities.com/RandolphRoadrunners/membership.html) and send it with your fees to Nancy Paulson c/o the club address.

**RR Christmas Party,  
December 9, 2005**

The RR annual Christmas party will start at 7 p.m. on December 9th following the workers' walk for A Christmas Walk in Deerfield. The workers' walk will start at 5:30 p.m. from Joanne and Carlin Forinash's house with the party following thereafter. The address is: 1726 Fawn Crest (not Fawn Gate!).

Please contact Joanne to discuss a pot luck dish to bring to the party. A Chinese Auction will be held with gifts in the \$10 - \$15 range.

The walk itself will be held Sunday evening, December 11th starting at the Deerfield subdivision Recreation Center. The walk starts between 5:30 and 6:30 p.m., finish by 9:30 p.m.

**RR F.Y.I. ---** Don't forget the Boerne Christmas walk at St. John's Lutheran Church on December 3rd. The Loafers will be baking their coffee can breads again this year with plenty of goodies to go around.

The Trinity University, Olmos Park/Monte Vista walk is scheduled for January 7, 2006. Ellen is

negotiating with Barney Smith of the famous Toilet Seat Museum to see if we can have a check point at the museum. Barney will be a guest speaker at our January meeting.

**News from the AVA:**

The AVA 2005 Convention Silent Auction raised \$4,333.50. Many thanks to all who contributed.

**National Executive Council**

**Meeting.** The next meeting of your Executive Council is Saturday, January 28, 2006. It will be held in Las Vegas. More information will be sent as things are finalized.

**Minutes of National Executive**

**Council Meetings.** The draft minutes from each NEC meeting will be posted to the AVA web site once they are received. Upon approval, the final version will be posted.

**Headquarters Appreciation Week.**

The National Executive Council designated the second week of November as "Headquarters Appreciation Week." If club members would take a minute or two to send a thank you, (e-mail would do) it would show them that we all care and support their efforts.

**Call First.** If you are in doubt as to whether or not an event will be held for any reason, please call the Point of Contact before driving to a start location. As was experienced with the recent hurricanes, some people drove many miles only to be disappointed when they found out the event had been cancelled.

**New Balance Shoe Certificates.** Just a reminder that all Shoe Certificates will expire as of January 31, 2006. Please remind your winners so that they don't miss out on their shoes.

**The Money Bag** By Candace Purcell  
The following Convention Close Out Items are available: Fleece Vests, M-

XL \$16.00; XXL \$20.00 Polo Shirt,  
M-XL \$12.50; XXL \$13.50  
Green Convention T-shirt, L-XL  
\$6.00; XXL \$7.00 - Dinosaur T-shirt,  
M-XL \$6.00; XXL \$7.00 Convention  
Patch, \$2.50 Convention Pin, \$1.50  
Supplies and sizes are limited. Club  
discounts do not apply.

## **Highlights of National Executive Council – October 15, 2005 – San Antonio, TX**

### **President's Report:**

The IVV has accepted 6<sup>th</sup> Continent –  
Africa. The first walks are scheduled  
in October, 2005. Many countries are  
now establishing permanent trails i.e.,  
Switzerland, Lichtenstein and Finland.  
Germany will have permanent trails in  
2006.

South Tyrol will host the next IVV  
meeting. – June 2006

Odd Ivar Ruud was voted in again as  
President of IVV, but will not seek to  
serve more than the upcoming term.  
Lynn Clark is again a Vice President  
for this one time three-year term.

Through recommendation of President  
Lindberg, the following items were  
approved:

- Historian position be converted to a  
committee,
- David Toth was approved as chair of  
Historian Committee and,
- Hans Dieter-Fuhr continues as AVA  
European liaison to the IVV.

### **Executive Director Report:**

- Partnership with Fuel Belt and GNC  
is going well.
- Yamax inventory received at  
Headquarters. (Pedometers).
- New Balance will not continue its  
sponsorship after December 31, 2005  
(all event materials with New Balance  
can be used until supply is exhausted).
- The NEC gave Jackie Wilson  
approval to seek bids for the re-design  
of the AVA web page.

### **2007 Convention**

The Committee is raising funds to  
help defray costs. An anonymous  
donation of \$5,000 was received for  
the Angel Island event.  
A miner leading a donkey will be used  
as the convention logo.

### **Special Events**

Current Special Events are running  
smoothly and new Special Events are  
being considered. Looking for  
approval of three new Special Events  
at the next NEC meeting.

A formal procedure for Special Events  
will be prepared in accordance with  
recommendations of Auditors, to be  
submitted at the next NEC meeting.

### **Youth**

A Girl Scout *Walk Together* brochure  
has been developed for clubs when  
talking with Girl Scout Councils.

The Anchorage Volkssport Club will  
partner with the Susitna Girl Scout  
Council to run a contest with Girl  
Scouts to create the final designs for  
the GS participation patch for *Walk  
Togethers* for the 2006-2007 school  
year.

### **Technology**

The 2006 Starting Point has been  
completed.

Additional club web sites have been  
added to the server.

Looking to possibly update the Web  
page to support club Officer Updates.

A new server is required at AVA HQ.  
Estimated cost would be \$7,000. Any  
donations earmarked for this updated  
equipment would be appreciated.

Someone needed to maintain website.  
Committee recommends a technician  
be hired by HQ to maintain website.

### **Bylaws**

Amended changes made at convention  
have been added to Bylaws and will  
be posted to the Web.

Committee is reviewing Bylaws for  
future recommendations.

Seeking committee members.

### **Volunteers Needed!**

*From Curt Myron* - The AVA needs  
volunteers to help get better publicity  
in America. Everyone wants better  
name recognition for our sport, but we  
have done little on a national basis to  
create it. AVA wants to change that  
for the benefit of all of us, but we need  
volunteers from each region to  
participate on national committees.

This year AVA combined the  
publicity, marketing, sponsorship and  
partnership efforts as subcommittees  
under one chair, me. I've written and  
attached a concept to show how the

committee would work, with listed  
responsibilities for each of the  
subcommittees. Joan Lampart, AVA  
vice-president, has volunteered to  
chair the Publicity subcommittee; T.I.  
Weintraub, Rocky Mountain Regional  
Director, will chair the Marketing  
subcommittee, and I will chair the  
sponsorship/partnership.

John Ferguson has nominated a  
volunteer for the marketing  
subcommittee and she has accepted  
the position. What we need from the  
Southwest Region is one more  
volunteer for the Publicity  
subcommittee, with experience in the  
following areas: Job experience in the  
media (radio, TV, magazines or  
newspapers); writing experience,  
particularly for new media, advertising  
or the internet; marketing and  
advertising experience; market  
analysts or specialists, or  
business/marketing consultants.

If you are interested in helping the  
sponsorship/partnership committee, I  
need a dedicated volunteer who can  
strategize and isn't shy about  
communicating with companies to  
present AVA's mission and seek  
sponsors. I don't envision a committee  
will require a lot of your time, and it  
won't involve any travel as we will  
meet via email. But, this position will  
require thought and frequent  
communication with other team  
members located across the U.S. as  
well as some writing.

We all want AVA to grow and  
succeed. And with the current  
national emphasis on weight reduction  
and physical fitness, we have a large  
audience that is willing to listen.  
AVA has made a commitment by  
allocating budget funds for marketing  
and publicity. But it won't happen  
without work from us. Help us make  
it happen! If you are interested or  
have more questions, please contact  
me, Curt Myron at treasurer@ava.org.

### **Worldwide Volkssport**

**Tours** - Join your fellow walkers  
and cruise the Caribbean from  
February 20 to March 3, 2006 on the  
luxurious Holland America ship MS  
Maasdam. We have a great group and  
room for more. So much fun to travel  
with other volksmarchers and friends.  
There will be two sanctioned walks.  
One in San Juan and one in St.

Thomas. The group rates are very good and start at \$949 for inside rooms and \$1,159 for outside rooms, plus \$282.95 for port and taxes.

We sail from Norfolk, Virginia and there are walks pending in San Juan, PR and St Thomas, VI. This great itinerary will surely keep some of the winter weather away. 2/20/06 Sail from Norfolk, VA; 2/21 a Fun Day at Sea; 2/22 Half Moon Cay, Bahamas - A Private Island with lots of water sports; 2/23 Fun Day at Sea; 2/24 St. Thomas, VI with a planned Volksmarch and lots of tax free shopping. 2/25 Roseau, Dominica; 2/26 Bridgetown, Barbados; 2/27 Basseterre, St. Kitts; 2/28 San Juan PR with a planned Volksmarch to see El Morro and several other historic sites and then lots of shopping. 3/1 & 2 Fun Days at Sea and time to pack up all the goodies. 3/3 has us back in Norfolk and on our way home.

For additional information and to book a cabin call Sandy Lynch, Worldwide Tours, at 301-725-0918 or 240-593-6616, or email me at: [avawalk5@comcast.net](mailto:avawalk5@comcast.net).

### **Coming Events:**

12/3/2005 - 12/3/2005 - Walk  
**Event Number:** 73283 10 K  
**Start:** Houston Arboretum & Nature Center  
**Event City:** Houston  
**Host Club:** Houston Happy Hikers  
**Event Website:** [houstonhappyhikers.org](http://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:** [HHHpresident@houstonhappyhikers.org](mailto:HHHpresident@houstonhappyhikers.org)  
**Club Website:** [www.houstonhappyhikers.org/](http://www.houstonhappyhikers.org/)

12/3/2005 - 12/3/2005 - Walk  
**Event Number:** 69637 10 K  
**Start:** St. John's Lutheran Church  
**Event City:** Boerne  
**Host Club:** Randolph Roadrunners  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
20205 Hoya Lane  
Garden Ridge, TX 78266

**Contact:** Suzanne Markgraf,  
(210) 651-9378  
**E-Mail:** [suzannemarkgraf5939@earthlink.net](mailto:suzannemarkgraf5939@earthlink.net)  
**Club Website:** [www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

12/10/2005 - 12/10/2005 - Night Walk  
**Event Number:** 72892 10 K  
**Start:** Johnson City  
**Event City:** Johnson City  
**Host Club:** Selma Pathfinders  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
17314 Springhill Dr  
San Antonio, TX 78232  
**Contact:** Phyllis Eagan, (210) 496-1402  
**E-Mail:** [papre1947@yahoo.com](mailto:papre1947@yahoo.com)  
**Club Website:** [www.geocities.com/Yosemite/Gorge/8195/](http://www.geocities.com/Yosemite/Gorge/8195/)

12/11/2005 - 12/11/2005 Walk  
**Event Number:** 71936 10 K  
**Start:** Deerfield Recreation Center  
**Event City:** San Antonio  
**Host Club:** Randolph Roadrunners  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
1726 Fawn Crest  
San Antonio, TX 78248  
**Contact:** Joanne Forinash, (210) 493-8543  
**E-Mail:** [cwforinash@aol.com](mailto:cwforinash@aol.com)  
**Club Website:** [www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

12/17/2005 - 12/17/2005 Walk  
**Event Number:** 73828 11K / 6K  
**Start:** Ownby Stadium  
**Event City:** Highland Park  
**Host Club:** Star Trekkers of Irving  
**Event Website:** [www.startrekkers.org](http://www.startrekkers.org)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
639 Cimarron Trail  
Irving, TX 75063  
**Contact:** Connie Clark, (214) 782-2598  
**E-Mail:** [walkn4life@flash.net](mailto:walkn4life@flash.net)  
**Club Website:** [www.startrekkers.org](http://www.startrekkers.org)

12/31/2005 - 12/31/2005 - Walk  
**Event Number:** 71486 10 K  
**Start:** St. Joseph Halle  
**Event City:** Fredericksburg  
**Host Club:** Texas Volkssport Assn.  
**Event Website:** [www.walktexas.org](http://www.walktexas.org)

**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
712 Ridge Street  
Copperas Cove, TX 765223137  
**Contact:** Karl Kittinger, (254)547-1403  
**E-Mail:** [walkabout@hot.rr.com](mailto:walkabout@hot.rr.com)  
**Club Website:** [walktexas.org](http://walktexas.org)

1/1/2006 - 1/1/2006 - Walk  
**Event Number:** 71487 10 K  
**Start:** St. Joseph Halle  
**Event City:** Fredericksburg  
**Host Club:** Texas Volkssport Assn.  
**Event Website:** [www.walktexas.org](http://www.walktexas.org)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
712 Ridge Street  
Copperas Cove, TX 765223137  
**Contact:** Karl Kittinger, (254) 547-1403  
**E-Mail:** [walkabout@hot.rr.com](mailto:walkabout@hot.rr.com)  
**Club Website:** [walktexas.org](http://walktexas.org)

### **Vote for the Top Year-Round Walks of 2005 in the U.S.A.**

Once again I would like to poll you for my completely unscientific "Top Year Round Walks of 2005" to be published at <http://walking.about.com>, hopefully to excite walkers to try our year-rounds and to buy the "Starting Point."

You may vote for three top walks nationwide. Please do not vote for a YRE sponsored by your own club. All others are fair game. Any state, but only for U.S. year-round walks.

To submit your vote, provide the City, State, YRE sanction number (so I can tell which walks are the same walks when tallying the votes), and a brief description of why it's the best. E-mail to: [walking.guide@about.com](mailto:walking.guide@about.com)

### **East Texas Trekkers**

I just wanted to invite everyone to consider walking with our club on a group walk for "CHRISTMAS LIGHT IN SHREVEPORT" on December 8th. (Yes this is a Thursday.) We will meet at the start (Holiday Inn) of this YRE at 5:00 pm and register and do a modified walk of this YRE. The walk will take us through downtown Shreveport and over the Red River into Bossier City, LA and back to the start. We hope all of you, or at least

some of you, will consider joining us for this event.

After the walk, those who wish are meeting for dinner at a great Mexican Restaurant. Hope you can make it. If you can, take exit 19A. Holiday Inn will be on your right. There's parking on the left in a parking lot and parking at the Holiday Inn in the parking garage, if the lot is full. As we always do with any of our city walks, we contacted the police for them to approve our route and they offered to patrol the walk that night to be sure we have a safe, fun walk. Please join us.

*Jan Wood, East Texas Trekkers*

### **Trip to Crazy Horse &**

**More --** This 8 day bus tour organized by the East Texas Trekkers, departs Tyler, TX on May 31, 2006 and returns on June 7th. In addition to the Crazy Horse Walk the following are offered on the trip:

Capital Walks include: OK City, Topeka, KS, Lincoln, NE, Pierre, SD, Cheyenne, WY and Denver, CO.

Additional YR walks include are: Wichita, KS, Rapid City, SD, "Garden of the Gods," Colorado Springs, CO, and a tour of Mt. Rushmore.

This trip has a tight schedule and walkers must be able to do at least a 20 minute mile to go on this trip.

Because of the number of walks we are trying to do on the 7 days of walking, we are requesting that only people who can walk an event in 2-1/2 hours or less travel with us on this trip

\*See Ellen Ott for a trip brochure or contact Jan Wood for more information at [jpw6391@msn.com](mailto:jpw6391@msn.com)

*Jan Wood, East Texas Trekkers*

**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 \$ \_\_\_\_\_