



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2009 No. 9
Next Meeting – September 15, 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

Club Website

www.randolphroadrunners.info

Event Information

1-800-830-WALK

TVA Website

www.walktexas.org

SW Regional Director

Heinz Johnson 830-980-5723
San Antonio, TX
swrd@gvtc.com

Renewal Time

The following membership renewals are currently due:
Sharon Readinger, Diane Duesterhoeft, Clarence Joseph, Jim & Sherry Scheurich & Bernard & Marcia Weiner. Please send in your renewal fees now. We value your membership. To renew your membership, fill out the renewal application attached or print one from the following website address: www.RandolphRoadrunners.info and send it with your fees to Nancy Paulson c/o the club address.

MEETING PLACE & DATE:

The RR club meetings are 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 9/15/09. We meet on the third (3rd) Tuesday of each month.

RR Club News:

Our speaker for the RR September meeting is author, Eric C. Mapes. Eric Mapes has written *Streets of San Antonio*, which chronicles the history of the city through the stories of long-standing families who first settled the area and whose names were used to navigate their daily commute. Using historical records and tracing lineages back to the 1840s to the 1880s, Mapes explores the who and what that build SA from downtown roads to the elementary schools named for the city's early settlers. What began as a passing curiosity quickly escalated to fervent research about the familial tapestry of the city's nascent stage. Mapes, a promotional products consultant, believes that historical markers tell stories, like passages in a book. Come to the September 15th meeting and meet the author.

September 11th Walk

All RR members are invited to participate in a 1.25 Km memorial walk in honor of the lives lost in the

911 tragedy. The walk starts at 6:30 p.m., September 11th at the Universal City Hall.

Submitted by Mary Quandt

AVA News:

Call for Agenda Items

The next meeting of the National Executive Council is November 13-15, 2009, in Orlando, FL. For those who wish to attend the meeting, location details will be included in a future issue. Clubs wishing to submit an item for this meeting's agenda should send it to their Regional Director no later than September 14, 2009. Hope to see you there!

Wanted: Coordinator for AVA Clubs in Schools Project.

If you attended the AVA Convention, you heard about AVA's project to create AVA clubs in schools. Here is the concept. AVA asks for volunteers to work with ONE SCHOOL, preferably a school with which they are familiar. The job is to contact the school's business manager or principal to share information regarding how the school can increase physical education to its students, cost-free to the school, by forming a Volkssport club as one of the school's after hours activities. Also needed is a national coordinator that does not contact schools, but supports each of the school volunteers by assuring that they receive AVA materials, providing support and recording progress to report to the national officers. Everyone agrees that AVA needs more young people. Now is the time to help AVA 'make it happen'! If you are interested in making this project succeed, contact President Curt Myron (president@ava.org) or Jackie Wilson (jackie@ava.org) to get started.

AVA Committee Members Needed

AVA Committees organize our efforts to spread the word about our sport. Most of the Committee Chairs were

recently appointed so now it is time for you to step forward and lend a hand. Your help is important and AVA can not succeed without you. We urge you to look at the AVA Committees, their Chairs and what they do. Why not negotiate an assignment as a member of a committee in which you are interested? Contact the Committee Chair for details. You can find a description of each committee and contact information for each Committee Chair on the AVA Website by clicking on AVA Leadership, scrolling to the bottom of the next page and clicking on AVA Committees.

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.

Engage Your Members Once you involve members as volunteers, take them to the next level—engagement.

Agree on a Job

With interview information and your needs in hand, find a match. A perfect match is ideal. Otherwise look for the next best match. Work with your volunteer to find a good enough match—maybe their second choice, but something you both agree needs to be done.

If your volunteer has a passion, pursue it, even if not one of your needs. Adding something new to the club's program is good. What have you got to lose? The volunteer if you don't satisfy that passion!

Steering a volunteer toward your needs is an option, but beware. If the volunteer doesn't grow into the job, you'll have to succeed a problem. Watch for signs of trouble, and make a change if necessary to keep your volunteer engaged.

Explain the Job

When the volunteer starts the job, initially sit down and explain it. They may have their own ideas, and everyone puts their own imprint on a job, but the objective(s) should be agreed. As Yogi Berra said, "If you don't know where you're going, you'll end up somewhere else." Don't let that happen. Answer questions; agree on

answers. In the end, agreement is imperative.

Set Expectations

Make part of that initial meeting about expectations. What outcome do you expect? A report by a certain date, weekly news releases, a web site with a specific look and content, written directions for a 10-km walking trail through a park, checking a year-round walk box monthly? If there is a schedule, spell it out. Come to agreement on expectations too.

Mentor and Monitor

Now turn the volunteer loose to do the job you agreed to. Sort of. All volunteers need mentoring. Pair them up with knowledgeable club members, perhaps an officer, their committee chair, or someone familiar with the job. Less knowledgeable volunteers need more help initially than those with previous experience in the job or a similar one. Tailor the amount accordingly. Take all the time you need.

Periodically follow up. Check progress, especially if there are milestones along the way. Course correction is easiest when there is not too much time between status checks. Wait too long and the volunteer may stray far from agreed expectations. If you see problems, address them with the volunteer promptly. You want the volunteer to succeed. Don't micro-manage or stifle your volunteer (that's overdoing it), rather ensure your agreement is on track. Agree on what your volunteers will do, and stick to it; all will be pleased with the results.

November's tips will discuss the final part of the volunteer triad—appreciating volunteers.

Got tips to share or a topic to suggest? Contact Bob Wright at rwright2@jhu.edu or 43224 Cardston Place, Leesburg, VA 20176. Include an evening phone number for any follow-up.

Special Event

Programs – Joanne Forinash U.S. Presidents

Program ended July 4, 2009. *Books will be redeemed as long as patches are available through December 31, 2009.* Complete 15 events anywhere

in the United States where an event or activity occurred in relation to United States Presidents, e.g., library, home, birthplace or final resting place. No event may be walked more than once.

The following programs are scheduled to end 12/31/09:

Europe In the U.S.

Courthouses

State Parks

The following programs will start January 1, 2010:

Honoring Law Enforcement

Until December 31, 2012

Hillside Letters

Until December 31, 2012.

Forts of the United States

Until December 31, 2012.

Carnegie Libraries

Until December 31, 2013

2009 NATIONAL VOLKSSPORTING MONTH

Patch design courtesy of Dorm Batson, Northwest Region

October is National Volkssporting Month. Below is a copy of the patch. It will be a 3.5" 100% embroidered patch. If a club is hosting an event during the month of October it can order the patch, from AVA headquarters.



New Hiking Book

"Unseen Hazards"

UNSEEN HAZARDS THAT THREATEN HUNTERS, CAMPERS, AND HIKERS

Bridgton, Maine, June 25, 2009 –

There are UNSEEN HAZARDS in forests and fields that threaten those who enjoy hunting, camping, and hiking. Pathogens commonly found in wildlife can inflict unspeakable suffering and even death. Rabies, Tetanus (Lockjaw), Tularemia (Rabbit

Fever), Brucellosis (Undulant Fever), Rocky Mountain Spotted Fever, and Borrelia (Lyme Disease), are six of the most virulent microorganisms lurking in nature's hidden world patiently waiting for an opportunity to infect the unsuspecting and unprepared. But knowledge and simple protective measures can shield even the most vulnerable.

Jerry Genesio has written an 86-page book containing vital information about these perilous pathogens. Each is described with symptoms, treatment, history, carriers, geographical risk areas, and significant incidence reports. The book also contains advice provided by the Centers for Disease Control and Prevention, Atlanta, GA, on how to avoid vectors such as ticks, and how to properly remove ticks.

In 1993, Rabies was confirmed in 20 deer in the state of New York. Tetanus is commonly found in the intestines of wild animals. About 200 cases of Rabbit Fever are reported in the U.S. annually. There are 100 to 200 human cases of Undulant Fever reported nationally each year with most reports originating in Texas, California, and Illinois. In 2003 and 2004, more than 1,800 cases of Rocky Mountain Spotted Fever were reported each year, but less than 2% of all cases are actually found in the Rocky Mountain states. Of 27,444 cases of Lyme Disease reported in 2007, 87% were confined to 10 states, including Connecticut and Wisconsin.

UNSEEN HAZARDS That Threaten Hunters, Campers, and Hikers: What you should know about pathogens commonly found in wildlife, ISBN 978-1448605118, is available for \$7.95 plus shipping and handling. It can be ordered online through Amazon.com, Amazon's Kindle Store (\$4.95), or at <https://www.createspace.com/3387093>. Also see featured books on www.wildlifepro.net, www.besthike.com and www.rodnrifle.com. (Contact me for details regarding wholesale orders.)

Jerry Genesio was employed by Cutter Laboratories in their Biological Products Division for nearly 20 years. He has written and published

numerous articles, including a natural history series focusing on zoonotic diseases that was featured in New England Outdoors magazine. He lives in Bridgeton, Maine, and Wilmington, North Carolina.



Joanne & Carlen Forinash
checkpoint Brookhollow TVA walk



Pat Roberts & Mark Roberts & Indy
at 2nd checkpoint Brookhollow walk



Gerry Kamicka presents Martin Callahan with AVA "Meritorious Service Award" certificate at Brookhollow start.



Kathryn Baulch, Rick White & Indie
at checkpoint for Montell walk

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

Coming Texas Events:

9/12/2009 - 9/12/2009 - Walk
Event Number: 84008 10km/5km
Start: Zuehl's Hall @ Rio Cibolo Ranch
Event City: Zuehl
Host Club: LoneSt*r Walkers
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
 27727 Ramblewood
 San Antonio, TX 78261
Contact: Heinz Johnson, (830) 980 - 5723
E-Mail: swrd@gvtc.com

9/19/2009 - 9/19/2009 - Walk
Event Number: 81018 10km/5km
Start: Gus Engeling Wildlife Management
Event City: Tennessee Colony - Gus Engeling Wild Life Management Area
Host Club: East Texas Trekkers
Event Website:
www.walktx.org/EastTexasTrekks/2009/TN_Colony_Sept_19.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/EastTexasTrekks/

9/19/2009 - 9/19/2009 - Walk
Event Number: 84167 10km/5km

Start: Pavilion-Meyer Park
Event City: Spring
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: hkhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

9/26/2009 - 9/27/2009 - Walk
Event Number: 83917 10km/5km
Start: Cypress Creek Community Center
9/26/2009 - 9/27/2009 - Walk
Event Number: 83630 13km/5km
Start: Cypress Creek Community Center
Event City: Kerrville
Host Club: Kerrville Trailblazers
Event Website:
www.walktx.org/KerrvilleTrailblazers
/

More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
1223 Jack Dr.
Kerrville, TX 78028
Contact: Rick Parkhurst, (830) 896 - 6260
E-Mail: fparkhurst@stx.rr.com
Club Website:
www.walktx.org/KerrvilleTrailblazers
/

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 \$ _____