



Volume 2007 No. 2
Next Meeting February 6, 2007
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
Pat Gunter 210-479-0805
Secretary
Suzanne Markgraf 210-651-9378

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, UniversalCity
Carlen Forinash 210-493-8543
Year-round Events, San Antonio
Tony Paulson 210-658-8324

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:
Brenda Henne, Ron Sheppard, Helen Gitchell, Cindy Cardenes, Vicki Chew, Willard & Betty Lawrence, Sherri Lipper, Manfred Schaefer, Camille Fiorillo, Carlen & Joanne Forinash, Rick & Monique Baysinger and John & Ann White.

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 Members

Don & Isabelle Burke, San Antonio
Jan Heyer, San Antonio
Patti Paulson, Phoenix, AZ
Michael Murray, Austin
Diane Evans, Mason
Cathy & Payton Chapman, Bulverde
Taylor Vertucci, Bulverde

Kudos to the Following Volkssport Achievers:

(from TAW Oct./Nov. events and distance)
Bilita VanCleave 1100/1150 events
Ellen Ott 1050 events
11000 km
Don VanCleave 950/1000 events
Mike Hermes 175 events
1500 km
(from TAW Dec./Jan. events and distance)
Pat Gunter 2400 events
Carlen Forinash 1450 events
15000km
Joanne Forinash 525 events
5000 km
Bart Marlar 5000 km
Suzanne Markgraf 500 events
Gus Glaser 250 events
Totsy Miller 175/200 events
500/1000 km
Kathleen Halka 100 events
Patricia Lagleder 75 events
Dorothy Creswell 50 events

John Creswell 500 km
50 events
500 km

Trinity University Event

Did you ever wonder why there's Chamber of Commerce weather the day before and the day after an event and the event day turns out to be windy, overcast, rainy and just lousy? Even though the weather didn't cooperate, the Olmos Park walk had 101 walkers and the Monte Vista walk had 120 walkers.

Thanks to the following volunteer workers at the Trinity U. event: Joan Whealen, Totsy Miller, Tony Paulson, Nancy Paulson, Patti Paulson, Heinz Johnson, David Toth, Randy Baker, Joanne Forinash, Carlen Forinash, John Mathis, Mike Hermes, Bilita VanCleave, Don VanCleave, Pat Gunter, Darlene Oner, Don Burke, Isabelle Burke and Rick White. It was nice to see so many of you at the worker's walk. It makes the job of marking and checking the routes so much easier. Thank you all!
Our FuelBelt winners were: Carl Rutherford, San Antonio; Lois Burgess, Horseshoe Bay; and, Frank Chappell, San Antonio.

Ellen Ott & Larry Cook

Roadrunners F.Y.I – The

speaker on Chi walking for our January meeting was a no-show. In summary, Chi walking blends walking with the inner focuses of T'ai Chi to create balance, strength, and improved cognition. Moderate exercise has improved the health and longevity of millions of people. Chi walking is an inspirational mind-body health and fitness program.

Our speaker for the February meeting is Susan Albert. Susan has promised not to miss our meeting! She is the new Executive Director at Mitchell Lake.

Ellen Ott, President, RR

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.

Caribbean Adventure --

Walks in Old San Juan, Puerto Rico and Water Island, U.S. Virgin Islands.

There are a few cabins left for the Bad Pennies' Adventure 37, Caribbean II. Dates are Thursday, February 8 – Monday February 12, 2007.

The Bad Pennies will be putting on 2 walks, a night walk on February 8 in Old San Juan, Puerto Rico, and on February 10, the first walk ever on Water Island, U.S. Virgin Islands. We have chartered the ferry to take us to the start point on the island and back after the walk. Water Island is the 4th U.S. Virgin Island (the others being St. Thomas, St. Croix, and St. John). The Adventure will include one night at the Hotel Milano in Old San Juan and a 3 night cruise on RCCL's Empress of the Seas stopping at St. Thomas and St. Maarten. Total cost depends on your choice of cabin and departing airport. Airfare and cab from airport to hotel (about \$10) are additional. As of this writing airfare from Washington Dulles is about \$400 round trip. Cost of cruise, hotel, non members Adventure fee, transfers to ship and back to airport, walk fees and ferry is \$542.13 for an inside cabin, \$592.13 for an outside cabin, and \$792.13 for a junior suite (single supp. prices are \$926.58, \$983.58, and \$1283.58 respectively). Deposit for a member is \$126. You do not need to join the Adventure to do the walks. Phone 703-980-0392 for your reservation. Mailing address: The Bad Pennies; P.O. Box 2393; Merrifield, Virginia 22116-2393. For more

information go to:

www.thebadpennies.org/

(Special note: If you pay by AAA credit card you get a 2% rebate. If you get a new AAA credit card you get an additional \$15 plus the 2%. This is a no fee card that gives a 3% rebate on gas purchases plus \$50 back after spending \$5,000)

LBJ National Historical Park Event

--This event on March 24th, at LBJ National Historical Park in Stonewall, which is sponsored by the Fredericksburg Volkssportverein Friedrichburg Club and the National Park Service, requires a pre-registration before March 17th. This is a guided walk with club members and a National Park Service Ranger serving as guides.

The event will start with check-in between 8 – 8:30 am at the LBJ State Park Visitor Center. Because participants will be bussed by NPS staff to the walk start, it will be very important to be prompt. The busses are wheelchair accessible. Dogs are not permitted on the NPS Ranch site. Guides from VVF and NPS will divide walkers into groups but all will start at approximately 9 am and will stay in their assigned groups.

While waiting for the bus to go to the start or after the walk, the Visitor Center has a film, pictorial displays, an historical dogtrot cabin, working farm, nature trail and a gift shop to add to the experience. Two distances are provided: a 6k and a 10k and both routes pass LBJ's reconstructed birthplace, first school, grandparents' home and cemetery. Participants will be given a presentation on the history of the area from Luci Johnson, LBJ's daughter. All walkers will pass the LBJ Ranch Vehicle Collection and the 10k route continues to the Show Barn that serves as the center for present day ranching operations. A ranch hand will be present to talk to walkers. For information contact Jeanine Kuhlken at 830-685-3544 or Joyce O'Rear – 830-992-2053.

This walk is limited to 200 people. For on-line information the website is: <http://www.walktx.org/AVA1/guidedwalk.pdf>

TAW Deadline

The deadline for the April, 2007 issue of The American Wanderer is February 25. All articles and photographs should be submitted directly to: The American Wanderer, Laurel Parrott, Editor, and 3526 Humboldt Ave. N., Minneapolis, MN 55412, email TAW@bhi.com Be sure to include "TAW" in the subject line of the email. NOTE: This is a new email address.

IRS Q&A by Bob Wright

Have a question or comments? Send them to Bob at rcwright_va@adelphia.net

How should our club use its funds?

If you fall under the AVA's group exemption, funds received through donations and raised through events should be principally used to promote Volkssport, the specific purpose(s) in your articles of incorporation (and the AVA's, your central/parent organization) through your programs and services. A small part may be used for educational and charitable donations.

Just what are an AVA club's or state association's programs and services? Here are a few examples of how you can use your funds:

Volkssport events. Use money for event publicity (brochures, signage, etc.), decorations to add appeal to the start/finish location, etc.

Education. Publish or reprint on Volkssport and related subjects like walking, health, fitness, nutrition, and information on other Volkssport events. Build and maintain displays on those subjects to use when you speak to or exhibit with other groups. Post information on your web site too.

Marketing. Use press releases, open houses, your web site, etc. to inform the community about Volkssport and your club.

Scholarships. Give them to someone studying a Volkssport-related major (e.g., physiology, sports management, physical therapy). Don't forget the costs of doing business.

Convention expenses.

Administrative expenses. These include postage, post office box rental, web site hosting, stationery, office supplies, copying, phone calls, and mileage reimbursement when on official club business.

The point is to use the money for the purpose it was donated or raised, the purpose of your organization (for example, as stated in the AVA's articles of incorporation, to promote the public health, physical fitness and well-being of the people of the United States...by organizing, promoting and conducting scheduled programs of noncompetitive, family oriented, participatory lifetime sports).

To whom may you make

donations? You may make donations to any organization that is specifically recognized by the IRS as tax exempt. For donations to candidates for AVA office (refer to the AVA Bylaws, Article VI, paragraph 6.6(g), on the monetary limits.)

1. Be sure the recipient is qualified by the IRS.
2. Keep it Volkssport or community goodwill oriented to be true to the specific purpose(s) in your articles of incorporation.
3. Keep any donation amount reasonable-since you are about promoting Volkssport, you want the majority of your funds to be used for that purpose.

Remember that all funds once deposited in your bank account, less dues for which benefits are given to members, are subject to the rules governing tax-exempt organizations set forth by the IRS.

Coming Texas Events:

2/4/2007 - 2/4/2007 Walk
Event Number: 77213 5/10K
Start: New Braunfels Visitors Center.

Event City: New Braunfels
Host Club: NB Marsch-und Wandergruppe

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

Write for more information to:
8 Mission Drive
New Braunfels, TX 78130-6622
Contact: Helgard Surh-Hollis, (830) 629-6330
E-Mail: helgard@satx.rr.com

2/10/2007 - 2/10/2007 - Walk
Event Number: 77079 5/10K
Start: Lutheran High School
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/

2/10/2007 - 2/10/2007 - Walk
Event Number: 77114 5/10K, 32K
Start: Ray Roberts Lake State Park
Event City: Pilot Point
Host Club: Dallas Trekkers, Inc.
Event Website:
www.dallastrekkers.org/brochures/2007-RayRoberts.pdf
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
3321 Dartmoor Drive
Dallas, TX 75229
Contact: Helen Bateman, (214) 732 - 3419
E-Mail: helenbateman@earthlink.net
Club Website:
www.dallastrekkers.org/

2/24/2007 - 2/24/2007 - Walk
Event Number: 77153 10km
Start: Sylvan Beach
Event City: LaPorte
Host Club: Houston Happy Hikers
Event Website:
www.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: hvhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

3/3/2007 - 3/4/2007 - Walk
Event Number: 77264 & 77265
5K & 10 K
Start: Old Country Store
Event City: Westphalia
Host Club: Texas Volkssport Assn.

More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
17314 Springhill Drive
San Antonio, TX 782321551
Contact: Phyllis Eagan, (210) 496 - 1402
E-Mail: papre1947@yahoo.com
Club Website: walktexas.org

3/10/2007 - 3/10/2007 - Walk
Event Number: 77080 5/10K
Start: Mitchell Lake Audubon Center
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/



ANNUAL TRI-STATE WALK AZ-CA-NV

Make your reservations for the annual Tri State Events in Laughlin, Nevada. Three states - one weekend! Head for Laughlin!

Sponsored by the Las Vegas Club
30 March to 1 April 2007 - Sanctioned Walks
5 WALKS IN 3 STATES IN 3 DAYS
Start at:

The Aquarius (formerly Flamingo Laughlin Hotel & Casino)
1900 S. Casino Drive
Laughlin, NV 89029
1-800-662-5825
Las <<http://www.lvhrs.org/>> Vegas Club Website
Southwest Walking
<<http://southwestwalking.com>> Web Site<<http://southwestwalking.com>> : Events and Walking clubs of the Southwest.

