



**Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)**

Volume 2008 No. 5  
Next Meeting May 20, 2008  
7:00 p.m. at the Universal City Library,  
100 Northview Dr., 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](mailto: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/>

*SW Regional Director*

Heinz Johnson 830-980-5723  
San Antonio, TX  
[swrd@gvtc.com](mailto:swrd@gvtc.com)

**Renewal Time**

The following membership renewals are currently due:  
**Suzy Krisak, Mary & Larry McAllister, Susan McAllister, Stella Morado-Cahue, Luis Rodrigues & Angelita Espinoza, Janel Bacote, Mervin Buss, Ramona Cain-Parent, Dorothy & George Contreras, Art & Alma Dominguez, Ben & Carol Killian, Joan Lyman, Caroline Moody, Polly Ruppert, Lisa & Claude Veale, Mike Hermes, Irene Pantoja, Mary Ellen Watters and Betty Berry.**

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.

**NEW MEETING PLACE & DATE:**

The next RR club meeting will be held at the Universal City Library, 100 Northview Drive which is one block west of the AVA with the side of the library on Pat Booker Rd. Our meeting date for next month is May 20.

**FOR ALL TEXAS VOLKSSPORT CLUBS:**

The following changes/additions were recently made for forthcoming Regular/Traditional Texas Walk Events:

1) Event #80636, 24 May 08:  
Hoblitzelle Park Walk. The Event Location was changed to **Plano** vs McKinney.

2) Event #80798, 31 May-1 Jun 08:  
This is a NEW event that will be held at **Burnet** with the Starting Point at **Inks Lake State Park**. This event has been in the "works" for several months but there was a lengthy delay in getting the final go-ahead from Park Officials.

3) Event #80627, 13 Dec 08.  
Christmas Lights Walk. The Event Location was changed to **Highland Park** vs Dallas.

Details on these events can be found at [www.ava.org](http://www.ava.org), **Find Walking Events.**

Volkssporting in the Great Southwest...Fun, Fitness and Friendship!

*Heinz Johnson*  
Director, Southwest Region  
American Volkssport Association

**AVA Checkpoint Notes:  
TAW Deadline**

The deadline for the August, 2008 issue of *The American Wanderer* is June 25. All articles and photographs should be submitted directly to: The American Wanderer, Laurel Parrott, Editor, 3526 Humboldt Ave. N., Minneapolis, MN 55412, email [TAW@bhi.com](mailto:TAW@bhi.com) Be sure to include "TAW" in the subject line of the email.

**March NEC Meeting Minutes**

The draft Minutes for the March, 2008 NEC Meeting are posted to the AVA website.

**Call for Agenda Items – NEC Meeting**

The next meeting of the National Executive Council will be June 21, 2008 in Des Moines, IA. It will be held in the Renaissance Savery Hotel. All interested parties are invited to attend. The hotel is offering a special rate for anyone attending the meeting. For reservations call 800-514-4706 and ask for the AVA rate. Clubs that have items for the agenda should send those to their Regional Director for receipt no later than April 22, 2008.

**National Volkssporting Month**

As always, October will be National Volkssporting Month. Below is a copy of the patch that will be available to clubs. Watch later editions of

**Checkpoint** for the order form. The patch was designed by Dorm Batson and is really a beautiful mix of fall colors.



### Your Photos Needed

Do you have photos that would be appropriate for the AVA web page? If so, please email them to us at [avahq@ava.org](mailto:avahq@ava.org). We cannot guarantee that every photo we receive will be used but we would like to change it out frequently.

### IVV Dues

Annual dues were paid in full to the IVV. AVA is charged 13 Euros per club as of the end of each calendar year. At the end of 2007, AVA had 316 clubs. Total dues paid amounted to slightly over \$6,000.

### Volunteer Positions Available

AVA has a need for volunteers for specific tasks. Many of these tasks are related to your own neighborhoods. The positions are described below. If you are interested, contact either Curt Myron at [president@ava.org](mailto:president@ava.org) or Jacklyn Wilson at [jackie@ava.org](mailto:jackie@ava.org)

- Travel advice for foreign volkssporters. With the Euro stronger than the dollar, many more Europeans plan to visit the USA. AVA has a European liaison but he has not traveled in the United States nearly as much as many AVA volkssporters. Both AVA and our economy can benefit from foreign travelers. When we find a volunteer for this position, AVA will advertise our ability to assist travelers in the IVV World Report and on the IVV website ([www.ivv-web.org](http://www.ivv-web.org)).

- AVA Clubs in Schools. Local volunteer needed to act as AVA point of contact with your local elementary, middle or high schools to promote AVA clubs in schools. Material for starting a club is already complete and HQ has resources to coach you in contacting your school. If you know a teacher or education administrator, why not spread AVA's program to just one school.
- College Level Course in Volkssporting. A few community colleges now have accredited physical education courses based upon volkssporting events. AVA needs volunteers who know college teachers or administrators and are willing to present AVA program materials to their local college. All the materials are provided by AVA; we just need you and your contacts. So far, there has been interest in this program from several states, including Washington, Oregon, Texas, Colorado, Georgia and Florida.
- AVA Clubs on Military Bases. With the decline of US troops stationed in Europe, AVA must increase its efforts with military units in the continental United States. Are you an employee at a military installation or retired military with ties to a particular base? AVA needs a volunteer at each base who is willing to promote AVA by presenting volkssporting material to base/post recreation and welfare offices; perhaps assist in forming Volkssport clubs on military bases. AVA HQ provides all the materials, but we need someone for that important face-to-face contact.
- Upgrades to AVA Website. The AVA Website Committee, led by Steve Hughart, is actively planning a complete review and reformat of our AVA website. This effort applies to all AVA systems, including the finance system, membership data bases and AVA office systems. Regular updates and site maintenance will continue while we gather your opinions and suggestions as to

what computer and website support you want from AVA. Comments from individuals, clubs and/or state organizations are needed. There is no limit on what you can suggest but we need your help to compile a 'to do' list. Once that list is completed, the committee will form an action plan, prioritize the tasks and gather volunteer resources to make it happen. Please send your comments via email to [cmmmyron@earthlink.net](mailto:cmmmyron@earthlink.net) and enter the words AVA SYSTEMS UPGRADE in the subject line so we can identify your comments quickly.

- Museum Volunteer. We need someone to continue where our previous volunteer left off. Awards have been sorted by year but they still need to be put in some logical display order. Things that can be grouped together to make a framed display need to be pulled. Many items just need a good cleaning. If you are interested and can volunteer even once or twice a month, please contact Jacklyn Wilson at [jackie@ava.org](mailto:jackie@ava.org)



### **Walk & Roll Rally, Friday, May 2, 2008-8a.m. to 9a.m.**

Walkers and cyclists leave from various locations to arrive at Main Plaza at 8:00 a.m. for refreshments and free t-shirts while supplies last. Walkers and downtown employees may elect to walk as a group from the following locations: Milam Park, Travis Park, La Villita, and River Park. Bicyclists are encouraged to ride into work from their home or they may elect to ride in as a group from the following locations: San Pedro Park, Brooks City Base or Our Lady of the Lake University. For additional information please call Lydia Kelly at (210) 230-6911 or visit



[www.walkandrollsa.com](http://www.walkandrollsa.com). On May 2<sup>nd</sup> VIA Metropolitan Transit will be providing free bus transportation for those who ride a bicycle and take the bus.

### **Walk & Roll Fest, Saturday May 10, 2008-8a.m. to 1p.m.**

Activities include a 5k, 10k walk, run, a family bike ride and a long 26 mile bike ride. People of all ages are encouraged to participate. Enjoy complimentary refreshments, games, children's activities, health screening opportunities, bike check-ups and many educational exhibits. The FEST will be at Botanical Gardens parking lot. Participation is free and includes admission to Botanical Gardens for the day to the first 750 participants. For additional information please call Lydia Kelly at (210) 230-6911 or visit [www.walkandrollsa.com](http://www.walkandrollsa.com).

### **Coming Texas Events:**

5/3/2008 - 5/3/2008 - Walk

**Event Number:** 80684 10K

**Start:** Woodrose Winery

**Event City:** Stonewall

**Host Club:** Selma Pathfinders

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

**Write for more information to:**

PO Box 700946

San Antonio, TX 78270-0946

**Contact:** Phyllis Eagan, (210) 496 - 1402

**E-Mail:** [papre1947@yahoo.com](mailto:papre1947@yahoo.com)

**Club Website:**

[www.geocities.com/Yosemite/Gorge/8195](http://www.geocities.com/Yosemite/Gorge/8195)

5/3/2008 - 5/3/2008 - Walk

**Event Number:** 77865 5K & 10K

**Start:** Lake O' Pines, Brushy Creek Campgrounds

**Event City:** Jefferson

**Host Club:** East Texas Trekkers

**Event Website:**

[www.walktx.org/EastTexasTrekkers/2008/LakeofthePine\\_05-3.pdf](http://www.walktx.org/EastTexasTrekkers/2008/LakeofthePine_05-3.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](mailto:jpw6391@msn.com)

**Club Website:**

[www.Walktx.org/EastTexasTrekkers/](http://www.Walktx.org/EastTexasTrekkers/)

5/3/2008 - 5/3/2008 - Walk

**Event Number:** 80610 10K

**Start:** Cool Acres Ranch

**Event City:** Orchard

**Host Club:** Houston Happy Hikers

**Event Website:**

[houstonhappyhikers.org](http://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:** [hphpresident@houstonhappyhikers.org](mailto:hphpresident@houstonhappyhikers.org)

5/10/2008 - 5/10/2008 - Walk

**Event Number:** 80586 10 K

**Start:** San Antonio Botanical Gardens

**Event City:** San Antonio

**Host Club:** Texas Wanderers

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

**Write for more information to:**

102 Wildridge Trail

Universal City, TX 78148

**Contact:** Gerald Kamicka, (210) 658 - 2160

**E-Mail:** [GeraldK726@aol.com](mailto:GeraldK726@aol.com)

**Club Website:**

[www.walktx.org/TexasWanderers](http://www.walktx.org/TexasWanderers)

5/10/2008 - 5/10/2008 - Walk

**Event Number:** 80602 11K & 6K

**Start:** Rockwood Park - 3100

Rockwood Park Lane

**Event City:** Fort Worth

**Host Club:** Tarrant County Walkers

**Event Website:**

[www.walktx.org/TarrantCountyWalkers/Upcoming\\_Events.html](http://www.walktx.org/TarrantCountyWalkers/Upcoming_Events.html)

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

**Write for more information to:**

2426 Warner Road

Fort Worth, TX 76110

**Contact:** Susan Fine, (817) 925 - 5447

**E-Mail:** [finesusan@sbcglobal.net](mailto:finesusan@sbcglobal.net)

**Club Website:**

[www.walktx.org/TarrantCountyWalkers](http://www.walktx.org/TarrantCountyWalkers)

5/16/2008 - 5/16/2008 - Walk

**Event Number:** 79728 5K & 10K

**Start:** Beethoven Maenerchor Halle und Garten

**Event City:** San Antonio

**Host Club:** Randolph Roadrunners

**Event Website:**

[www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

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

**Write for more information to:**

120 Thomas Edison Drive

Schertz, Texas 78154-1019

**Contact:** Nancy & Tony Paulson, (210) 658 - 8324

**E-Mail:** [nantony6@hotmail.com](mailto:nantony6@hotmail.com)

**Club Website:**

[www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

5/17/2008 - 5/17/2008 - Walk

**Event Number:** 80612 10K

**Start:** Brazos Bend State Park, Visitor's Center

**Event City:** Needville

**Host Club:** Houston Happy Hikers

**Event Website:**

[houstonhappyhikers.org](http://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:** [hphpresident@houstonhappyhikers.org](mailto:hphpresident@houstonhappyhikers.org)

**Club Website:**

[www.houstonhappyhikers.org/](http://www.houstonhappyhikers.org/)

5/24/2008 - 5/24/2008 - Walk

**Event Number:** 80636 10K & 5K

**Start:** Tom Thumb Food & Pharmacy/Plano

**Event City:** Plano

**Host Club:** Plano Walking Club

**Event Website:**

[HoblitzellePark52408.doc](http://HoblitzellePark52408.doc)

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

**Write for more information to:**

4221 Whistler Dr., Plano, TX 75093

**Contact:** Maggie Cole, (972) 612-8129

**E-Mail:** [maggiec@airmail.net](mailto:maggiec@airmail.net)

**Club Website:**

[www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)

5/31/2008 - 5/31/2008 - Walk

**Event Number:** 80562 10K & 5K

**Start:** Fort Bliss Officers' Club Bldg. 250, Club Rd.

**Event City:** El Paso

**Host Club:** Amigo Amblers

**Event Website:**

[home.elp.rr.com/chollis/AmigoAmbler/s/fortblissyre.htm](http://home.elp.rr.com/chollis/AmigoAmbler/s/fortblissyre.htm)

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

**Write for more information to:**

2024 Pier Lane, El Paso, TX 79936

**Contact:** Mary Seagrove

**Email:** [amigoamblers@yahoo.com](mailto:amigoamblers@yahoo.com)

**Club Website:**

[home.elp.rr.com/chollis/AmigoAmblers/](http://home.elp.rr.com/chollis/AmigoAmblers/)

5/31/2008 - 6/1/2008 - Walk

**Event Number:** 80798 5K & 10K

**Start:** Inks Lake State Park

**Event City:** Burnet

**Host Club:** Selma Pathfinders

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

**Write for more information to:**

17314 Springhill Dr

San Antonio, TX 78232

**Contact:** Phyllis Eagan, (210) 496 - 1402

**E-Mail:** [papre1947@yahoo.com](mailto:papre1947@yahoo.com)

**Club Website:**

[www.geocities.com/Yosemite/Gorge/8195](http://www.geocities.com/Yosemite/Gorge/8195)

### ***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).

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

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