



**Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)**

Volume 2006 No. 2  
Next Meeting February 7, 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*  
Pat Gunter 210-479-0805

*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  
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830-620-5616

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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:  
**Robert & Adele Meggers, Florence Tymrak, George Whitehorse, Mike & Carol Abbott, David Geary, Camille Fiorillo, Sunny Ann Nadeau, Howard & Lynn Tidwell, Rick Baysinger, Gary & Sue Blair, Lindsey family, Bart Marljar, Christine & Maggie Saalbach and Dr. Richard Todd.**

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 - Walks, Walks, Walks**

The Trinity University, Olmos Park/Monte Vista events had 356 walkers turn out for a walk in perfect weather on Saturday, Jan 7th for one or both of the two walks. 131 of the walkers chose the Monte Vista route and 225 opted for the new routing through the Olmos Basin. The Olmos Basin walk featured the most unusual checkpoint of the year, stopping at the famous Toilet Seat Museum. Mr. Barney Smith was a most gracious host, happily posing for pictures and explaining any of the more than 760 decorated toilet seats on display. He made a special one for the Randolph Roadrunners, with room for member signatures which he then etched and painted a brilliant copper color. So many people wanted to sign that he had to add an auxiliary seat to accommodate them all. Everyone really enjoyed that experience. Many thanks to our event volunteers: John Mathis, Mike Hermes, Totsy Miller, Suzy Krisak, Pat Gunter, Darlene Oner, David N. Toth, Heinz Johnson, Joanne & Carlen Forinash, Alan & Gloria Mick, Nancy & Tony Paulson, Audrey Vertucci, Suzanne Markgraf, Joan Whealen, Ellen Ott and our event coordinator, Larry Cook. Fuel Belt

awards went to: Brenda Zimmerman, George Poole, Jill Troyer, Dorothy Creswell, from Iowa, Maryann Morgester, Julianne Hawkins and Gloria Mick who won for club drawing.

**RR YRES** ..... The eight year round events hosted by the Randolph Roadrunners were enjoyed by a grand total of 787 walkers in 2005. The attendance champ was again the Number 1 walk in Universal City, with a total of 156 participants. All of the walks have been sanctioned again for 2006, so get out and enjoy a stroll in U. C., Boerne, or the city of San Antonio.

**KING WILLIAM EVENT**..... Yes, I realize that it is only January, but it is not too soon to start reminding people that the King William event will take place in May this year. Mark your calendars!!!! Friday, May 19th, starting between 4:00 P.M. and 6:00 P.M. and finishing by 9:00 P.M. All credit walkers will once again gain free admission to the Beethoven Mannerchor Halle and Garten to enjoy the great German music, food and drink. The May date is an attempt to beat the heat that torments us in July and August. Please remind all of your walking friends that this is really a great walk, and it should be even better in the relative cool of a May evening. See you there.

*Tony Paulson, RR Treasurer*

**SALES --- VOLUNTEER(s) NEEDED**

The club Sales Committee position is open for a volunteer (one person or two or more people working together) to help at events promoting sales of club logo T-shirts, polo shirts, AVA logo walking socks, Starting Point books, etc. If any member would like to help relieve Joanne Forinash and serve their club on the Sales Committee, please contact Ellen Ott at 210-525-8574 or e-mail [ellenotter@cs.com](mailto:ellenotter@cs.com).

### **RR Calendar:**

Our February 7th meeting speaker is Hector Cardenas on San Pedro Park and springs.

February 11, 2006 - Crownridge Walk  
March 7th our meeting speaker is Gus Glaser on, *South Africa - Adventure of a Lifetime*.

March 11, 2006 - Harmony Hills Walk

### **2006 YRE Kickoffs:**

#### January 21st in Boerne, TX

start at the Taco Cabana on Hwy 46 this day only  
starts at 8 am to 11 am - 3 different walks

#### January 28th in Shiner, TX

start at Howards on Hwy 90A, (the regular start point)  
starts at 8 am to 11 am - 2 different walks

#### February 12th in San Antonio, TX

start at the Holiday Inn Market Square, off of IH-10  
starts at 8 am to 11 am - 1 walk

### **IN MEMORIAM-Carrie Carson**

*Carrie Carson-Roth was a member of the Roadrunners and this note was sent to the club by Steven Roth, her husband.*

I'm the husband of the late Carrie Carson-Roth and I need to inform you that my wife (as you know Carrie Carson) has died of Renal Cell Cancer on 11 July 2005. She was a true trooper (as everyone knows) and she went through Hell during her last breathing days. She is now resting next to her father in Ashland, Ohio. I want you to know that she was proud of serving in the AF, (I am also proud because I'm a retired Army guy) loved life and all the friends/co-workers she met in her life. Please tell all the individuals she has influenced/worked with (enlisted or officer) that the best times in her life were in the AF.

*Steven Roth*

### **Greetings from Arthur Clough in Kerrville**

*As relayed by Linda Rebmann AVA Executive Support/Membership Services:*

Mr. Clough telephoned AVA headquarters on 1/18/06 and wanted to

let his friends know why no one has seen him walking in awhile. In November, Mr. Clough started becoming faint and suffered dizzy spells. In December he fell several times and his vision became spotty and it was hard for him to see. He has not been able to walk and at times has had to use a wheelchair. He said he feels fine, basically, but has been very unhappy because he cannot attend any walks.

His doctor has performed several tests and Mr. Clough is having blood work done. No results yet. Mr. Clough sounds wonderful and said he would keep us posted on his health.

### **Perils for Pedestrians**

Starting February 7, *Perils For Pedestrians* will be available on DISH Network every Tuesday. Please help spread the word.

University house Channel 9411  
9:30 pm Eastern / 8:30 Central / 7:30 Mountain / 6:30 Pacific

There are now 4 ways to see *Perils For Pedestrians*:

- 1) DISH Network
- 2) Public access cable
- 3) Archived episodes on Google Video
- 4) DVDs

Thank you. John Z Wetmore  
John@Pedestrians.org  
Producer of "*Perils For Pedestrians*"  
The monthly cable television series.  
[www.pedestrians.org](http://www.pedestrians.org)

*Perils For Pedestrians* is now on Video.Google:

Episode 110  
<http://video.google.com/videoplay?docid>

Broadband Internet access recommended.

### **IML/IWA Walking Events with Regina Overholt**

I'm planning to go to Europe this spring to walk the Swiss, Belgian and English IML/IWA (International Marching League/International Walking Association) events. If anyone would like to come with me, I would enjoy the company. I have done all three of these events several times and "know the ropes," but I am not travel agent. The trip I envision will emphasize walking/volks-marching, but will allow a little time for sightseeing. To get IML/IWA credit, one needs to walk at least 20K

each (of the two) days of walks. All are IVV and offer shorter trails.

Tentative itinerary:

27 Apr (Thur) - fly to Europe (arriving morning of the 28th).

29 - 30 Apr - IML event in Bern/Belp, Switzerland (I have not done this for several years but, while in sight of some very impressive mountains, there were only a couple of hills each day.)

1 May - go to Belgium (method to be determined).

2-4 May - walk Belgian IVV walks (Belgium actually has regular day events almost every day, at least this time of the year.) Possibility of Dutch event. Some sightseeing.

5 May - sightsee in Brugg.

6 - 7 May - IML event Blankenberge, Belgium (Belgian beach resort - highest hills are sand dunes separating the beach from inland, which is completely flat.)

8 May - go to England

9-12 May - walk British permanent (YRE) trails. (There are permanent trails almost anywhere in England that you would want to sightsee. I have done most of the major ones (although not all of the ones in London), and am willing to do most again. I am willing to negotiate which ones to do. To see where the permanent trails are, check out the British Walking Association's webpage at [http://www.bwf-ivv.org.uk/permanent\\_trails.htm](http://www.bwf-ivv.org.uk/permanent_trails.htm).)

13 - 14 May IML event in Wellingborough, Northampton, England (rolling countryside).

15 May - fly home

I am willing to have someone join me for only part of the time if they do not have enough vacation time.

Accommodations - I am thrifty (cheap) so I do not plan to stay in fancy accommodations. I have been known to stay in youth hostels (which are nicer in Europe than here in the US), but I can step up if it is an issue. I would probably stay in a "gasthaus" near Berne. Blankenberge is run by the local tourist board and they can book you into whatever style accommodations you want or are willing to pay for. Wellingborough will probably be in a motel. I will rent cars to get around (except in Blankenberge, where it is not needed and which only has pay parking; and London, if we go there, which has

good public transportation). I am willing to do all the driving. Please let me know if you are interested in coming with me. E-mail me at [regina\\_overholt@hotmail.com](mailto:regina_overholt@hotmail.com).

*"Everywhere is in walking distance if you have the time." Steven Wright*

### **5th Houston YRE -**

The Houston [Texas] Happy Hikers are happy to present its fifth Year Round Event, this one at Huntsville, Texas. The walk includes historical sites such as Sam Houston Memorial Park and Museum, Walls Unit-Department of Criminal Justice, Sam Houston State University, Sam Houston's Grave and Monument, Oakwood Cemetery, and Gibbs Powell Museum. The trail is rated 1+, mostly along city sidewalks and paved streets; however some curbs and hills may be difficult for wheelchairs and strollers. While we are still looking for a Start/Finish for our 3 Medical Center based events, this is a good time of year to do our San Jacinto Monument and Battlefield event in LaPorte.

Be sure to make time to tour the Battleship Texas. See ya on the trail!  
<http://houstonhappyhikers.org/yre.htm>  
*Andy Howard, Houston Happy Hikers*

### **Coming Texas Events:**

2/5/2006 - 2/5/2006 - Walk  
**Event Number :** 73829 5K & 10K  
**Start :** Trinity Mother Frances Hospital ,800 E. Dawson (Troup Hwy)  
**Event City:** Tyler  
**Host Club:** East Texas Trekkers  
**Event Website:**  
[www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)  
**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](mailto:jpw6391@msn.com)  
**Club Website:**  
[www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)

2/11/2006 - 2/11/2006 - Walk  
**Event Number :** 72652 10km  
**Start :** Rodeway Inn at Six Flags -  
**Event City:** San Antonio  
**Host Club :** Randolph Roadrunners

**Event Website:**  
[www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
11906 Pepperidge Cove  
San Antonio, TX 78213  
**Contact :** Ellen Ott, (210) 525 - 8574  
**E-Mail:** [ellenotter@cs.com](mailto:ellenotter@cs.com)  
**Club Website:**  
[www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

2/11/2006 - 2/11/2006 - Walk  
**Event Number:** 74051 10Km  
**Start:** Hickory Hollow Restaurant  
**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  
**EMail:** [hvhpresident@houstonhappyhikers.org](mailto:hvhpresident@houstonhappyhikers.org)  
**Club Website:**  
[www.houstonhappyhikers.org/](http://www.houstonhappyhikers.org/)

2/18/2006 - 2/18/2006 - Walk  
**Event Number:** 73354 10 KM  
**Start:** Government Canyon State Natural Area Visitor Center  
**Event City:** San Antonio  
**Host Club:** Texas Wanderers  
**Event Website:**  
[www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
9355 Blazing Star trail  
San Antonio, TX 78266  
**Contact:** Lyn Ward, (210)651 - 6536  
**E-Mail:** [lward10km@aol.com](mailto:lward10km@aol.com)  
**Club Website:**  
[www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)

2/25/2006 - 2/26/2006 - Walk  
**Event Number:** 73789 10K  
**Start:** Bastrop State Park  
**Event City:** Bastrop  
**Host Club:** Colorado River Walkers  
**Event Website:**  
[www.io.com/~zenteer/crw/index.html](http://www.io.com/~zenteer/crw/index.html)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
1215 Inks Ave., Austin, TX 78702  
**Contact :** Joann Fries, (512) 480 - 0291  
**E-Mail:** [joannwoolf@aol.com](mailto:joannwoolf@aol.com)

**Club Website:**  
[www.io.com/~zenteer/crw/](http://www.io.com/~zenteer/crw/)

### **TVA General Membership Meeting & Strolling Through Tyler Walk**

The membership meeting will be held at Trinity Mother Frances Hospital at 800 E. Dawson (aka Troup Hwy), Tyler, Texas on February 4th. The Board of Directors will meet at 9:00 AM (guests are invited) and the General Membership meeting will commence at 1:00 PM. The Strolling Through Tyler Walk will start 8 am to noon at the Trinity Mother Frances Hospital with a 5k and 10k offered. Both trails are rated 1+ with neither suitable for strollers or wheelchairs. The route consists primarily of city sidewalks and roads. There will be some distance in the Rose Hill Cemetery.

The Ramada Inn at 3310 Troup Hwy is the meeting motel for those who wish to stay. King or two Beds is \$58.00 per night + Tax. If you wish a full buffet breakfast the cost is \$10.00 per room for 1-4 guests at time of registration. Reservations @903-593-3600. Mention East Texas Trekkers - TVA Group Rate. (Hotel is about 3 miles from meeting & walk.)  
Hampton Inn - 903-596-7752  
Wingate Inn - 903-565-0600



### **Join the Idita Walk - 2006**

Join the walking event for humans and canines alike, in the spirit of the Last Great Race, The Iditarod Dog Sled race across Alaska. Walk 1049 minutes from February 1, 2006 to March 18, 2006 and earn a stylin' T-shirt and dogs earn a cool leash. The cost is \$30 and it goes to support youth activities. Our website is: [www.idita-walk.com](http://www.idita-walk.com)

*David in Nome*

### **Top 10 Walks of 2005**

From [Wendy Bumgardner](#), Your Guide to [Walking](#). The clubs of the American Volkssport Association host over 1400 self-guided trails in the USA. The walks go through a wide variety of areas,

from National Parks to countryside to quaint towns to neighborhoods and cities. We polled walkers for their favorites from 2005.

**1. Diamond Head, Honolulu, Hawaii** This walk takes you up a 99-step staircase and through a long tunnel to the lookout at the top of Diamond Head for a spectacular view. Sanction YR0523.  
[Details for 2006](#) | [Hawaii Walks](#)  
Counts for: [Lighthouse USA Walk Program](#)  
Travel: [Hawaii for Visitors](#)

**2. Grand Canyon Arizona**  
Breathtaking - the view and the 7000 ft. altitude. This walk is on the south rim of the Grand Canyon, through Grand Canyon Village with shops and historic information, with an alternate trail to Yavapai Point. Sanction YR1376.  
[Walk Details](#) | [Club Site](#) | [More Arizona Walks](#)  
Counts for: [National Heritage Walk](#) | [Riverwalk America](#)  
Travel: [Grand Canyon Travel](#)  
Sponsored Links [Grand Canyon Hiking](#) [Explore the Grand Canyon](#) [Fully guided hiking and backpacking](#) [wildhorizonsexpeditions.com](#)

[Grand Canyon Hiking Find Deals for Grand Canyon Hiking. Search Travel Bargains and Save!](#) [SideStep.com](#)

[Adventure Travel Cheap Take an adventure of a lifetime. See our free adventure travel guide](#)  
[www.SmarterTravel.com](#)

### **3. Point Lobos State Reserve - Carmel, California**

The stunning Central California coastline is very photogenic as you walk through pine and cypress coves along the rocky coastline. Heed the warning signs in the park - all of the bushes you see are poison oak. Do not touch any foliage. A great walk memorable for the views, sea lions and birds. Sanction YR445.  
[nalrok@redshift.com](#) | [Walk Details for 2006](#) | [More California Walks](#)  
Counts for: [California Golden Heritage Walk](#)

### **4. Silver Falls State Park, Silverton, Oregon**

My personal all-time favorite, enjoy views of many waterfalls and lush forest, including an extension to walk behind South Falls. Open April 15 - Nov. 15. Sanction YR0171.  
[Review and Photos](#) | [Walk Details - 2006](#) | [Oregon Walks](#)

### **5. Beaufort, South Carolina**

Walk through a classic old Southern port city with beautiful homes, quaint downtown and picturesque waterfront. Register at the Greater Beaufort Chamber of Commerce Visitor Center, 1106 Carteret St. Sanction YR0327.  
[Walk Details](#)  
Counts for: [National Heritage Walk](#) | [Civil War Walk](#) | [College Campus Walk](#)

### **6. Waikiki Beach, Honolulu, Hawaii**

Enjoy walking along the sandy beach of Waikiki, past the Ala Wai Canal and through Kapioloani Park. Sanction YR0166.  
[Details for 2006](#) | [More Details: Hawaii Walks](#)  
Travel: [Hawaii for Visitors](#)

### **7. Lower Manhattan, New York City, New York**

This walk got votes both from native New Yorkers and from tourists. It takes you to Ground Zero, Wall Street, and on the Brooklyn Bridge, as well as undiscovered treasures along the waterfront. Sanction YR0315.  
[Club Site](#) | [More New York Walks](#)  
Counts for: [US Presidents Walk Program](#) | [Lighthouse USA](#) | [Revolutionary War Walk](#)  
Travel: [NYC for Visitors](#)

### **8. Washington DC Monuments Walk**

Walk through the monuments - Lincoln Memorial, Washington Monument, Roosevelt Memorial, Capitol, White House, and Vietnam Memorial on an easy 11 kilometer (7 mile) trail. Add in an optional loop of another 6 kilometers to see the Supreme Court, Union Station, and the National Archives. Sanction YR0231.  
[Walk Review](#) | [Walk Details](#) | [More DC Walks](#)  
Counts for: [Civil War Walk](#) | [National Heritage Walk](#) | [50 States-51 Capitals Program](#) | [US Presidents Walk](#)

### [Program](#)

Travel: [DC for Visitors](#)

### **9. Philadelphia, Pennsylvania**

National Treasure fans will love this walk past Independence Hall, the Liberty Bell, the Delaware River waterfront and all of the other great historical sights and sites of Philly. Sanction YR1278.  
[Walk Details](#) | [Pennsylvania Walks](#)  
Counts for: [US Presidents Walk Program](#) | [Riverwalk America](#) | [Revolutionary War Walk](#)  
Travel: [Philadelphia](#)

### **10. Edmonds, Washington**

Edmonds is a lovely old beach town on Puget Sound, and you can watch the big ferries come and go as you explore. Sanction YR1909.  
[Details for 2006](#) | [Washington Walks](#)

### **How to Walk These Walks**

These trails are available by registering at the start point during open hours, taking the map and directions and enjoying the walks at your own pace. [Step By Step on an AVA Year-Round Walk](#)

### **Starting Point: Annual Guide to All AVA Year-Round Walks**

This printed yearly guide is the best way to find great walks in every state of the USA. [Book Review and Ordering Info](#)

***Suggested Reading*** [Top 10 Walks of 2004](#) [Top 10 Walks of 2003](#) [Top 10 Walks of 2002](#) [How to Walk a Year-Round Walk](#) [Starting Point - Year-Round Book](#) [AVA-IVV Walking Programs](#)

### **TAW Deadline**

The deadline for the April, 2006 issue of TAW is February 25. All articles and photographs should be submitted directly to: The American Wanderer, Laurel Parrott, Editor, 3526 Humboldt Ave. N., Minneapolis, MN 55412, email [Laurel@home-media.com](mailto:Laurel@home-media.com). Be sure to include "TAW" in the subject line of the email.

### **IVV PACIFIC CUP BEGINS**

On January 1, 2006 IVV's newest international incentive program will begin. The Pacific Cup encourages participation in events which are organized by countries that touch the

Pacific Ocean: South Korea, Japan, China, U.S.A., Canada, Saipan, Australia, New Zealand. Special Pacific Cup books are available to record stamps from these events. Awards (T-shirt, patch, and certificate) will be given to those who have stamps from 6 of these countries in their book. The books may be ordered from Lynn Clark, 15052 Kimberley Lane, Houston, TX, 77079, U.S.A., Fax: +1-281-493-1404; E-Mail: [LClarkAVA@aol.com](mailto:LClarkAVA@aol.com). Please be sure to include your complete mailing address with your request. Payment can be made in either U.S. dollars (by sending a personal check made to Lynn Clark for \$25.00) or in Euros (20,50) by bank transfer into an account in Germany. Details of this account will be furnished after ordering the book. No time limit has been set for the program to finish.

### **PREPARE FOR WORLD WALKING DAY**

Many members are already planning their events for IVV's World Walking Day, May 8, 2006. As usual this special event may take place either on May 8 or if this date falls within the week (as in 2006) on the following weekend. Special 2006 certificates will be sent by CD to all national association members. Direct Member clubs who are planning events may contact Karl-Heinz Beckmann, the IVV Treasurer to receive this CD. Members may also prepare special stamps for these events.

### **NEWS FROM CANADA**

Planning for 2006 and beyond is now complete, with over 515 scheduled events and 265 Year Round or Seasonal events already planned. A few more of each are expected as the year unfolds, so be sure to check our web site at <http://www.walks.ca> for additions and updates. Next year, we continue to offer a variety of walk types from Volksmarches, Guided Walks, Map Walks, More Days Walks, a Round and Long Distance Walk and Multi-Day Walks in various locations throughout the country. We also welcome back an old member club in Kimberley, BC and a new Affiliate Member, Tater Tours, of Henderson, Nevada, USA.

This year, the Canadian Volkssport Federation is launching a number of walks grouped by themes in order to encourage more participation and appeal to individual walkers' personal interests; there's also a challenge to them. We have designated a number of new and existing YRE or Seasonal Walks as 'Capital Cities Walks' and others as 'Lighthouse Walks'. All are described in the coming issue of Volkssport Canada and Footpaths / Sentiers 2006, our publication for all walks in Canada for the year. There will also be a description of these walking programs on our web site early in the New Year. Two other similar programs are the 'Winter Walking Program' and the 'Group Walks' of existing YRE and Seasonal Walks, as announced in Volkssport Canada and Footpaths / Sentiers 2006. It is expected that other such walking themes will be developed over the year for implementation in 2007.

Our Annual General Meeting and Convention will be held on May 12 - 14 in Edmonton, Alberta. The theme will be "Gateway to Wellness". A complete program description and registration forms are available at the Volkssport Association of Alberta web site at the following address: <http://www.albertavolkssport.ca/CalEvents.asp>. For those interested in our 'Capital Cities' and 'Canada Cup of Walking' programs, there is a possibility of two extra tours from Edmonton to Whitehorse, Yukon and Yellowknife, Northwest Territories. Please refer to the convention web site for more details. What better way to see and explore Canada's real north and obtain Volkssport credits for doing it!

A very important member of our CVF Executive, our Awards Coordinator, Anna McAnally, will be retiring from her position at the Annual General Meeting (AGM) in Edmonton in May, 2006. Non-Canadian walkers who have purchased IVV record books, and done their first walk in the books in Canada according to IVV rules, may send their books to Anna up to and including April 30, 2006. AFTER May 13, 2006, they should send their IVV record books to our new Awards Coordinator: Lea Tocher, 450 Rouge Rd., Winnipeg, MB Canada R3K 1K4.

An application to hold the CVF Annual General Meeting and Convention for 2007 in Victoria, BC has already been approved by the Board of Directors and planning is well under way. Information for the 2007 AGM should be available in mid-2006 at both the CVF and Volkssport Association of BC web sites. There is already serious interest for the AGM in 2008 to be held on our Atlantic Coast and a proposal is now being developed.

### **EUROPA CUP RECIPIENTS**

*The following people have received Europa Cup awards:*

Sigurd JANS, Germany  
Anne KRISTIANSEN, Norway  
Bjorn KRISTIANSEN, Norway  
Anne-Berit NERLAND, Norway  
Benthe HUSE, Norway  
Harvey HOLTER, USA  
Ruth HOLTER, USA  
Curt MYRON, USA

### **3rd SOUTH CENTRAL REGIONAL ROUNDUP September 22-24, 2006 Lawton, Oklahoma**

Come join the host clubs, Holy Family Walkers and World Wide Walkers in Lawton, OK. Four walks and two swim events are offered plus four YREs in the area. The headquarters hotel is the Best Western Lawton Hotel & Convention Center. A large block of rooms has been reserved and a group rate will be available through September 1, 2006. When making reservations, ask for the Group name: AVA South Central Regional Roundup 3. Friday night meet 'n' greet social at the Holy Family Catholic Church, Family Life Center at 5 pm to 9 pm featuring German cuisine and live entertainment. For additional information or questions please email: [walkingfan@aol.com](mailto:walkingfan@aol.com).

### **30th Anniversary IVV Volkssport Tour of Germany, Luxemburg and Czech Republic**

May 23 - June 5, 2006  
Leave on May 23, 2006 from your nearest airport to join the tour group's overnight international flight to Frankfurt Germany where the tour starts. Estimated cost per person based on 40 people double occupancy

is \$2,745. The price is based on the volume of people traveling. Price includes airfare round-trip from San Antonio to Frankfurt and return; superior tourists hotels, based on double occupancy, bag handling at hotels, daily breakfast and 1 end-of-tour dinner party; evening of Czech music and dance with dinner in Prague; A/C deluxe motor coach; Sightseeing with some city guides and paid entrance fees; Rhine cruise on a KD line ship from Boppard to Rudesheim and return; Taxes, security fees, service charges and VAT.

The trip will be escorted by tour directors from Weidmann specialty Tours. Call Weidmann Specialty Tours, 204 N. Acorn Street, Fredericksburg, TX 78624 at 1-866-340-2216 or email: wst@austin.rr.com for information and availability. The initial deposit for this tour was due September 15, 2005 and the final balance is due April 1, 2006.

As AVA no longer stocks this product, I am hoping that some clubs might still have 1 or 2 of these banners in stock (either size) and would be willing to sell them. If anyone has these banners to sell, please contact me at my home email address, EFSkinner@aol.com. I believe the large sold from AVA for around \$25 and the smaller one for about 1/2 of that. Thank you in advance for your help.

**Looking for Award Banners--**

AVA used to sell award banners (corduroy look with rubber backing) that you use a dowel to hang from wall. They came in colors (blue, red, brown) and there were 2 sizes.

Eileen Skinner Empire State Capital Volkssporters (ESCV - NY)  
Webmaster: ESCV, TSVA  
Member: CVVC, West Point  
Life Member: AVA

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