



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2009 No. 12
Next Meeting – January 19, 2010
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: **Jim & Sherry Scheurich, Rick & Monique Baysinger, Jose Reyna, Sarah Kane, Jerry & Genean Hesko, Glenn & Windy Corbett, Thomas & Betty Arbaugh, Paulette Dunlap, Bob & Virginia Askew, Ursula Bonds, Bonnie Caruso, George & Ginny Klotzbach, Leon & Elizabeth Levan, Sonia & Lewis Ricks and Katheryn Ruthruff.**

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.

Welcome New Members:

Wanda Stephens, New Braunfels
Betty Halsell, New Braunfels
Corinne Gaudio, New Braunfels
Jim Knight, San Antonio
Les & Diane Boren, San Antonio
Carol & Gary Ulmer, San Antonio
Victor Ritter, Universal City
Daniel Essel, San Antonio
Ed Olson, San Antonio
Ron Noble & Joyce Sheldon, Live Oak
Angela Onkels, Converse

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 1/19/10. We meet on the third (3rd) Tuesday of each month.



The mission of Let's Say Thanks is to provide a way for individuals across the country to recognize U.S. troops stationed overseas. By submitting a

message through this site you have the opportunity to send a free personalized postcard greeting to deployed servicemen and women.

The postcards, depicting patriotic scenes and hometown images, were selected from a pool of entries from children across the country.

All you have to do is get on the website at www.letsaythanks.com click on your favorite design and either select the message that best expresses your sentiment or draft a personal note. The postcards are then printed on the Xerox iGen3® Digital Production Press and mailed in care packages by military support organization Give2TheTroops®.

Xerox is committed to helping people across the nation express their gratitude to our troops overseas. The launch of this program is aimed at reminding them how much Americans appreciate their service. Merry Christmas!

RR Club News:

The RR holiday party is scheduled for December 15th at 6:30 p.m. at Julian's Italian Pizzeria & Kitchen, 13444 West Avenue, Suite 300, San Antonio. www.julianspizzeria.com for menu. Buy your dinner and the club will provide dessert. Optional Chinese Auction- gift exchange \$15 maximum, for those who wish to participate.

The Corpus Christi YRE has changed. See Joanne Forinash for info.

Congratulations to Pat Roberts who was nominated as our new club Vice President.

Our January speaker is from the San Antonio Mission Reach organization and will address the plans for the south end of the river and the missions.

2010 Dates to remember:
1/ 9/10 Olmos/Monte Vista walk

2/13/10 Del Webb walk
3/13/10 Leon Valley walk in
conjunction with Leon Valley market
days.

RR special event: 35 on 35 for the
AVA's 35th anniversary in 2011 –
Starts Jan 1, 2010 and ends Dec. 31,
2012.
All net proceeds will be donated to the
AVA for its 35th anniversary. Walk
35 events on Interstate Highway 35 in
any state to qualify.
Ellen Ott, Pres.

AVA News

Needed: A volunteer to help out at
the AVA headquarters with office
filing.

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 Jacklyn
Wilson (jackie@ava.org) to get
started.

Club Tips

By Bob Wright

Appreciate Your Members

Involve and engage your members all
you want, but that won't get you much
unless you show your appreciation for
what they do. You hear a lot about
"give thanks," and this is one of those
times that you should take it to heart.

Recognize Accomplishments

People like feeling appreciated for
what they do at the request of others.
If they don't, would they continue?
Saying you appreciate what they do is
such a small price to pay to keep them
helping.
You might be surprised how
inexpensive the number one form of
recognition is. It's a personal "thank
you!" That's not to say your
volunteers wouldn't appreciate
something more—the same surveys
show that they do. So here are some
other ways to say thanks.

Reward Accomplishments Locally

Clubs have some unique means at
their disposal to say thank you.

Publicly thank them at your meeting;
hang a poster for the occasion (and let
them take it home afterwards).

Put it in writing in your newsletter and
on your web site (and state association
and/or regional publications).

Give them something tangible: a
certificate, pin, special club nametag
or shirt (my club has a special club T-
shirt that says "volunteer" on it too).

Include a reception with a little food
(e.g., cake, snacks) and drink (e.g.,
punch) at a ceremony.

Have a reserved row of seats up front
at meetings for honored volunteers.

Give volunteers seniority in filling
event assignments based on their
degree of volunteerism.

Don't Overlook Recognition in the Community

Submit an article to local papers. If
you can tie it to an activity or long-
time service, you have a better chance
of getting published. Photos should
show activity, not a posed
presentation.

Nominate exceptional volunteers for
your county's "Volunteer of the Year"
and similar honors.

Reward Accomplishments through the AVA and IVV

Take advantage of the graduated
recognition the AVA offers. See
Section 3 of AVA Policy Manual.

Regional awards: Certificate of
Service Award for at least three years
of service; Meritorious Service Award
for at least five years of service.

National awards: Distinguished
Achievement Award for at least eight
years at various levels, including
national; AVA Hall of Fame Award
for at least 10 years at all levels.

Special categories: Award for Youth
and Trailblazer.

And the AVA is a member of the IVV,
which has its own graduated
recognition program. Your club may
make nominations through your
regional director who will take it to
the NEC.

Merit Pin for 8, 15, and 25 or more
years of service at the national level.

Pin of Honor for national service.

If you are creative, there are plenty of
more ways to recognize your
volunteers, and there are even books
written on the subject. If your club has
other ways that it shows its
appreciation, let me know so I may
share these with all of you—and give
your club some public recognition for
doing something unusual to say thank
you to your members.

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.



*Ellen Ott & Indie @Cypress Bend
Park, Wurstfest Walk*



Martin Callahan & Indie on Faust Bridge at Wursthfest Walk



Don & Bilita VanCleave walking in Cestohowa



Pat Gunter, Priscilla Johnson, Heinz Johnson & Darlene Oner at the registration table- Rio Cibolo Ranch, Zuehl walk



Suzanne Markgraf & Audrey Vertucci Cestohowa walk



David Toth at 2nd checkpoint – Redeemer Cemetery at Zuehl walk



Patricia Heller, Rick White, Antoinette Ruth & Joanne & Carlin Forinash with Indie at Cestohowa walk

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

Write for more information to:

100 NW 1st ST

Smithville, TX 78957

Contact: Adena Lewis, (512) 237 - 2313

E-Mail: chamber@smithvilletx.org

12/5/2009 - 12/5/2009 - Walk

Event Number: 84999 10km/5km

Start: Bear Creek Community Center

Event City: Houston

Host Club: Houston Happy Hikers

Event Website: [P. O. Box 101](#)

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

E-Mail:

hphpresident@houstonhappyhikers.org

[g](#)

Club Website:

www.houstonhappyhikers.org/

12/12/2009 - 12/12/2009 - Walk

Event Number: 86267 10km/5km

Start: Middle School Building @ Big Springs Ranch for Children

Event City: Leakey - Walk the Hills with BTCO

Host Club: BTC Oddsports Club

Event Website:

http://faculty.sulross.edu/cbaulch/index_files/Page615.htm

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

Write for more information to:

6438 Hill Creek Dr.

San Antonio, TX 78256

Contact: Clay Baulch, (210) 204 - 9301

E-Mail: btco@satx.rr.com

Club Website:

faculty.sulross.edu/cbaulch/index_files/Page615.htm

12/19/2009 - 12/19/2009 - Night Walk

Event Number: 84522 10km/5km

Start: Starbucks Coffee Company

Event City: Highland Park -

Christmas Lights Night Walk

Host Club: Star Trekkers of Irving

Event Website:

www.startrekkers.org/events/20091219_highlandpark.pdf

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

Write for more information to:

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

Coming Texas Events:

12/5/2009 - 12/5/2009 - Walk

Event Number: 83958 10km/5km

Start: St.John's Lutheran Church

Event City: Boerne - Boerne

Christmas Walk

Host Club: Randolph Roadrunners

Event Website:

www.randolphroadrunners.info

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

Write for more information to:

1726 fawn crest

San Antonio, TX 78248

Contact: Joanne forinash, (210) 493 - 8543

E-Mail: sjforinash@yahoo.com

Club Website:

www.randolphroadrunners.info

12/5/2009 - 12/5/2009 - Walk

Event Number: 86218 10km/6km

Start: Smithville City Hall

Event City: Smithville - Festival of Lights Volksmarch

Host Club: Smithville Volkssport Club

