



Volume 2006 No. 5
 Next Meeting May 2, 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
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: Gary & Sue Blair, Lindsey family, Bart Marlar, Christine & Maggie Saalbach, Dr. Richard Todd, Carmen Caro, Bonnie Rice, Tom & Linda Elms, Judith Fichter, Marianne Fletcher, Alice Felder, Mary Marino, Jim & Dee Momone, Ron Rundberg, Ruth & Wiley Sanders, Audrey Vertucci, Joanne & John Ward, and Mary Ellen Watters. 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.

Welcome New Member!

Welcome to new member Karen Marsh from San Antonio.

Kudos to the following Volkssport Achievers:

(From TAW April/May events & distance)

Ramona Cain-Parent	75 events
Joanne Forinash	425 events
	4,000km
Carlen Forinash	1,350 events
	14,000 km
Ed Gluckman	275 events
	3,000 km



Walk & Roll 2006 -- Upcoming Events

Walking, biking and wheeling are clean and healthy forms of transportation, recreation and exercise. Physical fitness, air quality, and better transportation choices are several important reasons why San Antonio and Bexar County will be celebrating walking and bicycling for the 9th year. In previous years we celebrated Hike and Bike Month in May. Last year we changed our name to "Walk & Roll" to emphasize walking as a healthy means of transportation, as well as to promote walking and cycling all year around. While San Antonio is a great place to live, work, and play, it could be even better if we made it more hike and bike friendly. For more information about Walk & Roll contact: Lydia Kelly, Bicycle / Pedestrian Coordinator, San Antonio - Bexar County MPO
 Phone: (210) 230-6911
 Fax: (210) 227-9321
 E-Mail: kelly@sametroplan.org

Saturday, May 6, 2006

SARR Prickly Pear 50K and 10-mile runs. Annual trail running event \$ Prizes for 2006
 Saturday, May 6, 2006
 McAllister Park 7:00am & 8:30 am
 WALKERS WELCOME
 One loop for the 10-Mile
 3 loops for the 50K
 Flat & Fast! Oh, and there's a cool party afterwards! Visit www.saroadrunners.com for info.



Friday, May 12, 2006

Walk & Roll Rally, 8 a.m. - 9 a.m.
This annual event highlights healthy alternatives to driving to work alone. The Rally will be held at the Alamo Street entrance to Hemis Fair Park from 8 a.m. to 9 a.m. Friday morning, May 12. All Downtown businesses are encouraged to participate in the Rally. Free refreshments, health information and door prizes are planned. The city and county celebrate healthy transportation choices with a short morning walk or bicycle ride for employees to attend the Rally. Cyclists will leave from San Pedro Park at 7:30 a.m. and Walkers will leave from the Plaza de Armas and the south side of the Bexar County Courthouse at 7:30 a.m. to meet at the Walk & Roll to Work Rally at 8:00 a.m. VIA Metropolitan Transit is providing free bus transportation for again this year for those who ride a bicycle and take the bus; using the bicycle rack on the bus.

Saturday, May 13, 2006

Walk & Roll Festival, Maverick Park, 8 a.m. - 12 p.m.

People of all ages will enjoy complimentary refreshments, games, music, health screening opportunities, bike tune-ups, and many educational exhibits at Maverick Park.

Walking will feature a 5 km and 10 km Lyn Ward Memorial Walk with downtown ADA-accessible routes designed by the Texas Wanderers (AVA)
www.walktx.org/TexasWanderers.

Bicycling will include two events - the 25-mile Historic Missions Cycling Tour led by the San Antonio Wheelmen and a 5-mile Family Bike Ride led by the South Texas Off-road Mountain Bikers (STORM).

The Historic Missions Tour will begin at Maverick Park and follow the Mission Trails route south to Mission Espada and return to Maverick Park. Assembly, sign-in and briefing time for the Mission Historic Tour is 8 a.m. Children under 18 years will be required to ride with their parents and bicycle helmets are required for all riders.

The Family Bike Ride begins from Maverick Park at 9:15 a.m. Bring the family out to enjoy a short (5 miles) bicycle ride north to Brackenridge Park and back. Sign-in starts at 8:00 a.m. A safety briefing will be provided and helmets are required for all riders.

Saturday, May 20-Sunday, May 21, 2006

Register now for the American Diabetes Association and AT&T's Tour de Cure. The American Diabetes Association is pleased to announce AT&T as the Title Sponsor for the South and Central Texas Tour de Cure.

The American Diabetes Association and AT&T's Tour de Cure cycling and fund-raising event is an opportunity for cycling enthusiasts to enjoy a great ride while raising money for diabetes research, education and advocacy. In San Antonio, for every \$1 we raise \$3 comes back in the form of research grants to help over 200,000 people in our community affected by diabetes.

New Start Line this Year! Join us at Harcourt Assessment on 1604 & Bulverde Road in San Antonio. The new location change will allow ample overnight parking for those cyclists participating in both days of the event and allow riders to pick up their vehicles anytime on Sunday.

The American Diabetes Association and AT&T's Tour de Cure has several ride options for every skill level. Throughout the tour, riders will enjoy a safe and well monitored route, superior SAG (Safety & Gear) support, fully stocked rest stops every 8-14 miles, professional bike mechanics and traffic control teams along with excellent volunteer support! Lunch will be served at various mid points along the routes and at the finish line.

Family and friends are invited to join us at the finish line on day one at Texas State University - San Marcos, Butler Hall Dorms as we cheer on riders crossing the finish line. Please join us. At the AT&T Blue Room, riders will have the opportunity to use the latest AT&T products and services. Date: May 20-21, 2006

For more information call: 1-888-DIABETES

Saturday, October 7-Sunday, October 8, 2006 - Valero MS Bike to the Beach 150.

The Valero MS 150 Bike Tour is a two-day cycling adventure from San Antonio to Corpus Christi that raises funds to help people living with MS. This year, the Valero MS 150 Bike to the Beach Bike Tour rolls through South Texas Oct. 7 -8, 2006, benefiting the National Multiple Sclerosis Society, Lone Star Chapter. More than 3,000 participants will roll out from the AT&T Center, home of the NBA Champion San Antonio Spurs on Saturday, Oct. 7. After an Overnight stay at the Coastal Bend College in Beeville, the Tour finishes Sunday, Oct. 8, at the Texas State Aquarium in Corpus Christi.



Coming Texas Events:

5/6/2006 - 5/6/2006 - Walk
Event Number: 74438 10K
Start: Brazos Bend State Park
Event City: Needville
Host Club: Houston Happy Hikers
Event Website:
houstohappyhikers.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: hhpresident@houstohappyhikers.org
Club Website:
www.houstohappyhikers.org/

5/6/2006 - 5/6/2006 - Walk
Event Number: 74408 10K
Start: Curves
Event City: Ft. Worth
Host Club: Tarrant County Walkers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
4004 Sunnydale Dr.
Benbrook, TX 76116
Contact: Mary Cook, (817) 244 - 8206
E-Mail: 85mcookie@sbcglobal.net

Club Website:
www.walktx.org/TCW.html

5/13/2006 - 5/13/2006 - Walk
Event Number: 74188 10km

Start: Maverick Park
Event City: San Antonio
Host Club: Texas Wanderers
Event Website:

www.walktx.org/TexasWanderers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

102 Wildridge Trail
Universal City, TX 78148

Contact: Gerald Kamicka,
(210) 658 - 2160

E-Mail: GeraldK726@aol.com

Club Website:
www.walktx.org/TexasWanderers

5/13/2006 - 5/13/2006 - Walk
Event Number: 74013 10K

Start: Baylor Tom Landry Fitness Center

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:

1134 Thistle Dr.
Mesquite, TX 75149

Contact: Deborah Carter,
(972) 285 - 8102

E-Mail: dahv@earthlink.net

Club Website:
www.dallastrekkers.org/

5/19/2006 - 5/19/2006 - Walk
Event Number: 72653 10km

Start: Beethoven Mannerchor Halle und Garten

Event City: San Antonio
Host Club: RandolphRoadrunners
Event Website:

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

Club Website:
www.geocities.com/randolphroadrunners/

5/20/2006 - 5/20/2006 - Walk
Event Number: 74494 10 Km

Start: Hospice of Midland

Event City: Midland
Host Club: Midland Walkabout

Event Website: [N/A](#)
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:

2100 W. Wadley #3
Midland, TX 79705

Contact: Willard Raiffeisen,
(432) 218 - 6077

E-Mail: wraiff@hotmail.com

Club Website:
www.ava.org/clubs/MidlandWalkaboutClub

5/20/2006 - 5/21/2006 - Walk
Event Number: 73972 10K

Start: Dripping Springs Founder's Memorial Park.

Event City: Dripping Springs

Host Club: Colorado River Walkers

Event Website:
www.io.com/~zenteer/crw/index.html

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

Write for more information to:

1215 Inks Avenue
Austin, TX 78702

Contact: JoAnn Fries, (512) 480 - 0291

E-Mail: joannwoolf@aol.com

Club Website:
www.io.com/~zenteer/crw/

SALES --- VOLUNTEER(s) NEEDED

The RR 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.

Special Offer- 2005 N.J. Convention:

For everyone who didn't have a chance to attend convention, or who attended but didn't get to all the workshops (nobody could), or who wants electronic versions of the workshops, I will offer the same deal the convention committee offered to attendees: a CD-ROM with all the 2005 AVA convention workshops for \$5, with the proceeds going to the AVA. It has directories readable by both the PC and Mac. Some files include presenter's notes.

To order, send me your address; I'll mail the CD-ROM; you send payment back in the enclosed envelope; I'll send the net (\$5 less the cost of mailing the CD-ROM) to the AVA. e-mail: rcwright_va@adelphia.net
Bob Wright

TAW Deadline The deadline for the June 2006 issue of TAW is April 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. Be sure to include "TAW" in the subject line of the email.

Carpooling to Events-

With the current higher gas prices, carpooling is a great way to cut travel expenses to walking events that are out of town. If anyone is interested in carpooling to any of the walks, please contact David Toth, 521-8684, e-mail dntoth@scbglobal.net.

National Executive Council Meeting

The next meeting of the National Executive Council will be May 20th. It will be held in St. Louis, Missouri at the Sheraton Westport Hotel, Lakeside Chalet, 191 Westport Plaza, St. Louis, MO 63146. The meeting will start at 8 a.m. and all interested Volkssporters are encouraged to attend.

ENHANCING CUSTOMER SERVICE-

The staff of AVA has been conducting meetings to come up with ways to enhance customer service. With such a small staff, all felt it was important for anyone in the office to be able to answer questions for other areas. Staff also felt that there should be some sort of method of feedback so those that are going beyond the norm to provide excellent customer service could be recognized.

With this in mind; cross training has begun for all staff every Wednesday morning. This will be a continuing process as people leave and new people come on board.

Comments to staff for excellent service are now being tracked. Staff members will be eligible for prizes and incentives based on accumulated

