



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

Volume 2009 No. 3  
Next Meeting - March 17, 2009  
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 210-566-5603  
*Year-round Events, Universal City*  
Tony Paulson 210-658-8324  
*Year-round Events, San Antonio*  
Carlen Forinash 210-493-8543

[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: ,  
**Peggy Cooper, Deborah Ivy, Cindy & Trey Warner, Mario Cepeda, William Hamilton & Charlene Hooker, Ann Hausheer, Georgia Johnson, Bill & Debbie Menshew, Betty Morgan, Alan & Cheryl Smith, Howard & Lynn Tidwell, Margery Wessel, Sue Andriola, Susan Davis, Lulle & James Gough, Jesse Hayden, Wanda Ortiz, Oralia Smith, Glenda Wall, Ellen Ott, Randy Baker, Jack Morgan and Linda Lindsey.**  
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.

**Kudos to the Following Volkssport Achievers:**

(from TAW Feb/March events and distance)

Jack Morgan	10 events
Natalie Morgan	10 events
Raul Soto	10 events
Susan Soto	10 events
Herbert Laing	100 & 125 events
Marta Knape	125 events
Reuben Knape	125 events
Michael Travis	325 & 350 events
Martin Callahan	1,250 events
Pat Gunter	2,700 events
Herbert Laing	1,500 KM
Mike Hermes	2,000 KM
Michael Travis	4,000 KM
Dorothy Martin	7,000 KM
Martin Callahan	20,000 KM

**WELCOME New Members!**

Norman & Pamela Haines  
San Antonio  
Jill Troyer  
New Braunfels  
Anita Freestone  
San Antonio  
Carolyn Simpson  
San Antonio  
Pat Frost  
Helotes

Carolyn & Crawford Taylor  
San Antonio  
Cindy & Forest Taylor  
San Antonio  
Don & Linda Simmons  
San Antonio  
Carol Sedillo  
San Antonio

**\*All Event Photos are provided courtesy of Martin Callahan**



*David Toth-Heinz Johnson-Del Webb*



*Pat Gunter- Darlene Oner-Del Webb*

**The Del Webb Event & Other F.Y.I. ----**

The coffee pot was on and goodies were awaiting the 215 participants at the walk at Del Webb on Valentine's Day. Our faithful workers included: Suzanne Markgraffe, Suzy Krisak, Totsy Miller, Pat Gunter, Darlene Oner, Herb Laing, Heinz Johnson, Dave Toth, Joanne and Carlen Forinash, Tony and Nancy Paulson, Gloria and Alan Mick, Carol Shaner, Diane Duesterhoeft, Larry Cook, Bill Radigan and Mike Hermes.

Hope there's some energy left to work the Leon Valley event! We still need check point volunteers. The worker's walk is on Friday, February 20<sup>th</sup> at 9:00 at the park on Evers. Everyone is welcome to come check out the route.

Numbers on the YREs in Boerne for 2008:

Town walk -94

Cemetery walk 74

Nature walk - 93

Thanks to all,  
Ellen



Joanne & Carlen Forinash-DelWebb



Martin Callahan & Indie at St. Mary's Walk.

## **The Importance of Walking**

Submitted by Carol Shaner

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks and haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word "exercise" I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years, just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

You could run this over to your friends, but just e-mail it to them!



**AVA Convention ---** The AVA 2009 Convention is in Richardson (next to Dallas), Texas, June 22 through June 26. This part of

Texas is known as the Telecom Corridor. The Renaissance Hotel, where the convention will take place is located next to the Dallas Area Rapid Transit rail line. Attendees will use the rail lines to travel to the walks during the actual convention.

Now the challenge is for you to help us fill the many positions needed to put on a successful convention. To learn more about opportunities to help visit [the 2009 AVA Convention Volunteer Web site](#), or call 972 285-8102, or send an email to: [David and Deborah](mailto:David and Deborah) (dahv@earthlink.net).

## **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 3/17/09. We will meet on the third (3<sup>rd</sup>) Tuesday of each month until further notice.

## **Special Event Programs**

### **America's Gardens**

Runs January 1, 2009 through 2011. Criteria: Participate in 20 different sanctioned events where the route actually utilizes the pathways of a named flower garden open to the public. Private gardens open to the public only on specific dates can count if the regular walk event is also scheduled on those same days. For seasonal and year-round events, the gardens must be open to the public on all applicable days to count. Arboretums, plantations, botanical gardens and parks containing named gardens may also be considered. Routes that include temporary display gardens set up for the occasion of a public flower festival count only during the actual days of the festival. Send \$10 for booklet to: Lois Head, Central Minnesota Volkssports, PO Box 2162, St. Cloud, MN 56302-2162. Point of Contact, Lois, email [lmhead@stcloudstate.edu](mailto:lmhead@stcloudstate.edu) or phone (320)252-7348. Official web address for [Central Minnesota Volkssports](#)

### **Artistic Heritage**

Runs January 1, 2009 through 2011. Cost is \$10. Criteria: Participate in 25

different sanctioned events where the route passes an active or historic community theatre, opera house or fine arts museum; previous or current home of an organized ensemble; site of historic, annual or pivotal art fair or musical "happening" or festival; designated or named artistic arena/venue; or home/statue of an American composer, playwright or performing artist. If you find the connection, it counts. Point of Contact, Lois Head, Central Minnesota Volkssports, PO Box 2162 St. Cloud, MN 56302-2162. Email [lmhead@stcloudstate.edu](mailto:lmhead@stcloudstate.edu) or phone (320)252-7348. Official web address for [Central Minnesota Volkssports](http://CentralMinnesotaVolkssports)

### **Coming Texas Events:**

3/1/2009 - 3/1/2009 - Walk  
**Event Number:** 83169 10km/5km  
**Start:** Pavilion I at Mission County Park  
**Event City:** San Antonio - CROP Walk for Hunger  
**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:**  
11906 Pepperidge Cove  
San Antonio, TX 78213  
**Contact:** Ellen Ott, (210) 723 - 8574  
**E-Mail:**[ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)  
**Club Website:**  
[www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

3/7/2009 - 3/7/2009 - Walk  
**Event Number:** 83606 10km/5km  
**Start:** Lake Somerville State Park-Nails Creek Unit  
**Event City:** Somerville - TVA-Somerville State Park walk  
**Host Club:** Texas Volkssport Assn.  
**Event Website:** [walktexas.org](http://walktexas.org)  
**More Details:** [Click here for directions, ratings, etc.](#)

**Write for more information to:**  
1801 Lavaca St., Apt. 6G  
Austin, TX 78701  
**Contact:** Charles Wertz, (512) 479 - 0741  
**E-Mail:**[cwortz@texas.net](mailto:cwortz@texas.net)  
**Club Website:** [walktexas.org](http://walktexas.org)

3/8/2009 - 3/8/2009 - Walk  
**Event Number:** 83607 10km/5km  
**Start:** Lake Somerville State Park-Nails Creek Unit

**Event City:** Somerville - TVA-Somerville State Park walk  
**Host Club:** Texas Volkssport Assn.  
**Event Website:** [walktexas.org](http://walktexas.org)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
1801 Lavaca St., Apt. 6G  
Austin, TX 78701  
**Contact:** Charles Wertz, (512) 479 - 0741  
**E-Mail:**[cwortz@texas.net](mailto:cwortz@texas.net)  
**Club Website:** [walktexas.org](http://walktexas.org)

3/14/2009 - 3/14/2009 - Walk  
**Event Number:** 83104 10km/5km  
**Start:** Raymond Rimkus Park  
**Event City:** Leon Valley - Leon Valley Trade & Market Days  
**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:**  
11906 Pepperidge Cove  
San Antonio, TX 78213  
**Contact:** Ellen Ott, (210) 723 - 8574  
**E-Mail:**[ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)  
**Club Website:**  
[www.geocities.com/randolphroadrunners/](http://www.geocities.com/randolphroadrunners/)

3/14/2009 - 3/14/2009 - Walk  
**Event Number:** 83516 10km/5km  
**Start:** Pavilion@Huffman Elementary  
**Event City:** Plano  
**Host Club:** Plano Walking Club  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
4221 Whistler Dr  
Plano, TX 75093  
**Contact:** Margaret Cole, (972) 612 - 8129  
**E-Mail:**[maggiec01@verizon.net](mailto:maggiec01@verizon.net)  
**Club Website:**  
[www.walktx.org/planowalkingclub](http://www.walktx.org/planowalkingclub)

3/21/2009 - 3/21/2009 - Walk  
**Event Number:** 81017 10km/5km  
**Start:** Camp Tyler  
**Event City:** Whitehouse - Camp Tyler  
**Host Club:** East Texas Trekkers  
**Event Website:**  
[www.walktx.org/EastTexasTrekkers/2009/Tyler\\_Mar\\_21.pdf](http://www.walktx.org/EastTexasTrekkers/2009/Tyler_Mar_21.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/)

3/21/2009 - 3/22/2009 - Walk  
**Event Number:** 83495 10km/5km  
**Start:** Wimberley Community Center  
**Event City:** Wimberley  
**Host Club:** NB Marsch-und Wandergruppe  
**Event Website:**  
[www.muw.walktexas.org](http://www.muw.walktexas.org)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
P.O. Box 310778  
New Braunfels, Texas 78131-0778  
**Contact:** Helgard Suhr-Hollis,  
**E-Mail:**[Helgard@satx.rr.com](mailto:Helgard@satx.rr.com)  
**Club Website:**  
[www.muw.walktexas.org](http://www.muw.walktexas.org)

3/28/2009 - 3/28/2009 - Walk  
**Event Number:** 83464 10km/5km  
**Start:** CyFair/Harris County Library@Lonestar College-CyFair  
**Event City:** Cypress - LoneStar College-CyFair  
**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:**  
[hvhpresident@houstonhappyhikers.org](mailto:hvhpresident@houstonhappyhikers.org)  
**Club Website:**  
[www.houstonhappyhikers.org/](http://www.houstonhappyhikers.org/)

3/28/2009 - 3/28/2009 - Walk  
**Event Number:** 83595 10km  
**Start:** McReynolds Winery  
**Event City:** Cypress Mill  
**Host Club:** Selma Pathfinders  
**Event Website:**  
<http://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 782700946  
**Contact:** Phyllis Eagan, (210) 496 - 1402  
**E-Mail:**[milchene@juno.com](mailto:milchene@juno.com);  
[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 \$ \_\_\_\_\_