



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2007 No. 5
Next Meeting May 1, 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, Universal City
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:
Barbara Fitzgerald, Richard & Henrietta Harrison, Gerda van Impelen, Randi Jones, Karen & Jonathan Marsh, The Arrendondo family, Sheryl Babiak, Diana Carroll, Malcolm & Barbara Carter, Luz Craven, Nancy & Fred Riley, The Smart family, Mary & Michael Walker and Mary Ellen Waters.

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.



Walk and Roll 2007

The 11TH ANNUAL WALK & ROLL TO WORK RALLY will be held at the Alamo Street entrance to HemisFair Park from 8 a. m. to 9 a. m. on Friday, May 4th.

The WALK & ROLL FEST will be held at Brackenridge Park at Joske Pavilion from 8 a. m. to 1 p. m. on Saturday, May 12th. We encourage ALL to participate in these FREE events. There will be walks and bicycle rides for all to enjoy along

with refreshments, health information and GREAT door prizes. For additional information please call Lydia Kelly at (210) 230-6911 or visit www.walkandrollsa.com. Cyclists will leave from San Pedro Park at 7:30 a.m. Walkers will leave from their employers and meet at HemisFair Park to celebrate the 11th Annual Walk to Work Rally at 8 a. m. Cynthia Lee from KABB will be the event emcee.

WALK & ROLL TO WORK RALLY

WALK & ROLL FEST

There will be 5k and 10K walk and bike rides for people of all ages to enjoy. Complimentary refreshments, games, music, health screening opportunities, bike check-ups and many educational exhibits. The FEST will be at Brackenridge Park, Joske Pavilion. Music provided by KONO.
FRIDAY, MAY 4TH, 8 A. M. TO 9 A. M.
SATURDAY, MAY 12TH, 8 A. M. TO 1 P. M.

Healthy Happy Hour, Friday, May 4th 4:30 p.m. - 6:00 p.m. 320 Beauregard (210) 212-4831 50% off menu and teas

On May 4th VIA Metropolitan Transit will be providing free bus transportation. For those who ride a bicycle and take the bus. 3rd Annual Alamo Area Council of Governments and the San Antonio - Bexar County MPO are conducting the 3rd annual Walk & Roll Challenge to reward local businesses and persons who log the most "smart miles" to and from work between June 1st through October 31st. Please visit www.walkandrollchallenge.com for more information.

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 11th year. In previous years we celebrated Hike and Bike Month in May. Recently 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.

The Female Heart Attack

Women and heart attacks (Myocardial infarction)

Did you know that women rarely have the same dramatic symptoms that men have when experiencing a heart attack? You know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.

"I had a completely unexpected heart attack at about 10:30 pm with NO prior exertion, NO prior emotional trauma that one would suspect might've brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, "A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up. A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation---the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

"After that had seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when

administering CPR). This fascinating process continued on into my throat and branched out into both jaws.

"AHA!! NOW I stopped puzzling about what was happening--we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, "Dear God, I think I'm having a heart attack !" I lowered the foot rest, dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself "If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in moment."

"I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor >where they could see me when they came in.

"I then lay down on the floor as instructed and lost consciousness, as I >don't remember the medics coming in, their examination, lifting me onto a >gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the Cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like "Have you taken any medications?") but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.

"I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the Paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stints.

"Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand."

1. Be aware that something very different is happening in your body not the usual men's symptoms, but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one, and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation, and go to bed, hoping they'll feel better in the morning when they wake up...which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a "false alarm" visitation than to risk your life guessing what it might be!

2. Note that I said "Call the Paramedics". Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER--you're a hazard to others on the road, and so is your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor--he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal

cholesterol count. Research has discovered that cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high, and/or accompanied by high blood pressure.) MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

Coming Texas Events:

5/5/2007 - 5/5/2007 - Walk
Event Number: 77199 10 k
Start: Hwy 173 & Camp Verde Rd.
Event City: Camp Verde
Host Club: Kerrville Trailblazers
Event Website:
www.walktx.org/kerrvilletrailblazers/
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
150 Shalako Dr.
Kerrville, TX 78028
Contact: Doug Andreasen, (830) 257 - 5745
E-Mail: dfa1@ktc.com
Club Website:
www.walktx.org/KerrvilleTrailblazers

5/5/2007 - 5/5/2007 - Walk
Event Number: 77542 10 km
Start: Cool Acres Ranch
Event City: Orchard
Host Club: Houston Happy Hikers
Event Website:
www.houstonhappyhikers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
P. O. Box 101
Orchard, TX 77464
Contact: Catherine Kellner, (979) 478 - 6203
E-Mail: hvhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

5/12/2007 - 5/12/2007 - Walk
Event Number: 77357 10K
Start: Joske Pavilion, Brackenridge Park
Event City: San Antonio
Host Club: Texas Wanderers
Event Website:
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:

102 Wildridge Trail
Universal City, TX 78148-5506
Contact: Gerald Kamicka, (210) 658 - 2160
E-Mail: GeraldK726@aol.com
Club Website:
www.walktx.org/TexasWanderers

5/18/2007 - 5/18/2007 - Walk
Event Number: 77445
5km/10km
Start: Beethoven Maenerchor Halle Und Garten
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:
120 Thomas Edison
Schertz, TX 78154
Contact: Tony and Nancy Paulson, (210) 658 - 8324
E-Mail: nantony6@hotmail.com
Club Website:
www.geocities.com/randolphroadrunners/

5/19/2007 - 5/19/2007 - Walk
Event Number: 77540 10 km
Start: Huntsville State Park-Nature Center
Event City: Huntsville
Host Club: Houston Happy Hikers
Event Website:
www.houstonhappyhikers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
P. O. Box 101
Orchard, TX 00000
Contact: Catherine Kellner, (979) 478 - 6203
E-Mail: hvhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

5/19/2007 - 5/19/2007 - Walk
Event Number: 77550 10K
Start: Hulen Street Baptist Church in Candleridge
Event City: Fort Worth
Host Club: Tarrant County Walkers
Event Website:
http://www.walktx.org/TarrantCountyWalkers/Upcoming_Events.html
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
7021 Sparrow Point

Fort Worth, TX 76133
Contact: Barbara Bice, (817) 292 - 6377
E-Mail: r.bice@sbcglobal.net
Club Website:
www.walktx.org/TarrantCountyWalkers

5/26/2007 - 5/26/2007 - Walk
Event Number: 77463 10K. 5K
Start: Pioneer Farms Heritage Park
Event City: Austin
Host Club: Colorado River Walkers
Event Website:
www.coloradoriverwalkers.org
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.coloradoriverwalkers.org/

6/2/2007 - 6/2/2007 - Walk
Event Number: 77447
5km/10km
Start: Pam's Patio Kitchen (Wurzbach and Lockhill Selma)
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/

May Walking Festivals

Event Name: Canadian Convention
When: Annually, in May
Where: The Canadian Volkssport Federation event is in a different province each time.
Event Website:
Past Event Website:
<http://www.walks.ca/>
Articles and Local Information:
None
Contact Persons:
<http://www.walks.ca/CVFcontacts.html>
Hints: The Canadian Convention travels from province to province.

Attendees have a great time. Open to all.

Event Name: CVA State Meeting

When: Annually, usually the first weekend in May

Where: As announced. California

Event Website:

<http://www.walkcalif.info/>

Past Event Website: None

Articles and Local Information:

None

Contact Persons:

Hints: Always a nice time with nice people. See California on foot!

Event Name: Colorado Memorial Day Weekend County Walks

When: Annually over Memorial Day Weekend

Where: Various Counties in Colorado

Event Website:

<http://www.angelfire.com/co4/cccrusers>

Contact Persons: Dale Boone, 2306 Desoto Rd, Pueblo, CO 81003, 719-544-6757; or Kevin Ross, 2545 Rimrock Dr, Colorado Springs, CO 80915, 719-597-5469

Hints: Each year the Columbine Country Cruisers offer 6 walks in 6 different Colorado counties over the 3 day Memorial Day Weekend. The intent of this multi-event weekend is to provide opportunity for walkers to complete a walk in each of Colorado's 64 counties over an 11 year period. The 6 walks are held in 6 adjacent counties each year, and yearly they move the event locations to previously unwalked counties. Of course, walkers can do walks in additional counties during other times of the year, so most walkers can finish the counties much quicker.

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 1 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 \$ _____