



Volume 2008 No. 11
Next Meeting November 18, 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

Tony Paulson 210-658-8324

Year-round Events, San Antonio

Carlen Forinash 210-493-8543

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@gytc.com

Renewal Time

The following membership renewals are currently due:
Darlene Oner, Jon & Jessica Stone, Shellie & Joshua Daniels, Wendy Carr, Claudia Holzhaus, Robert Irwin, Linda & Walter Rogers, Leilani Nunley, Marte Kellogg, Maria Tovar, Sarabeth Kuzmak, Rodney Koch, Sherry Patterson, Betty Ferguson, George Whitehorse and Mary Miller/Travis Perez.

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!

Sarah Kane San Antonio
Glenn & Wendy Corbett Canyon Lake
The Hesko Family San Antonio

MEETING PLACE & DATE:

The RR club meetings 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 next meeting is 11/18/08. We will meet on the third (3rd) Tuesday of each month until further notice.

From the Desk of the

Pres... Our program speaker for November is Steven Schauer from the S.A.River Authority and he'll discuss new happenings along the river.

The Forest Waters, Garden Ridge event on 11/15/08 still needs workers. If you'd like to volunteer, call Suzanne Markgraf at 210-651-9378. The worker's walk for the event is scheduled for Friday, 11/14/08 at 8:30 a.m.

AVA Checkpoint

Notes: National Executive Council Meeting:

The next meeting of the NEC will begin on Friday, November 7, 2008 at 7pm. It will continue on Saturday morning at 8am. Both days are open to guests. It will be held in Oklahoma City at the La Quinta at 800 South Meridian.

New Maps on AVA Web Page:

There are now maps for locating clubs as well as Year Round/Seasonal and Regular events on the AVA web pages. Check them out!

Calling all Geo-cachers:

How many folks do we have out there that are interested in combining geo-caching with Volkssporting? If this is something you'd like to see, please contact Curt Myron via email at president@ava.org

National Awards:

Remember that all nominations for National Level Awards are due to your Regional Director no later than November 1, 2008. Please read Section 3.03 of the AVA Policy Manual for guidance. If you think someone deserves a National Level Award, complete the nomination form and submit to your Regional Director. The forms are located on the AVA web page under Publications and then Forms.

Publicity Awards:

The Publicity Committee which handles the awards for websites, newsletters, event announcements, etc. needs volunteers. This Committee will do its thing starting April 1, 2009 and be finished before the 2009 Convention. Please express your interest to Joan Lampart, Committee Chair, at jmlampart@aol.com Details for submitting these award nominations will be in the next issue of The American Wanderer



Guadalupe River State Park Oct. 18th



Coming Texas Events:

11/1/2008 - 11/2/2008 - Walk
Event Number: 80891 10km
Start: Schlitterbahn Water Park Employee Cafe
Event City: New Braunfels
Host Club: NB Marsch-und Wandergruppe
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 590 Shady Hollow
 New Braunfels, Texas 78132
Contact: Ray Menzel, (830) 907 - 4488
E-Mail: RMENZEL238@aol.com
Club Website:
www.muw.walktexas.org

11/8/2008 - 11/8/2008 - Walk
Event Number: 83089 10km/5km
Start: Panna Maria Visitors Center
Event City: Panna Maria, Texas - A Walk in Polish Texas
Host Club: Selma Pathfinders
Event Website:
www.geocities.com/yosemite/gorge/8195
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 PO Box 700946
 San Antonio, TX 78270
Contact: Phyllis Eagan, (210) 496 - 1402
E-Mail: papre1947@yahoo.com
Club Website:
www.geocities.com/Yosemite/Gorge/8195

11/8/2008 - 11/8/2008 - Walk
Event Number: 77868 12km/6km
Start: Fort Boggy State Park
Event City: Centerville
Host Club: East Texas Trekkers
Event Website:
www.walktx.org/EastTexasTrekkers/2008/FtBoggy_11-8.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/

11/15/2008 - 11/15/2008 - Walk
Event Number: 80984 10km
Start: Miramar Park and Pool Pavilion
Event City: Seabrook
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 00000
Contact: Catherine Kellner, (979) 478 - 6203
EMail:
hhhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

11/15/2008 - 11/15/2008 - Walk
Event Number: 81812 10km/5km
Start: Forest Waters Club
Event City: Garden Ridge
Host Club: Randolph Roadrunners
Event Website:
www.geocities.com/randolphroadrunners/
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 20205 Hoya Lane
 Garden Ridge, Texas 78266
Contact: Suzanne Markgraf, (210) 651 - 9378
EMail:
suzannemarkgraf5939@earthlink.net
Club Website:
www.geocities.com/randolphroadrunners/

11/15/2008 - 11/15/2008 - Walk
Event Number: 82446 10km/5km
Start: Cedar Ridge Preserve

Event City: Dallas - Walk Wild in the City
Host Club: Dallas Trekkers, Inc.
Event Website:
www.dallastrekkers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 6225 Rincon Way
 Dallas, TX 75214
Contact: Bob Rountree, (972) 572 - 8428
E-Mail: jrtree@swbell.net
Club Website:
www.dallastrekkers.org/

11/22/2008 - 11/22/2008 - Walk
Event Number: 82375 11km/6km
Start: Lazy Lily River House @ Rio Cibolo Ranch
Event City: Zuehl
Host Club: LoneStar Walkers Volkssport Club
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 16610 Loma LNDG
 Helotes, TX 78023
Contact: Bill Radigan, (210) 882 - 8527
E-Mail: billradigan@yahoo.com

U.S. Dept. of Health and Human Services

Physical Activity Guidelines for Americans

The Physical Activity Guidelines for American Provide comprehensive science-based guidance on physical activity for Americans.

The Physical Activity Guidelines for Americans are the first-ever comprehensive physical activity guidelines published by the Federal Government.

The 2008 *Physical Activity Guidelines for Americans* published by the U.S. Department of Health and Human Services provide recommendations that Americans aged 6 and older can use to help themselves become physically active on a regular basis. HHS has released the Guidelines as a way to help Americans enhance their quality of life and reduce the personal, social, and economic costs of inactivity.

The Physical Activity Guidelines for Americans contain examples of activities for different age groups and those with special considerations. A shorter companion guide, *Be Active*

Your Way, helps adults develop a customized plan to suit their lifestyle and physical activity goals.

Health Benefits of physical activity occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group. Regular physical activity improves health for young and old and reduces the risk of disease. With regular physical activity, children and adolescents improve their cardio respiratory and muscular fitness and bone health, and reduce symptoms of depression. Adults and older adults lower the risk of coronary heart disease, stroke, high blood pressure, type 2 diabetes, colon and breast cancer and can help prevent falls and reduce depression. Older adults also enjoy better thinking ability with regular physical activity. Regular physical activity also helps people with arthritis or other rheumatic conditions affecting the joints by improving pain management, function, and quality of life.

Some physical activity is better than none; the more physically active you are, the more benefits you reap. For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration. **Children and adolescents should participate in one hour or more of physical activity per day;** and most of the activity should be moderate or vigorous aerobic physical activity. They should participate in vigorous physical activity at least three days a week. They should participate in muscle-strengthening activities, such as push-ups and sit-ups and playing tug-of-war, three days a week. They should incorporate bone-strengthening activities, such as jumping rope, hopping or running, at least three days a week. Adults gain substantial health benefits from two and one half hours a week of moderate aerobic physical activity or an hour and 15 minutes of vigorous physical activity. Aerobic activity, such as walking briskly, water aerobics, ballroom dancing, jogging, and jumping rope, should be performed in episodes of at least 10 minutes. Increasing aerobic physical activity to five hours a week of moderate activity or two and one half hours a week of vigorous aerobic physical activity, results in more

extensive health benefits. Adults should do muscle-strengthening activities, such as weight training, push-ups, sit-ups, carrying heavy loads and heavy gardening, at least two days a week. **Older adults generally should follow the guidelines for adults.** If chronic conditions limit their ability to do two and one half hours a week of moderate aerobic activity, they should be as physically active as their abilities and conditions allow. **Be safe as well as active.** Physical Activity Guidelines for Americans include tips for safe physical activity. Some examples are choosing activities appropriate for current fitness level and health goals; increasing physical activity gradually over time to meet guidelines or health goals; and using appropriate gear and sports equipment and looking for safe environments. For more information about Physical Activity Guidelines for Americans, visit www.hhs.gov or www.health.gov/paguidelines.

Why I Don't Recommend Weighted Shoes By [Wendy Bumgardner, About.com](#)

At the top of my list for products I don't recommend for fitness walkers are weighted shoes. These are shoes specially designed to add 1 to 5 pounds to the sole of the shoe. The marketers claim that the heavy shoes allow you to burn more calories per mile and tone your muscles better than with walking with lighter shoes. Are these shoes of benefit to fitness walkers walking briskly for 30 to 120 minutes a day? I think there are more negatives than positives. I have consulted with physical therapists, kinesiologists, a physiatry physician, an orthopedic physician, and several walking coaches. None of them would recommend weighted shoes. **Orthopedic Physician Opinion:** An example is [Dr. Jonathan Cluett, About.com Guide to Orthopedic Medicine](#): "There is no scientific data to support the use of a weighted shoe, and there is reason to believe that there could be detrimental effects on joints from footwear that is heavily weighted." **Ergonomic Expert Opinion:** Chris Adams, [About.com Guide to Ergonomics](#), examines the use of heavy shoes. While they can be of benefit if used like ankle weights in specific strength

training exercises, they increase the risk of strain if used for walking or running. [The Ergonomics of Heavy Shoes](#) Why wouldn't I buy weighted shoes for fitness walking? **Heavy feet are unnatural:** Our bodies weren't designed to wear weights at the bottom of our feet, ankles, or wrists. Weights added to those areas can cause strain in the joints above them. It is simple physics that weight added to the end of a pendulum causes more effect than weight added near the center of mass. Your joints will have to deal with that extra stress with every step. While some strain is good to make the body build muscle and burn more calories in moving the limb, it could contribute to repetitive strain injuries. The risk may be minor for a healthy young person using the weights or weighted shoes for a limited period when exercising. But wearing heavy shoes all day or for extended walking could be a problem. **Yes, you will burn more calories with weighted shoes:** If your body has to move more weight, it will have to burn more energy with each step. But the difference is minor compared with just walking a little bit further, which is free. See my [Calorie Calculators](#).

There are better ways to burn a few more calories: If you want to burn more calories in the same time period, you can buy [fitness walking poles](#) for less than the cost of weighted shoes. These burn 15 to 30% more calories per mile while reducing the strain on your hips, knees and ankles. For me, that is the clear choice. Why wouldn't I reduce the strain vs. add to the strain if I reached the same goal of burning more calories with each step? **It's hard to walk fast in heavy shoes:** If you have only 30 minutes for your walking workout, you are bound to go slower wearing heavy shoes. As a result, you go a shorter distance and burn fewer calories. It is likely that the reduced distance could offset any extra calories you burn by wearing the weighted shoes. I find this with my heavier trail shoes vs. my lightweight performance running shoes. I can go much faster in the lighter shoes. I have to warn my walking buddies when I'm wearing the trail shoes that I'm wearing my "slow shoes." **Many kinds of weighted shoes are not flexible:** I've tried on weighted shoes

