



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2006 No. 6
Next Meeting June 6, 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
Randy Baker 210-369-9538
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:
Carmen Caro, Bonnie Rice, Judith Fichter, Marianne Fletcher, Mary Marino, Jim & Dee Momone, Ron Rundberg, Ruth & Wiley Sanders, Joanne & John Ward, Kathryn Close, Larry Cook, and Mary Richmond. 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.

From the Desk of the Pres..

Volunteers are needed for June 3rd at the Peacock Walk. Please call me at 525-8574 or 723-8574 or I will call you. Remember, the new start point is two blocks from the YMCA at Trinity Methodist Church.

Come join your fellow club members for a business meeting on June 6th at the Golden Corral. Help us make some club decisions. We'd love to see you!

Our club will donate five baskets to the KLRN auction, June 11th through the 17th. Don't forget to place your bids (David will outbid you!).

F.Y.I. - The kickoff for the Stone Oak YRE is July 1st, at 7:00 a.m. and the SAS Siesta Valley walk is scheduled for October 14th.

Larry Cook will be coordinator for the Boerne YRE events starting July 1 as Don and Bilita VanCleave will be traveling and need to step down from that commitment. I would like to take this opportunity to thank the Van Cleaves for generously volunteering their time and energy to the club and for taking care of the Boerne YRE walks.

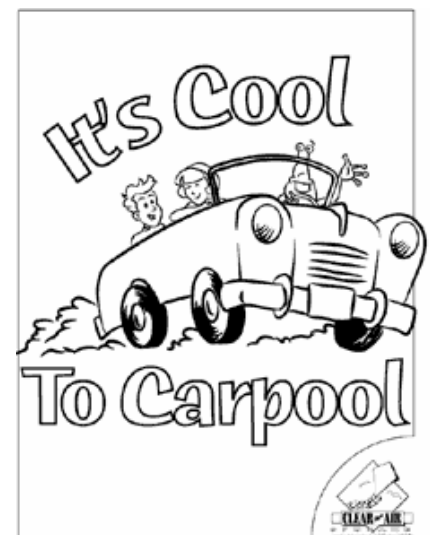
And many thanks to Stella Morado-Cahue for all her work creating and maintaining our club website. Randy Baker has volunteered as the new club webmaster.

And, again as always, many thanks to all our wonderful volunteers. The club couldn't exist without you!

Ellen Ott, President

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.



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.

Coming Texas Events:

6/3/2006 - 6/3/2006 - Walk

Event Number: 72655 10km

Start: Trinity United Methodist Church

Event City: San Antonio

Host Club: Randolph Roadrunners

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:ellenott@sbcglobal.net

Club Website:

www.geocities.com/randolphroadrunners/

6/3/2006 - 6/3/2006 - Walk

Event Number: 74514 10K

Start: Terry Hershey Park

Event City: Houston

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

EMail:hvhpresident@houstonhappyhikers.org

Club Website:

www.houstonhappyhikers.org/

6/10/2006 - 6/10/2006 - Walk

Event Number: 73932 5K, 10K, 20K

Start: Tourist Information Bureau

Event City: Fredericksburg

Host Club: Volkssportverein

Fredericksburg

Event Website:

www.walktx.org/AVA1

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:injacole@austin.rr.com

This walk celebrates 30 years of volkssporting in Fredericksburg and in the U.S.A. as well as the 160 birthday of the founding of Fredericksburg. As the original walk in 1976 was a 20K, an optional 10K route is added to the first 10K to create a 20K. In addition, each walker who walks for credit will

receive a booklet titled:

"Fredericksburg; Then and Now".

The opening section of the booklet will briefly identify each FBG site along the basic 10K route with reference to broader descriptions of life in FBG that will fill the back part of the booklet. This will allow walkers to proceed at whatever speed they choose and still take away a fuller understanding of what makes Fredericksburg interesting and historical.

6/10/2006 - 6/10/2006 - Swim

Event Number: 73933 300 meters

Start: Lady Bird Johnson Park

Event City: Fredericksburg

Host Club: Volkssportverein

Friedrichsburg

Event Website:

www.walktx.org/AVA1

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:injacole@austin.rr.com

6/24/2006 - 6/25/2006 - Walk

Event Number: 73813 10K

Start: Brushy Creek Lake Park

Event City: Cedar Park

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:

15812 Echo Hills Drive

Austin, TX 78717

Contact: Carolyn Doolittle, (512)716-0450

E-

Mail:carolyn.doolittle@sbcglobal.net

Club Website:

www.io.com/~zenteer/crw/

TAW Deadline The deadline for the June 2006 issue of TAW is June 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.

Next TVA meeting-- Abilene, August 5, 2006. The Texas

Volkssport Association (TVA) meets twice yearly on the 1st Saturday in February and the 1st Saturday in August. In addition to local year round events, the host club will usually have a sanctioned event that is held on Sunday of that weekend. No other sanctioned volkssporting events are held in Texas on these weekends. The annual budget is voted on at the February meetings and the TVA officers are elected at the August meetings.

Using Colored Ink for Stamps

We have had some concerned volkssporters contact us about the clubs using light colored ink to stamp their books. While it looks pretty they have found that when they try to copy their books prior to sending them to Headquarters for processing, the lighter inks do not always show up. Please keep this in mind when selecting ink for your stamp pads.

Helpful Hints for Making Corrections In Books

While processing books, we have found some areas of concern. Please make sure that your finish table workers are aware.

* Handwritten entries over a very faint stamp. In some cases, a marker was used and it appears that no stamp was used. We realize that the walker may be doing this but it will help if your finish table worker will simply cross out the very faint stamp and stamp it again elsewhere in the book, in a margin, or on an insert card.

* Please remember to remove your + slugs from your Year Round/Seasonal events for the second half of the year. If you don't remove them, walkers get penalized because it looks like a duplicate stamp.

* Don't restamp. If the first stamp doesn't print where it is readable, please cross it out and enter the stamp again on another line, along the margin or on an insert card. Thank you for your help in assuring that our walkers receive the credit that they deserve!

Insert Cards Insert cards are an AVA item that was designed to allow individuals completing less than 10km a place to get enough stamps to get to the correct distance. However, they are not official IVV records and most

other countries will not stamp them, use them for processing books, or allow their use for their special programs such as the IVV World Cup or the Pacific Cup. As far as we know, only the AVA, Canadian Federation and the British Federation will accept them. Please help us get the word out to your walkers that they should carry their books or purchase new books when visiting other countries.

IRS Q&A by Bob Wright

Have a question or comments? Send them to Bob at

rcwright_va@adelphia.net

Question: May our club use its funds for volunteer recognition?

Yes. Your club may use a reasonable amount for recognition purposes. After all, it is your volunteers who make your programs possible. They deserve to be recognized for their help. Remember too that volunteers come forward because they believe in the organization's purpose, not for monetary gain.

So keep recognition in perspective. Make awards modest in cost; for example, a specially designed certificate (perhaps framed) or plaque, t-shirt, or patch.

Recognize in tiers; such as one type for event service and another for overall service. One may be for 10 hours of service, another 25 hours, etc. Leave room for higher tiers so volunteers have greater recognition to strive for.

You may also include refreshments at a simple reception. The occasion provides an opportunity for other club members to mingle and talk with your honorees; perhaps their model of service will rub off on others.

Recognition of volunteers need not be from the club alone. Nominate deserving volunteers for community and volkssport (state association, regional, national, and international) awards too. Note the form this recognition takes, and make yours complementary (don't upstage a higher level in your organization). Since recognition must not amount to club funds benefiting volunteers, keep the following in mind.

* Establish criteria that an average volunteer can achieve. (If overly restrictive, you selectively benefit core members.) Recognize all volunteers who reach a level of service equally.

* Keep costs modest and reasonable. (What does that mean? See next month's column.)

* Do not reward with cash or objects of significant value. (Cash likely would be spent on something that does not convey your intended recognition; objects of significant value divert considerable funds from your stated non-profit purpose. where your money primarily is supposed to be going.)

* If you want to offer a bus trip for recognition, consider the consequences. You would have to spend the same amount on every volunteer in the club who achieved the same level, whether they went on the trip or received recognition of equivalent value. Could you afford that? Would that use too much of your funds (the issue of reasonableness to be covered in the June 2006 issue of AVA Checkpoint)?

Volunteerism is key to the success of your club or state association. Be sure to recognize that, while using your funds to principally benefit the general public you have chosen to serve that is what the US Government expects of us.

IVV World Report, April 2006

Dear friends of Volkssport: The promotion of health enhancing physical activity is becoming more and more important in our society. Of particular importance is the WHO (World Health Organization) initiative in taking physical activity as an integral part on its agenda to combat the increasing global burden of non-communicable diseases, in both the developed and developing worlds. An active role in this area can contribute uniquely and importantly to the promotion of public health and at the same time strengthen the social credibility and accountability of sports.

The IVV concept means more than an idea. It is a practical procedure to provide better health and thus a more enjoyable life for people of all ages and abilities.

During our Congress of Delegates in June this year, the IVV Presidium will present the IVV Strategic Plan 2006-2010. A draft has been sent the member association together with the

invitation to the Congress. From the draft I quote item I "VISION".

"There will be a world where all people – regardless of age or ability – have the opportunity to participate in a variety of non-competitive sports activities called volkssports. These sports are essentially walking/Nordic walking, biking, swimming, cross-country skiing and any other non-competitive sports offered by the national associations and clubs. The activities take place in atmospheres of stress-free fun and fellowship and promote the importance of good health through exercise.

We foresee that participants in these non-competitive sports activities will have the opportunity to enjoy their sports in a healthy, safe and attractive environment. Our vision is that these sports activities will become an important part of each person's life."

I welcome our member associations to a fruitful discussion and cooperation about our goals and focus points during the next years.

Odd Ivar Ruud, Pres. IVV

IVV INTERNET OFFERS FREE PUBLICITY

As every IVV member knows, IVV provides an Internet site. In addition to important information about volkssport and IVV programs, there are also lists of members' names and their contact information which is provided free of charge. Since many people look at this site every day, it is important for you to make sure that your contact information is current. If there are any changes in address, telephone, fax numbers, website, or name of your contact person, please notify Vice President Clark immediately so that your information is correct.

IVV ADVERTISING IVV offers inexpensive advertising on its Internet site. Space is available for businesses who offer volkssport services or products and for IVV members and clubs to advertise their special events. Three months of advertising costs only 125 Euros; six months, 200 Euros; and 12 months, 300 Euros. Anyone wishing to advertise may contact Vice President Clark for further information.

