



Volume 2007 No. 9  
Next Meeting September 4, 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](mailto:Hans-D.Fuhr@t-online.de)

**Renewal Time**

The following membership renewals are currently due:  
**Carol Christy, Alan & Gloria Mick, Jack & Janet Shircel, Newton Cole, Carol Shaner, Tony & Nancy Paulson, Patricia Lagleder, Ann & Ken Westmoreland Humphrey, Shelta & Bob Reese and Barbara & Frank Marrou.**

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](http://www.geocities.com/RandolphRoadrunners/membership.html) and send it with your fees to Nancy Paulson c/o the club address.

**Welcome New Members!**

Jim and Dee Momone, San Antonio  
Hilda Vazquez, San Antonio  
Polly Anderson, San Antonio

**Free business cards!**

Business cards are free at [www.vistaprint.com](http://www.vistaprint.com). David Toth shared this information with RR club members at the August meeting. Support your club and Volkssporting with a Volkssport business card to hand out to people and/or organizations interested in fun, fitness and fellowship. AVA, yea!



**Carpooling to Events-**

If anyone is interested in carpooling to any of the walks or meetings, please contact David Toth, 521-8684, or E-mail [dntoth@scbglobal.net](mailto:dntoth@scbglobal.net) for scheduling. It's never too early to

start planning for the Dallas AVA convention in 2009!

**From the Desk of the Pres.**

Our Speaker for September is Gus Glaser on Olympiad and Volkssport World Cup. Bring your questions and he'll bring the answers. Speaker for October - Kevin Wilson, Lifestyle Director for Del Webb.

The National Executive Committee Meeting was held here on August 11<sup>th</sup>. Ellen Ott and David Toth attended the meeting. It was decided to hold 6 meetings during their term in office with rotating sites. The next meeting will be in Ohio. There was much discussion with regard as to whether the NEC should attend local events to meet volkssporters and to see how their events are run, or just stick to a business meeting. AVA Biennial Convention Report: Buses made \$4,000. The high for event participation was 780, low in San Francisco at 532. Not all convention committee reports had been submitted.

The NEC met in closed session to discuss the IVV situation. It was suggested all known events for 2008 be sanctioned before the end of August to be included in the IVV International book (like our Starting Point, but for the world). The AVA has to have the calendar submitted by September, 15th. The U.S. is 1 of 49 member countries. The 2007 IVV Presidium met in Estonia in July. The 2008 meeting will be York, England. The IVV approved budget did not raise fees.

Special Events - Maximum number will be 15; can only run for three years until special permission is received from the NEC.

Two new programs - Native American Heritage & Islands.

When a program ends it only means no more books can be sold, but participants can finish their books as

long as the event coordinator wants to do that. College Special Event Program will continue until the end of 2008, AVA is coordinating this program.

TVA Meeting August 4<sup>th</sup> was held at the Holiday Inn in Market Square; New Officers - Catherine Kellner ( Houston Happy Hikers ) - President, Charles Wortz ( West Texas Trail Walkers ) - 1 Vice Pres., Ellen Ott ( Randolph Roadrunners ) - 2 Vice Pres., Helen Bateman ( Dallas Trekkers ) - Treasurer, Leslie Penton ( Houston Happy Hikers ) - Secretary.

Global walk at Canyon Lake on September 15<sup>th</sup> - workers always needed - will mark route at 9am on the 14th, cover start/finish on the 15th. If anyone wants to stay over in a really neat cabin, please let Ellen know ASAP, 525-8574. Everyone is welcome to join us on Friday evening for a cookout.

### **TAW Subscriptions for Local Libraries**

Hi folks!!

Tony visited the local libraries and asked them about receiving the American Wanderer paper. All said yes, except Randolph who was supposed to call Tony because she/he was not there at the time. They never called back but the lady had given us the address, so we just added them to our list. They are the Schertz, Converse, Universal City and Randolph libraries. I just faxed a copy of their addresses to the AVA office. Talked to them and they will send the bill to Pat Gunter.

See you soon.

Nancy and Tony Paulson

### **AVA Exec. Council XV New Leadership Roster**

**President:** Curt Myron  
591 Birch Street, Oak Harbor, WA  
98277 - 360-679-3638  
president@ava.org

**Vice President:** John Ferguson  
PO Box 670294, Dallas, TX 75367  
972-661-0419 (phone/fax)  
vicepres@ava.org

**Secretary:** Pat Lucero  
1951 Quail Rd., Newcastle, CA  
95658-9493, (916)434-0205  
secretary@ava.org

**Treasurer:** Edward Tod  
1215 Cannonade Court, Florissant,  
MO 63034, 314-838-7359 (home)  
treasurer@ava.org

**Southwest Regional Director**  
Heinz Johnson, 27727 Ramblewood  
San Antonio, TX 78261-2013  
(830)980-5723, [sw\\_rd@ava.org](mailto:sw_rd@ava.org)

### **Appointed Officials - Historian:**

David Toth, 8463 Romney  
San Antonio, TX 78254-2467  
210-521-8684, [dntoth@sbcglobal.net](mailto:dntoth@sbcglobal.net)

### **IVV Liaison:**

Hans Dieter Fuhr, Bunsenstr. 10  
65203 Wiesbaden 12 Germany  
011-49-611-66894  
[hans-d.fuhr@t-online.de](mailto:hans-d.fuhr@t-online.de)

### **Victoria International Walking Festival - Discontinued**

The Victoria International Walking Festival will not be continuing after 10 successful years. Over the past few months it has become clear that many members of the Organizing Committee had decided that it was time to move on to other endeavors. Efforts were made to attract new people to serve on the Committee but these were unsuccessful. Thus the Committee reluctantly decided at its meeting on Wednesday, June 20 that the Walking Festival could not be sustained going forward.

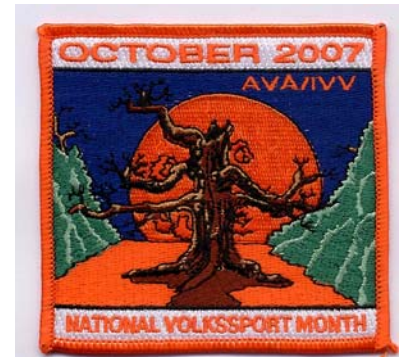
### **Savannah 2008**

The brochure for the Mega-Event Savannah Weekend, Jan 17-21, 2008 is now posted on the Happy Wanderers Walking Club website: [www.happywanderersfl.org](http://www.happywanderersfl.org). Once on the HW website click on the EVENTS link and then the Scheduled Events link. Scroll down to the Savannah 2008 brochure link.

We are expecting a terrific turn-out of Volkssporters and friends and we hope that you are one of them. Due to space limitations, the Friday evening Meet 'N Greet social is being limited to the first 400 individuals who pre-register for the party.

The Happy Wanderers are offering the SAVANNAH BAKER'S DOZEN - thirteen events for your Volkssporting enjoyment. Don't wait; don't hesitate; make a date for 2008!

*Marvin Stokes, President  
Happy Wanderers Walking Club*



**National Volkssporting Month** October is National Volkssporting Month. Any club hosting an event can order patches from the AVA, designed by Dorm Batson.

### **Utah Parks Walks -- Start Location Change**

The Four Plus Foolhardy Folks walks in Bryce National Park, Zion National Park and Snow Canyon State Park Utah have had a change in the start location. The Days Inn in Cedar City where we had our start box has requested that we remove it. Since we are not local to the area, we have to decide to finish the remainder of this season using only remote registration. You can register for the walk via our website and the materials will be sent to you. When you are done, we will mail you insert cards. Our website is here:

<http://www.walkhappy.com/fourplusclub/yres/>

Sorry for the inconvenience, but we've found the remote registration process was used by most of our walkers anyway. Thanks for understanding.

*Jane Holmes*

*Four Plus Foolhardy Folks*

### **Recognition Awards presented at the 15<sup>th</sup> Biennial Convention**

Recognition awards are presented to honor individuals, clubs and organizations for service deeds and accomplishments that have advanced the ideals and aspirations of Volkssporting.

#### **IVV Honors:**

Heinz Johnson

#### **Meritorious Service Award:**

Ellen Ott

#### **Certificate of Service Awards:**

Gordon Albritton

Larry Cook

Carlen Forinash

Joanne Forinash  
Pat Gunter  
John Mathis  
Totsy Miller  
Ellen Ott  
Nancy Paulson  
Tony Paulson  
David Toth  
Audrey Vertucci

***Certificate of Service:***  
**Nominating Committee**  
**Chairs Southwest Region**

David Toth  
**History Committee Chair**  
David Toth

**Publicity/Marketing Sponsorship**

David Toth  
Ellen Ott

Congratulations to each recipient. Your dedication and enthusiasm to support and promote AVA programs is the Spirit of Walking.

**Coming Texas Events:**

9/8/2007 - 9/8/2007 - Walk  
Event Number: 74663 5K & 10K  
Start: Cooper Lake State Park  
Event City: Cooper  
Host Club: East Texas Trekkers  
Event Website:  
www.walktx.org/EastTexasTrekkers/07CooperLake.pdf  
More Details: Click here for directions, ratings, etc.  
Write for more information to:  
4722 Comanche Trail, Tyler, TX 75707  
Contact: Jan Wood, (903) 534 - 9301  
E-Mail:jpw6391@msn.com or jpw6391@yahoo.com  
Club Website:  
www.Walktx.org/EastTexasTrekkers/

9/15/2007 - 9/15/2007 - Global Walk  
Event Number: 78088 10K  
9/15/2007 - 9/15/2007 - Global Bike  
Event Number: 78087 25 km  
Start: \*GLOBAL\* Randolph Recreation Park  
Event City: Canyon Lake  
Host Club: Global- HQ  
AFSVA/SVPAR  
More Details: Click here for directions, ratings, etc.  
Write for more information to:  
415 B St. East, Randolph AFB, TX 78150  
Contact: Sharon Rector, (210) 652 - 6508  
E-mail:Sharon.rector@randolph.af.mil

9/15/2007 - 9/16/2007 - Walks  
Event Number: 77809 10K

Event Number: 77810 13K  
Start: Cypress Creek Community Center between Comfort and Kerrville at Stoneleigh and Lazy Valley Rd.  
Event City: Kerrville  
Host Club: Kerrville Trailblazers  
Event and Club 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@kctc.com

9/15/2007 - 9/16/2007 - Walk  
Event Number: 77598 5K/10K  
Event Number: 77599 10K  
Start: Meridian State Park  
Event City: Meridian  
Host Club: Star Trekkers of Irving  
Event Website:  
starttrekkers.org/events/meridian.pdf  
More Details: Click here for directions, ratings, etc.  
Write for more information to:  
2828 Game Lake Drive  
Irving, TX 75060  
Contact: Gunhilt Money, (972) 986 - 5086  
E-Mail:gunic@aol.com or grwhitford@gmail.com  
Club Website: www.starttrekkers.org

9/22/2007 - 9/22/2007 - Global Walk  
Event Number: 78002 10K  
Start: \*GLOBAL\* Lackland Air Force Base, Outdoor Adventure Center  
Event City: San Antonio  
Host Club: Global- HQ  
AFSVA/SVPAR  
More Details: Click here for directions, ratings, etc.  
Write for more information to:  
309 Westover St, Bldg 871  
Lackland AFB, TX 78236  
Contact: Richard Fulk, (210) 289 - 9048  
E-mail:Richard.Fulk@Lackland.af.mil

9/29/2007 - 9/29/2007 - Global Walk  
Event Number: 77563 10K/5K  
Start: \*GLOBAL\* Pavilion #1  
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:  
8046 Crouch Road  
Brooks City Base, TX 78235

Contact: Larry Flores, (210) 536 - 1500  
E-Mail:larry.flores@brooks.af.mil

9/30/2007 - 9/30/2007 - Walk  
Event Number: 77859 10K  
Start: Whole Foods Market/Historic Clarksville Walk, 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:  
2601 Greenland Lane  
Austin, TX 78745  
Contact: Nancy Middlebrook, (512) 442 - 8528  
E-Mail:nancym@realtime.net  
Club Website:  
www.coloradoriverwalkers.org/

**Skin Cancer Awareness**

The risk of acquiring most skin cancers, including melanoma, may be reduced by routinely protecting your skin from the sun.

What is melanoma? It is a deadly form of skin cancer, usually starting in a non-cancerous mole, though it may also appear where no mole existed before. Melanoma usually begins as a mottled, light brown or flat, brown blemish with irregular borders that may turn shades of red, blue or white. A changing or growing mole or a new mole should be checked promptly by a physician. The American Academy of Dermatology advises consultation with a dermatologist if moles or pigmented spots exhibit any of the following characteristics. Just remember A, B, C, D:

- **A for Asymmetry:** One half is unlike the other half.
- **B for Border:** The edge is irregular, notched or scalloped.
- **C for Color:** It varies from one area to another; shades of tan and brown; sometimes white, red or blue.
- **D for Diameter:** It is usually larger than a pencil eraser (greater than 6mm in diameter) when diagnosed, but may be smaller. Moles that are different from others, change, itch or bleed (even if small) should be checked.

**In men,** melanomas are often found between the shoulders and hips, or the head and neck area.



**In women**, melanoma often develops on the lower legs or between the shoulders and hips.

However, melanoma can appear anywhere on the skin.

**Who is at risk?** Many factors may increase your risk for developing melanoma, including:

- Fair skin, light eyes
- Many freckles
- Severe, blistering sunburns as a child or adult
- Family history of melanoma
- History of having melanoma
- Non-cancerous, unusual looking moles
- More than 50 moles on the skin
- A weakened immune system
- Exposure to ultraviolet radiation from tanning salons and tanning beds

### How can you prevent melanoma?

To protect your skin:

- Avoid the sun between 10 a.m. and 4 p.m., when ultraviolet radiation levels are highest.
- Use sun block (SPF 30, and reapply every two hours).
- Wear a hat, protective clothing and sunglasses.
- Don't go to tanning salons.

Check your skin periodically to get familiar with your moles and birthmarks. If you notice an odd looking skin lesion, especially a mole with one or more of the A, B, C, D characteristics, contact your doctor immediately.

Melanoma may be cured if detected and treated early. Encourage family and friends to seek immediate medical attention if they see a suspicious looking spot on their skin.

### AVA Special Programs Islands

NW Tulip Trekkers are proud to sponsor the Islands Special Event. Simply participate in 20 sanctioned events that are on, or partially on, a named island anywhere in the world. Land masses that were once an island and are still called island (such as Grand Island, Nebraska) count too. The island can be in a lake, a river or salt water. The special event began June 1, 2007 and you can purchase your book until December 31, 2010. Once you complete 20 sanctioned, qualifying events submit your book and receive a patch and hat pin. Each book costs \$10. We will not have a complete list of walks that qualify. Each club can determine if their walk qualifies for the program.

### 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 \$ \_\_\_\_\_