



Volume 2006 No. 9
Next Meeting September 5, 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
Larry Cook 210-525-8900
Year-round Events, Universal City
Carlen Forinash 210-493-8543
Year-round Events, San Antonio
Ellen Ott 210-525-8574

E-mail

rrvc44@yahoo.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:
Mary Marino, Jim & Dee Momone, Ron Rundberg, Ruth & Wiley Sanders, Joanne & John Ward, Kathryn Close, Mary Richmond, Pat Gunter, Darlene Oner, Mamie Elliot, Margaret Johnson, Jim & Sherry Scheurich and James Webb. 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.

Kudos to the following Volkssport Achievers:

(From TAW events & distance)

Kathleen Halka	75 events
	1,000 km
Augustus Glaser	200 & 250 events
	3,000 km
Joanne Forinash	450 & 475 events
	4,500 km
Joan Whealen	575 events
Ann White	600 events
Martin Callahan	1,050 events
	16,000 km
Mary Quandt	1,500 events
	15,000 km
Sherry Scheurich	1,050 events
Joan Lyman	1,100 events
Carlen Forinash	1,400 events
Irma Koch	1,500 km
Rodney Koch	2,000 km
Ann White	7,000 km

TVA Meeting in Abilene As Reported by David Toth

The Shoeleather Express Volksmarching Club of Abilene, Texas hosted the semi-annual Texas Volkssport Association (TVA) meeting on Saturday, August 5 at Redbud Park YMCA, 3125 South 32nd Street in Abilene. The meeting started at 1 p.m. (The TVA Board meets at 9 a.m.)

Twenty-three of the twenty-seven Texas clubs were represented at the meeting. Minutes of the last meeting had only typographical corrections.

The Treasurer handed out his report. He pointed out the donation of \$1000 the TVA made to Friends of Texas Parks at the February meeting. Later we added a new "line item" to the budget; raising the reimbursement up to \$50 for the Board of Directors members who must attend the two TVA meetings per year.

Phyllis Eagan reported on the Belton TVA walk and on the Walk in Fredericksburg on midnight 1 Jan 2006; we will be doing those walks again. Karl Kittinger, President, brought up the idea that a club hosting a TVA meeting could do one of their YREs instead of putting on a whole new walk and he commented that Helgard Hollis had indicated she planned to do a new walk when we come to New Braunfels for the meeting in February, 2007.

Ellen Ott talked about the 10 in Texas petals and the 20 in Texas patches.

Regional Director, John Ferguson, mentioned several things as follows:

1. annual officer updates must be submitted by November 15th each year;
2. each event on the AVA webpage must include directions to the event and/or a web link to the EVENT website;
3. if listed under the AVA 501c (3) umbrella, each club must submit a financial statement to AVA no later than November 15th;
4. a need for members to work national committees;
5. information is coming in on the new IVV Awards program.

Karl talked about many things i.e., there was no nominee for the job of TVA President, so Karl will continue for a short while until the Board can

elect a new TVA President; we have lost three clubs in Texas and gained two; there are new Special Programs starting in Jan 2007; and, cereal or money was donated to the Dyess AFB (in Abilene) Food Bank for the benefit of the troops stationed there.

Election results: Ellen Ott remains 2nd Vice-President and Catherine Kellner as Secretary. Karl will continue as President until a successor can be elected.

Bruce and Claudia Fitch discussed the 2009 Dallas Texas AVA Convention and asked for volunteers to work on the committees. They handed out a committee grid at the meeting. They were very excited that planning is going well and in some ways they are ahead of the Sacramento group which will be hosting the 2007 Convention. The August, 2007 TVA meeting still needs a host but for February, 2008 the TVA has been invited to Dallas.

I announced a special pair of walks to be held in Disney World in Florida and sponsored by the Trinity Trekkers and the Florida Clubs, the walks will go through the Disney World Theme Parks and a special medal will be available. There will be a special price for room and park ticket but that information has not been received. Kerrville Bus company has told me we can get a 55 passenger bus to take us there for about \$160/person round trip. The event will be held the weekend after Thanksgiving on the 25th and 26th of November. I'm hoping that a special event like this will get us some new participants.

The TVA will be hosting a booth at the Texas Dept of Parks and Wildlife EXPO the first weekend in October.

I am hoping to attend the AARP meeting in Anaheim the last three days of October to promote volkssporting.

We all had a great dinner at the Ball Ranch -- all the BBQ and ice tea you can eat and Peach Cobbler for dessert. Then a good country music show by the Ball family.

Next Executive Council Meeting. The next meeting of the AVA Executive Council XIV will be

held in Seattle, Washington on September 30, 2006.

Carpooling to Events-

If anyone is interested in carpooling to any of the walks or meetings, please contact David Toth, 521-8684, e-mail dntoth@scbglobal.net.

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.



AVA Special Programs Walk Our National Heritage

Walk, bike, ski or skate 10 events in US National Parks, Monuments, Battlefields or Cemeteries to earn this special award. The National Heritage Record Book is available for \$5. Redeem it when complete to receive a special patch. The goal is to provide an event that develops interest in our National Parks and landmarks, one with a goal attainable to most walkers without major travel or cost difficulties. In most cases these can be walked within your home region.

Each line of the record book is used to record either the IVV event stamp or the National Parks Passport Stamp, or you simply write that you have completed the event.

We also encourage volkssport clubs to schedule their March for Parks as well as other events in or through these

National Heritage sites and to publicize these events for National Heritage event credit. To qualify, the event must pass through a site that is administered by the National Parks or through a National Cemetery. Note that national forests do not qualify - that is through the USDA Forest Service.

You may record previously completed events in the book, there is no official start date. Just write in a description by hand. Set your own "rule" in this regard. You may find it fun to start when you get the book, or you may want to reward yourself for past effort.

You can get only 1 credit for each sanctioned Event. If a single Event passes through more than one qualifying attraction, you can only count that event once. You can get credit for a historical site for separate Events that pass through it. The credit is for the event, not the site.

Order your book by sending \$5 payable to AVA to: Victor Shaff, 6575 Dolphin Circle East, Florissant, MO 63033-4756.

AVA Endorsed by US Surgeon General and President's Council on Physical Fitness & Sports

Early in July, AVA received a letter of endorsement, co-signed by the United States Surgeon General and the Executive Director of the President's Council on Physical Fitness and Sports. A copy of the letter is enclosed in the August AVA *Checkpoint* for your club to use for local publicity.

In part, the letter says: "Although the federal government is stressing prevention and healthy lifestyles, including daily physical activity, through research and public information programs, organizations such as the American Volkssport Association make these recommendations actually happen on the local and community level. Your fine organization touches the lives of many Americans through your activities and outreach efforts. We urge you to continue your efforts to help make America healthier."

This letter follows an earlier endorsement from the United Nations

World Health Organization which thanked AVA for its support of the International Year of Sport and Physical Education in 2005 and for AVA's continued promotion of physical fitness and a healthy life for all. Your AVA Publicity and Marketing Committee worked to gain these endorsements in an effort to increase national recognition for volkssporting. We encourage you to use these endorsements in your local efforts to promote volkssporting, gain sponsors and partners for your events and, more importantly, new members. AVA is making a difference!

5k YREs and Seasonals

Beginning January 1, 2007, AVA clubs can host and advertise 5k YRE and Seasonal events. As you are planning your events for next year, "small" trails can be developed. Please remember that a checkpoint needs to be on the small distance. These are never stand-alone events, but rather are an option when a 10k walk is offered.

Goodsearch

There is a new search engine out there on the web called Goodsearch (www.goodsearch.com) It's for charities, schools and non-profits. Instead of using Google or Yahoo, users use Goodsearch and input the name of the organization. For each search that you do using Goodsearch and selecting AVA, we receive one penny. While that may not sound like much, 100 volkssporters doing two searches a day would net AVA \$750.00 in a year. We are already one of their approved non-profits so give it a try.

Coming Texas Events:

9/2/2006 - 9/2/2006 - Walk
Event Number: 72896 10 Km
Start: Oatmeal Community Center
Event City: Bertram
Host Club: Selma Pathfinders
Event Website:
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

Club Website:

www.geocities.com/Yosemite/Gorge/8195/

9/9/2006 - 9/9/2006 - Walk
Event Number: 73968 10 km
Start: Regional Park
Event City: Castroville
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: dntoth@sbcglobal.net

9/16/2006 - 9/16/2006 - Walk
Event Number: 74834 10km
Start: Sports Authority Store,
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:
1908 Castilele Dr
Carrollton, TX 75007
Contact: Mary Burnett, (972) 492 - 6798
E-Mail: www.dallastrekkers.org
Club Website:
www.dallastrekkers.org/

9/16/2006 - 9/16/2006 - Global Walk
Event Number: 74926 10km
9/16/2006 - 9/16/2006 - Global Bike
Event Number: 74927 25km
9/16/2006 - 9/16/2006 - Global Walk
Event Number: 74928 10km
Start: ** Global Event ** Randolph Recreation Area
Event City: Canyon Lake
Host Club: Global- Hq
AFSVA/SVPAR
Event Website:
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
12 MSG/SVRP 415 B St. East
Randolph AFB, TX 78150
Contact: Sharon Rector, (210) 232 - 8943
EMail: Sharon.rector@randolph.af.mil

9/16/2006 - 9/17/2006 - Walk
Event Number: 73814 10K
Start: Lake Georgetown
Event City: Georgetown
Host Club: Colorado River Walkers

Event Website:

www.coloradoriverwalkers.org/LakeGeorgetown_flyer.pdf
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
123 Coreopsis
Georgetown, TX 78628
Contact: Dick Trautmann, (512) 868 - 2583
E-Mail: dicknjo@thegateway.net
Club Website:
www.coloradoriverwalkers.org/

9/23/2006 - 9/23/2006 - Global Walk
Event Number: 75131 10km
Start: ** Global **Lackland Outdoor Adventure Center
Event City: San Antonio
Host Club: Global- Hq
AFSVA/SVPAR
Event Website:
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
309 Westover Street Bldg 871
Lackland AFB, TX 78236
Contact: Joshua Daniels, (210) 925 - 7159
E-Mail:
joshua.daniels@lackland.af.mil

9/23/2006 - 9/24/2006 - Walk
Event Number: 74207 10km & 5K
9/23/2006 - 9/24/2006 - Walk
Event Number: 74208 10km
Start: Texas Lions Camp
Event City: Kerrville
Host Club: Kerrville Trailblazers
Event Website:
www.walktx.org/KerrvilleTrailblazers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
310 Circle Ave.
Kerrville, TX 78028
Contact: Edna Platte, (830) 257 - 2185
E-Mail: platte@ktc.com
Club Website:
www.walktx.org/KerrvilleTrailblazers

9/30/2006 - 9/30/2006 - Global Walk
Event Number: 74904 10km
Start: ** Global Event** Brooks City Base
Event City: Brooks City Base
Host Club: Global- Hq
AFSVA/SVPAR
Event Website:
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
311/MSG/SVRO, 8046 Crouch Rd.

