



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

Volume 2009 No. 6  
Next Meeting – June 16, 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@gytc.com](mailto:swrd@gytc.com)

**Renewal Time**

The following membership renewals are currently due: ,  
Oralia Smith, Glenda Wall,  
Susan Davis, Wanda Ortiz, Lulle &  
James Gough, Sue Andriola, Ron  
Rundberg, Rick White, John &  
Dorothy Creswell, Raul & Susan  
Soto, Pat Gunter, Sharon Readinger  
and Diane Duesterhoeft.

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.

**WELCOME --- Members!**

Edna Molina San Antonio  
Marjorie Molina 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 6/16/09. We will meet on  
the third (3<sup>rd</sup>) Tuesday of each month  
until further notice.

**Beethoven Walk Event**

Many thanks to some great volunteers:  
Larry Cook, Ellen Ott, Totsy Miller,  
Suzy Krisak, Heinz Johnson, David  
Toth, Alan & Gloria Mick, Kathy  
Carson, Carol Shaner, Suzanne  
Markgraf, Audrey Vertucci, Rick  
White, Chara Plizga, Tom & Linda  
Elms, Joanne & Carlen Forinash, Pat  
Roberts and Herb Laing. We had  
great weather, great walkers and great  
volunteers!

**AVA News:**

**Club Tips** By Bob Wright

Bob shares 33+ years of experience,  
research, and insights about building  
stronger volkssport clubs, better IVV

events, and greater participation. If  
you've got tips to share or a topic to  
suggest, then contact Bob Wright at  
[rwright2@jhu.edu](mailto:rwright2@jhu.edu) or 43224 Cardston  
Place, Leesburg, VA 20176. Include  
an evening phone number for any  
follow-up.

**101 Places to Advertise Your Club  
and Events** Where do you advertise?  
All of the usual places? Have you  
explored all of the possibilities?

**The Usual Places**

After you've been volkssporting a  
while, you learn the places where  
other volkssporters go to find out  
about events. The AVA provides  
information in *The American  
Wanderer* and at [www.ava.org](http://www.ava.org). Year-  
round and seasonal event information  
is printed in *Starting Point*. Some  
AVA regions and state associations  
have their own websites and  
publications.

Club newsletters and websites are a  
great place to publicize your own and  
others' events.

At events, other clubs distribute their  
brochures. Some clubs also advertise  
their next event(s) — a way to  
encourage walkers to return. Clubs  
sometimes put them in start boxes at  
year-round and seasonal events.  
And don't forget the national  
WalkList list service (found in  
"related links" — online forums on the  
AVA website). Check out your AVA  
region or state association for one too.

**The Less Usual Places**

You could stop there, but what about  
the millions of walkers who don't  
know about volkssports yet?

Sure, some of them find us through  
web searches. But that still leaves a lot  
of other potential walkers that you  
could reach out and touch.

Do you use these other forms to  
advertise your events and club?

Bulletin boards and brochure racks in  
local libraries, recreation and

Community centers, fitness centers and gyms, athletic shoe stores, grocery stores, and coffee shops.

Local weekly newspapers—they are more interested in your news. If you have a big special event, your regional paper would be interested.

Regional magazines that focus on families, fitness, and health.

Web sites for the local visitors center, local businesses that share our interest in fitness such as non-chain athletic shoe stores, community/homeowners associations, and community sites.

### Some Unusual Places

Ready to go all out? Reach out to national publications that cater to walkers. Check regional and state travel magazines.

One final note:

Pay attention to deadlines and standards for submissions. Publications can be very strict. If you're late, you may have missed a golden opportunity.

Did I list 101 places? Well, no and yes. Not 101 categories, but when you add up all the places on your list (such as the 3 Starbucks, 5 libraries, 3 recreation centers,) you'll be well over 100!



*Frank Chappell, Martin Callahan & John Bohnert at Beethoven Hall*



*Maypole dance at Beethoven Maennerchor Halle und Garten – Beethoven/King William Event*



*Suzanne Markgraf & Audrey Vertucci at Guenter Haus checkpoint – Beethoven Event.*



*Tom & Linda Elms at bandstand checkpoint – Beethoven Event*



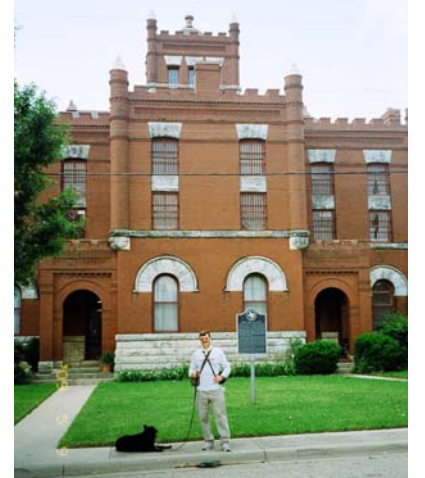
*Beethoven Maennerchor Halle und Garten Orchestra*



*Martin Callahan & Stephanie Menteer – Beethoven Event.*



*Joanne & Carlin Forinash at Cameron walk*



*Martin Callahan & Indy at Cameron walk*

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

### Coming Texas Events:

5/31/2009 - 5/31/2009 - Walk  
**Event Number:** 83697 10km/5km  
**Start:** Pearl Brewery  
**Event City:** San Antonio  
**Host Club:** Texas Wanderers  
**Event Website:**  
**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)

6/13/2009 - 6/13/2009 - Swim  
**Event Number:** 83931 300meters  
**Start:** Swimming Pool@Lady Bird Johnson Park  
**Event City:** Fredericksburg  
**Host Club:** Volkssportverein Friedrichsburg  
**Event Website:**



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

**Write for more information to:**

157 Bell Mtn Rd  
Willow City, TX 78675

**Contact:** Steve & Donna Wood,  
(830) 685 - 3873

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

**Club Website:**

[www.walktx.org/AVA1](http://www.walktx.org/AVA1)

6/13/2009 - 6/13/2009 - Walk  
**Event Number:** 83929 10km/5km

**Start:** Tin Star Ranch

**Event City:** Fredericksburg

**Host Club:** Volkssportverein  
Friedrichsburg

**Event Website:**

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

**Write for more information to:**

157 Bell Mtn Rd  
Willow City, TX 78675

**Contact:** Steve & Donna Wood,  
(830) 685 - 3873

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

**Club Website:**

[www.walktx.org/AVA1](http://www.walktx.org/AVA1)

6/22/2009 - 6/25/2009 - Walk  
**Event Number:** 83295

10km/5km

**Start:** Renaissance Dallas-  
Richardson Hotel

**Event City:** Fort Worth - ITC Station  
- Biennial AVA Convention Walk in  
Downtown Fort Worth

**Host Club:** 2009 AVA Convention

**Event Website:**

[www.ava.org/clubs/AVA2009Convention/index.htm](http://www.ava.org/clubs/AVA2009Convention/index.htm)

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

**Write for more information to:**

3321 Dartmoor Dr.  
Dallas, TX 75229

**Contact:** Helen Bateman, (214) 732 -  
3419

**E-Mail:**[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)

6/22/2009 - 6/25/2009 - Walk  
**Event Number:** 83296

16km/10km/5km

**Start:** Renaissance Dallas-  
Richardson Hotel

**Event City:** Dallas - White Rock  
Station - Biennial AVA Convention  
Walk - Dallas White Rock Lake

**Host Club:** 2009 AVA Convention

**Event Website:**

[www.ava.org/clubs/AVA2009Convention/index.htm](http://www.ava.org/clubs/AVA2009Convention/index.htm)

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

**Write for more information to:**

3321 Dartmoor Dr.  
Dallas, TX 75229

**Contact:** Helen Bateman, (214) 732 -  
3419

**E-Mail:**[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)

6/22/2009 - 6/25/2009 - Walk

**Event Number:** 83297

11km/6km

**Start:** Renaissance Dallas-  
Richardson Hotel

**Event City:** Dallas - Cityplace Station  
- Biennial AVA Convention Walk -  
Dallas Uptown

**Host Club:** 2009 AVA Convention

**Event Website:**

[www.ava.org/clubs/AVA2009Convention/index.htm](http://www.ava.org/clubs/AVA2009Convention/index.htm)

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

**Write for more information to:**

3321 Dartmoor Dr.  
Dallas, TX 75229

**Contact:** Helen Bateman, (214) 732 -  
3419

**E-Mail:**[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)

6/22/2009 - 6/25/2009 - Walk

**Event Number:** 83294

10km/5km

**Start:** Renaissance Dallas Richardson  
Hotel

**Event City:** Dallas - Union Station -  
Biennial AVA Convention Walk in  
Downtown Dallas

**Host Club:** 2009 AVA Convention

**Event Website:**

[www.ava.org/clubs/AVA2009Convention/index.htm](http://www.ava.org/clubs/AVA2009Convention/index.htm)

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

**Write for more information to:**

3321 Dartmoor Dr.  
Dallas, TX 75229

**Contact:** Helen Bateman, (214) 732 -  
3419

**E-Mail:**[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)

6/26/2009 - 6/26/2009 - Walk

**Event Number:** 83298

10km/5km

**Start:** Renaissance Dallas-  
Richardson Hotel

**Event City:** Richardson - Galatyn  
Park Station - President's Walk

**Host Club:** 2009 AVA Convention

**Event Website:**

[www.ava.org/clubs/AVA2009Convention/index.htm](http://www.ava.org/clubs/AVA2009Convention/index.htm)

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

**Write for more information to:**

3321 Dartmoor Dr.  
Dallas, TX 75229

**Contact:** Helen Bateman, (214) 732 -  
3419

**E-Mail:**[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)

7/11/2009 - 7/11/2009 - Walk

**Event Number:** 83963 10km/5km

**Start:** Taco Cabana #251

**Event City:** San Antonio - Sunrise  
Event

**Host Club:** Randolph Roadrunners

**Event Website:**

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

7/11/2009 - 7/11/2009 - Swim

**Event Number:** 84000 300 meters

**Start:** The Ravinia Apartments

**Event City:** San Antonio - Sunrise  
Event

**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/)

7/18/2009 - 7/18/2009 - Walk

**Event Number:** 83941 10km/5km

**Start:** Custer Park Pavilion

**Event City:** Richardson  
**Host Club:** Plano Walking Club

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

**Write for more information to:**

704 South Grove Road  
Richardson, TX 75081

**Contact:** Kitty Simmons, (972) 231 -  
6518

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

**Club Website:**

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

