



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2008 No. 2
 Next Meeting February 5, 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, Diana & David Padden, Lynda & Bill Allanach, Coleen McLaughlin, Wanda Blaine, Bonnie Caruso, Judy Castleberry, Janie Short, Diane Evans, Michael Murray, Karen Walker, Suzy Krisak and Stella Morado-Cahue.

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!

Peggy Cooper	Austin
Deborah Ivy	San Antonio
Rueben & Marta Knape	San Antonio
Cindy & Trey Warner	San Antonio
Barbara Durkin	Universal City
Mariann Stratton	Garden Ridge
Cynthia Mayfield	San Antonio
Sherry Barker-Sheets	San Antonio
Bill & Debbie Menshew	Converse
Georgia Johnson	Big Foot
Betty Morgan	Devine
Pat Roberts	Windcrest
Ann Hausheer	Boerne

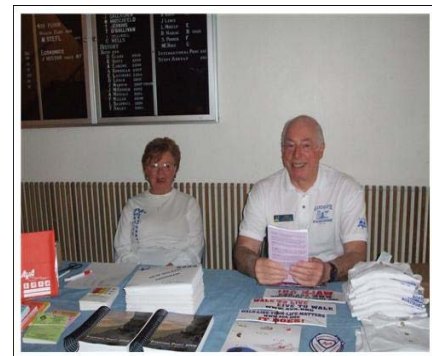
Notes from the Pres.

We need workers for the Del Web walk/swim/bike on February 9th, E-mail Ellen at ellenott@sbcglobal.net. Don't forget the Mitchell Lake event – March 8th and 9th Call Ellen if you would like to work the walk.



Three sisters at the Trinity walks!

The Trinity University walks had great weather this year and a great turnout. Many thanks to event co-coordinator, Larry Cook and all our wonderful volunteers.



Joanne and Heinz at the sales table



Working the start at Trinity

Isle of Man Walking Festival

Hi, I'm here to tell you about the full-package holiday to the Isle of Man. On the 22nd - 27th June there is a Walking Festival on the Isle of Man which is becoming one of the top walking holidays in Britain. We have limited spaces and only a few are left. There is also a deal that if you book before the 31st March 2008 you receive a free Isle of Man Walking Hat! The package for this holiday includes a full entertainment and social schedule, transport, walks and an Isle

of Man Welcome Pack. If you are the least bit curious just visit www.visitisleofman.com. I hope to hear from you soon.

Regards,
Robyn



12/31/07 - Fredericksburg Walk



Joanne's events board -
Fredericksburg



St. Joseph's Halle – Fredericksburg
start point

AVA Checkpoint Notes:

March 1, 2008 NEC Meeting

This meeting will be held at the Hotel Harrington, 11th & E Streets, NW, Washington, D.C.

Volunteering for AVA

By Curt Myron, AVA President

This year your AVA leadership will focus its efforts on growing AVA. I believe your new officers are very committed people, but they can't cause growth by themselves. You will have to help as well. One way you can help is to volunteer to work on an AVA Committee. Everyone thinks AVA should attract younger people, publicize AVA, and give club training but those AVA Committees can't help much with only one or two members. Volunteering is sometimes a bit scary because you don't know what you are getting into. I'll try to make it easier to volunteer by asking each of the committee Chairs to design specific tasks based on your desires so that you can know how much of your time and effort is required. But you must start the process by expressing your interest. Descriptions of committees are at www.ava.org. Click on the MEMBERSHIP button, then on AVA COMMITTEES. Then contact the committee chair in your area of interest. Or contact me: president@ava.org

Youth Program Email Postings

Nancy Wittenberg, AVA Youth Coordinator, is using the Volkssport Yahoo group to communicate about AVA Youth Programs. She would like to hear about clubs' experiences working with youth groups: what's working and what's not; ideas about working with youth groups, including Girl Scouts, Boy Scouts and others; how you've worked with schools to include volkssports or establish volkssport clubs in schools, and any other topics concerning the AVA Youth Programs.

We can use this group to give all of us ideas about including youth in our walks. To join this group click on <http://groups.yahoo.com/group/volkssport/> and click on "Join This Group." To send a message to the group, send to volkssport@yahoogroups.com and please put "AVA Youth Programs" in the subject line. You can always communicate directly with Nancy through avayouth@ava.org

AVA School Project

Would you like to see AVA clubs formed in public schools? If your answer is yes, consider giving some

volunteer time to AVA to make this dream happen in your area. AVA has promotional materials, step-by-step written instructions for prospective clubs and email contacts willing to work with you and your target club. Contact AVA President Curt Myron at president@ava.org or Executive Director Jacklyn Wilson at jackie@ava.org. Let's grow AVA!!

AVA College Volkssporting Course

Did you know that volkssporting is an accredited college level physical education course? Portland Community College in Portland, Oregon has offered this course for five years and recently added a second class due to demand for the course. The class regularly produces new volkssporters and they often bring their spouses or families to local events. The course will shortly be offered at a second community college in Washington State. Why not in your state? Do you know a teacher, professor or college administrator? Are you willing to share our college curriculum with your contacts? For more information on this opportunity, contact AVA President Curt Myron at president@ava.org or Executive Director Jacklyn Wilson at jackie@ava.org. Let's grow AVA!!

YRE Guide

The Training and Standards and Evaluation Committees would appreciate the help of any and all current and former YRE coordinators and contacts in the review of a draft YRE/Seasonal Event Guide, for the purpose of providing comments and suggestions. Please contact Wayne Holloway by email at walkfriend@softcom.net or pa_rd@ava.org

Reminder

Remember, your Regional Director is a volunteer and receives no payment other than reimbursement for some limited expenses, for their work representing your club on the Executive Council.

Minutes

The approved minutes for the August National Executive Council meeting are posted on the AVA web page. Go to <http://www.ava.org/council.htm>

Also posted are the draft minutes from the December meeting.

Coming Texas Events:

2/9/2008 - 2/9/2008 - Bike

Event Number: 80198 25km

Start: Del Webb's Hill Country Retreat

Event City: San Antonio

Host Club: Randolph Roadrunners

2/9/2008 - 2/9/2008 - Walk

Event Number: 79721 5km/10km

Start : Del Webb's Hill Country Retreat

Event City: San Antonio

Host Club: Randolph Roadrunners

2/9/2008 - 2/9/2008 - Swim

Event Number: 79722 300meters

Start: Del Webb's Hill Country Retreat

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, Texas 78213

Contact: Ellen Ott, (210) 525 - 8574

E-Mail: ellenott@sbcglobal.net

Club Website:

www.geocities.com/randolphroadrunners/

2/16/2008 - 2/16/2008 - Walk

Event Number: 80102 10K and 5K

Start: Burselson Heritage Visitor Center

Event City: Burselson

Host Club: Tarrant County Walkers

Event Website:

www.walktx.org/TarrantCountyWalkers

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

Write for more information to:

108 Ricky Lane
Burselson, TX 76028

Contact : Mary and John Duke Smith, (817)713 - 2729

E-Mail: johndukesmith@sbcglobal.net

Club Website:

www.walktx.org/TarrantCountyWalkers

2/16/2008 - 2/16/2008 - Walk

Event Number: 80085 10 km

Start: Shoreacres City Hall

Event City: Shoreacres

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

Email: hvhpresident@houstonhappyhikers.org

Club Website:

www.houstonhappyhikers.org/

2/23/2008 - 2/23/2008 - Walk

Event Number: 77863 5K & 10K

Start: Mrs. Lee's Garden

Event City: Gladewater

Host Club: East Texas Trekkers

Event Website:

www.walktx.org/EastTexasTrekkers/2008/MrsLees_2-23.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

Club Website:

www.Walktx.org/EastTexasTrekkers/

2/23/2008 - 2/23/2008 - Walk

Event Number: 80159 10K, 5K

Start: McKinney Roughs Nature Park

Event City: Cedar Creek

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/

2/24/2008 - 2/24/2008 - Roller Skate

Event Number: 80174 10km

Start : Boerne Middle School South, #10 Cascade Caverns Rd, Boerne, TX

Event City: Boerne

Host Club: BTC Oddsports Club

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

Write for more information to:

6438 Hill Creek Dr.
San Antonio, TX 78256

Contact : Clay Baulch, (210) 698 - 0949

E-Mail: cbaulch1@satx.rr.com



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!

Be a Part of the 2009 AVA Convention 2009 Convention Positions

In June 2005, the AVA voted to bring the 2009 American Volkssporting Association Convention to Richardson, Texas using the DART and TRE rail lines to attend the walks during the Convention and to have special additional bus transportation available to the walks in the South Central region states of Louisiana, Arkansas, Kansas, Oklahoma and Missouri on the weekends bookending the convention. Now the challenge is for you to help us fill the many positions needed to put on a successful convention.

Here's what it takes to put on an AVA Convention. Look at the Organization Chart below and click on any positions in which you might be interested. This will take you to a position description and a link to volunteer. You can use the link to volunteer or you can call 972 235-9086 or send a note to 2009 AVA Convention Committee, 120 East FM 544, STE 72, PMB 216, Murphy, TX 75094 with your name, address, phone number and e-mail address along with the position for which you would like to volunteer.

To volunteer for a convention position using the link, click on the Volunteer Now link and type your NAME, ADDRESS, PHONE NUMBER and E-MAIL ADDRESS in the body of the e-mail message that will pop up on your screen. The position you are volunteering for will automatically

