



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2008 No. 1
 Next Meeting January 8, 2008
 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

rrvc44@yahoo.com

Club 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:
Lionel Dry, Gus Glaser, Diana & David Padden, Lynda & Bill Allanach, Coleen McLaughlin, Wanda Blaine, Bonnie Caruso, Judy Castleberry, Janie Short, Mary Delagarza, Diane Evans, Robert Fannin, Franz & Margaret Ley, Michael Murray and Karen Walker.

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.



12/8/07 event at Quicksands

Notes from the Pres.

Come to the RR meeting on January 8th at the Golden Corral!

We need workers for the December 31st and midnight walks in Fredericksburg. E-mail Ellen at ellenott@sbcglobal.net.

We need workers for the Trinity University walk. Call Larry Cook at 566-5603 or 723-7711 to volunteer.

“Thank you” to Heinz Johnson and David Toth for working the booth at *Go Kids Challenge* on October 28th. And also to Heinz and Mary Quandt for working the booth at East Terrell

Hills Elementary School on October 26th.

Congratulations to Joanne and Carlen Forinash. They walked their 50th state in the 50th state (Hawaii) for their 50th wedding anniversary!



Christmas lights at the Quicksands’ event

Kudos to the Following Volkssport Achievers:

(from TAW Dec./Jan. events and distance)

Suzanne Markgraf	525 events
Joanne Forinash	650 events
	6500 km
Carlen Forinash	1600 events
Jane Radigan	1800 events
Patricia Gunter	2500 events
	25000 km
William Radigan, Jr.	2900 events

Sparkling City Strollers--

Hello Friends,

Sorry we didn’t get any flyers out to you last year, but all of our YRE’s in both Corpus Christi and Port Aransas are still operational. We have also added a 5K option to two of the walks, (see flyers) which can be chosen for credit starting January 1st or after, if desired. The “Sparkling City” and beaches remain as beautiful as ever, and we hope you will come visit any/all of our walks soon (and often!) in 2008!

*Margery Wessell, President
 Sparkling City Strollers*

Coming Texas Events:

12/31/2007 - 12/31/2007 - Walk

Event Number: 79552 10K

Start: St. Joseph Halle

Event City: Fredericksburg

Host Club: Texas Volkssport Assn.

Event Website:

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

Write for more information to:

1801 Lavaca Street Apt 6G

Austin, TX 78701-1306

Contact: Charles Wertz, (512) 479 - 0741

E-Mail: cwortz@texas.net

Club Website: walktexas.org

1/1/2008 - 1/1/2008 - Walk

Event Number: 79553 10K

Start: St. Joseph Halle

Event City: Fredericksburg

Host Club: Texas Volkssport Assn.

Event Website:

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

Write for more information to:

1801 Lavaca Street Apt 6G

Austin, TX 78701-1306

Contact: Charles Wertz, (512) 479 - 0741

E-Mail: cwortz@texas.net

Club Website: walktexas.org

1/5/2008 - 1/5/2008 - Walk

Event Number: 79717 10K

Start: Chapman Graduate Center, Trinity University for Olmos Park walk

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:

7711 Callaghan Road

San Antonio, TX 78229

Contact: Larry Cook, (210) 525 - 8900

E-Mail: larcoo@texas.net

Club Website:

www.geocities.com/randolphroadrunners/

1/5/2008 - 1/5/2008 - Walk

Event Number: 79719 5K/10K

Start: Chapman Graduate Center - Trinity University for Monte Vista Walk

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:

7711 Callaghan Road

San Antonio, Texas 78229

Contact: Larry Cook, (210) 723 - 7711

E-Mail: larcoo@texas.net

Club Website:

www.geocities.com/randolphroadrunners/

1/12/2008 - 1/12/2008 - Walk

Event Number: 78154 10K

Start: Brookshire's Supermarket 607 Southwest Big Ben Road (State Hwy 67)

Event City: Glen Rose

Host Club: Hood County Hummers

Event Website:

www.walktx.org/hoodcountyhummers

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

Write for more information to:

5231 Wedgefield

Granbury, TX 76049

Contact: Emily Kinney, (817) 573 - 5795

E-Mail: jandklowe@itexas.net

Club Website:

www.walktx.org/HoodCountyHummers/

1/19/2008 - 1/19/2008 - Walk

Event Number: 80086 10K

Start: Starbucks Coffee Company

Event City: Galveston

Host Club: Houston Happy Hikers

Event Website:

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: hhhpresident@houstonhappyhikers.org

Club Website:

www.houstonhappyhikers.org/



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. It's never too early to start planning for the Dallas AVA convention in 2009!



Boerne Christmas Walk – 12/1/07

Kilgore Walk Start Change ----

We were notified today that the Emergency room at the Laird Memorial Hospital in Kilgore has closed.

We have therefore had to move our walk box. It is now located directly across the street from the Hospital at the EZ Mart.

Sorry for any inconvenience this may cause you. We hope you will come and walk with us. I have contacted Jackie at the AVA office to see what we need to do to update the web page and get it in the American Wanderer.

Have a great New Year!

Jan Wood

East Texas Trekkers

Hello RR Members,

I work for the Express-News and I just created an interactive map that shows San Antonio trails for hiking and biking. I thought members may find the map useful if they enjoy walking, jogging, hiking or biking.

If you would like to have this information, you can find it at the following internet address:
<http://www2.mysanantonio.com/news/graphics/2007hikebikemap/index.html>

Sincerely,
Angela Grant, Multimedia producer
San Antonio Express-News
Office 210-250-3466
Cell 210-889-3118

The Walklist Vote for the Top YRE Walk of 2007

My vote for the top 3 Year Round walks for this year are:

#1 Niagara Falls, NY YR422

The incredible power of Mother Nature must be seen from both sides of the falls. The awesome amount of water rushing over the falls creates huge mist clouds and beautiful rainbows. There are some extra events that must be considered when doing this walk. A short side trip to the bottom of Bridal Falls gives you a totally different perspective when you look up at millions of gallons of water. Also another side trip behind the Horseshoe Falls gives you a better perspective on the enormous raw power of the water.

#2 Orting, WA YR920

This walk is a real sleeper but if you enjoy watching animals, then this is the walk for you. The domestic animals include cows, horses, sheep, goats, geese, ducks, chickens, etc. The great allure to this easy walk are the many non domestic animals to be seen. My last tour included a big beautiful Bald Eagle flying along the river among the sea gulls about 25 feet from us, an enormous Great Blue Heron in full flight a couple of hundred feet from us, a big (biggest in US) male Pileated (red headed) Woodpecker doing his thing right next to the trail, 2 Emus, a llama, some alpacas and 5 more big Bald Eagles perched in trees overlooking the river.

#3 Silverton, OR YR106

This walk includes 10 beautiful small water falls. The falls are up close and available for creative photographs such as walking above, below, behind and into the falls. The falls are set in a forest setting but the trail is an easy walk if you can do a few dozen steps.

Chuck Garrison

TOTHG/4+FoolHardy Folks

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.

Eye Care and Protection

The best way to prevent eye injury is to always wear appropriate eye protection. In addition to the proper safety eyewear, early detection and treatment of eye conditions and diseases are essential for maintaining good vision at every stage of life. Your eyes need extra protection in the summer months, and long-term ultraviolet exposure may lead to cataracts. Here are some tips for protecting your eyes from ultraviolet related damage:

- Wear a brimmed hat.
 - Wear sunglasses that block 99 to 100 percent of UVA and UVB rays. (UVA is radiation in the area of the ultraviolet spectrum that extends from about 320 to 400 nanometers [nm] in wavelength, and causes tanning and contributes to aging of the skin. UVB is radiation in the area of the ultraviolet spectrum that extends from about 280 to 320 nm in wavelength, and is primarily responsible for sunburn, aging of the skin and skin cancer.)
 - Wear sunglasses that wrap around your temples for better protection, or goggles if you spend time in the water.
 - Protect your eyes when ultraviolet light is most intense, usually from 10:00 a.m. to 2:00 p.m.
 - Protect your eyes whenever you're outside for a prolonged period—even when it's gray and overcast.
 - Don't forget the kids—protect their eyes with hats and sunglasses, too!
- In addition to sunglasses for ultraviolet protection, you should wear safety glasses whenever working with any tool that might cause debris to get in your eyes: lawn mowers, leaf blowers and chain saws, for example.

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 \$ _____