



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

Volume 2010 No. 2  
Next Meeting – February 16, 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*

Pat Roberts 210-657-5814

*Treasurer*

Pat Gunter 210-479-0805

*Secretary*

**YOUR NAME HERE!!!!**

*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](mailto:swrd@gvtc.com)

**Renewal Time**

The following membership renewals are currently due: **Bob & Virginia Askew, Ursula Bonds, George & Ginny Klotzbach, Sonia & Lewis Ricks, Kathryn Ruthruff, Maria Alvarado, Don & Isabelle Burke, Mario Cepeda, Carlen & Joanne Forinash, Victor & Carlo Hernandez, Josephine Hernandez, E.J. & Cindy Livingston, Patti Paulson, John & Tania Walshe, Frankie Chacon, Susan Fowler-Nice, Anita Freestone, Pat Frost, Norman & Pamela Haines, Carolyn Livesay, The Magness Family, Pat & Laverne Middleswart, Kwadwo Offei-Nnoma, Marcey & Jesus Perez, Carol Sedillo, Don & Linda Simmons, Carolyn Simpson, Cindy & Forest Taylor and John & Ann White.** 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](http://www.RandolphRoadrunners.info) and send it with your fees to Nancy Paulson c/o the club address.

**Welcome, New Members!**

Karen Mann San Antonio  
Irma Gutierrez San Antonio  
Terry Forinash Carrollton  
Judy Dalmolin San Antonio  
Dan Higgins San Antonio  
Suzy Mudge Helotes  
Olga Samaniego-Martinez S.A.

**Kudos to the Following Volkssport Achievers:**

(from Oct./Nov. 2009 TAW - Events and Distance Awards)

Christina Jessen 30 Events  
Jeff Lanpher 30 Events  
Diane Duesterhoeft 350 Events  
Martin Callahan 1,300 Events  
Ellen Ott 1,300 Events  
Elizabeth LeVan 500 KM  
Leon LeVan 500 KM  
Diane Duesterhoeft 3,000 KM  
Bilita VanCleave 15,000 KM  
Martin Callahan 21,000 KM

(from Dec.09/Jan. 2010 TAW - Events and Distance Awards)

Herbert Laing 150/175 Events  
Joanne Forinash 950 Events  
Mary Quandt 1,900 Events  
Rick White 2,100 Events  
Herbert Laing 2,000 KM  
Joanne Forinash 9,000 KM

(from Feb./March TAW - Events and Distance Awards)

Andrew Magness (11 years old) 10 Events  
Elizabeth Le Van 50 Events  
Leon Le Van 50 Events  
Mike Hermes 225 Events  
Suzanne Markgraf 600 Events  
Donald VanCleave 1250 Events  
Ellen Ott 1350 Events  
Bilita VanCleave 1400 Events  
Carlen Forinash 1900 Events  
Jane Radigan 2100 Events  
Patricia Gunter 2900 Events  
William Radigan 3300 Events  
Ellen Ott 14,000 KM

**Trinity Walks**

**Thank You!!**

For the folks who braved the freezing weather to work the Trinity event a grateful THANK-YOU:

Tony and Nancy Paulson, Pat Gunter, Darlene Oner, Heinz Johnson, Audrey Vertucci, Suzanne Markgraf, David Toth, Joanne and Carlen Forinash, Pat Roberts, and especially those who worked in the outdoors: Carol Shaner\*, Totsy Miller, Randy Baker, Mike Hermes, Tom and Linda Elms, Herb Laing and the most wonderful Trail Master, Rick White, and our Event Coordinator, Larry Cook.

147 participants at Trinity -- hoped everyone liked the new start area at the Bell Athletic Center.

(\*someone thought Carol was homeless in her sleeping bag and stocking cap!)

Ellen

## **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 2/16/10. We meet on the third (3<sup>rd</sup>) Tuesday of each month.

## **RR Club News:**

**Attention RR members!**  
Please consider volunteering as our club secretary. We need someone to fill this position A.S.A.P.!

There's a new start card for traditional events. The old cards can be used for yr's

Our January Meeting Speaker, Matthew Driffill presented the SARA plan for the Mission Reach program at the RR meeting Tuesday night, January 19<sup>th</sup>.

While the SARA is still on track to complete the massive river improvements project by 2013, it may take a few decades before the native plants and wildlife that once graced the riverbanks south of downtown are restored to their full glory. But 50 years may well be worth the wait.

The first leg of the plan, a 1.3 mile expansion of the River Walk called the Museum Reach, opened in May to rave reviews, raising expectations for the southern portion of the project even as its price tag rose to \$271.1 million, more than \$100 million over original estimates.

The Mission Reach begins at Lone Star Boulevard and stretches 8 miles south. The fourth and final leg of Mission Reach is a stretch of river that starts at Espada Dam, just south of Military Drive and ends at Mission Espada. Construction bids on Phase 4 will go out this spring. SARA will maintain the river at a cost of about \$5 million a year.

February – Speaker - Karen Kimball, the Development Coordinator on River Enhancements along the Mission Reach (art work).

March - Antoinette Ruth - "From where it all Began" - friend of the founder of volkssports in southern Germany.

## 2010 Dates to remember:

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

35 on 35 for the AVA's 35th anniversary Program - don't miss out on a stamp - books still available for \$10 with the net profit going to the AVA.

Thanks to Nancy and Tony Paulson and Mary Quandt for providing the refreshments for the January meeting.

The walk box for the Biloxi yre is at the Waffle House in Ocean Springs where one signs in for the other walks in the area, NOT the Hard Rock Casino as stated in the Starting Point. The three new walks starting this year are great. Well worth the effort.

*Ellen Ott, Pres.*

## **AVA News GNC**

The contract between GNC and AVA has expired. Those of you who are using their stores as start locations or checkpoints are still free to do so. Any future deals with their stores should be handled by the club and the store manager. There is no need to put information about GNC on your flyers as they are no longer a partner.



***Carlen Forinash, Joanne Forinash & Pat Roberts at the Sales Table Trinity Walks***



***Pat Gunter & Darlene Oner- Trinity Walks***



***Pat Gunter, Katherine Kellner, Siba Spencer, Darlene Oner and Clara Plizga at the registration table St. Joseph's Halle-Memorial Walk***

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

## **Club Tips**

By Bob Wright

*Bob shares 34+ years of experience, research, and insights about building stronger Volkssport clubs, better IVV events, and greater participation.*

## **Learn to Succeed**

Everyone wants to succeed.

From my experience as a military commander, manager, and business executive success is learned—and that means someone or something was a teacher.

Let's look at some ways you can learn and pass that knowledge along to your club or state association.

Observe and Listen to Others. Teachers are all around you if you take the time to observe.

Take the walks you participate in, for example. What worked well; what didn't? Make mental notes. What's better? Compare mental notes regularly. Make a list, and use it.

Talk with others. Learn what worked for them, or not, and why. Ask questions. Talk situations through.

Does it work? You bet! Newly arrived in Germany and days after my first volksmarsch, I took on coordinating my club's next event. For 10 months I observed and refined what I learned. My walking companions and I compared experiences constantly. The result was a great walk that drew 2,500 on our Bicentennial.

## **Take Advantage of Learning Opportunities**

There is a lot of training available—avail yourself of it.

AVA convention workshops. Some are posted to the AVA website. Send me an email, I'll send you the list of available unposted 2005 and 2007 workshops; you choose which you want, and I'll email them to you. (Or get them all on a CD: send me \$5 to defray expenses [I'll donate any left to the AVA].)

State and regional volkssport association meetings. Stick around when they offer it, or ask them to repeat it.

The Web. For topics not unique to volkssports you will find plenty of information.

Local training. My county volunteer services organization conducts training for non-profits. Check out community colleges and professional organizations (they may send out speakers too). I attended the IRS' basic tax-exempt workshop and learned about convention planning from the best in the business that way.

### **Train Your Members**

Share knowledge you learned. Arrange for a speaker to repeat a seminar or workshop.

Prepare short training sessions. (Boy Scout meetings end with a Scoutmaster's Minute—a brief opportunity to pass along a value lesson.)

Act out situations you might encounter, such as talking a friend into coming to a volkswalk with you.

### **Homework Assignment**

Homework is a good way to reinforce learning experiences. Really.

Write down the best practices you've observed.

Gather handouts from good training you've given or attended.

Make a list of training you would like to receive.

Send your homework to me to be compiled and shared in future columns. In fact, a future column on training will address worthwhile topics to teach and provide tips for teaching adults (it's not the same as teaching children).

Let's learn together for the success of volkssports and the AVA.

Got tips to share or a topic to suggest? 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.

### **Buns Won't Firm Up by Shoes Alone**

*Steps to Health by Jessica Belasco*

The latest get-fit tool is a pair of funny-looking shoes.

Reebok EasyTones, MBTs, Skechers Shapeups, FitFlops and Shape Up shoes purportedly get you in shape as you walk.

The basic premise is to create stability in the sole of a shoe to force lower-body muscles to work harder. The result is killer legs and buns. Some use a curved or wedge platform; EasyTones have "balance pods" in the sole.

The shoe companies claim the shoes provide a workout without, working out. That's debatable. What's clear is that the proliferation of these types of shoes says a lot about our society's attitude toward exercise and desire for a quick fix. Skechers' ads use the slogan, "Get in shape without setting foot in a gym."

There are no unbiased published studies backing up the manufacturers' claims, say Dr. marquee Allen, a spokesman for the Texas Podiatric Medical Association and a physician for the San Antonio Spurs. "I would say buyer beware," Allen says, especially considering the cost of the shoes, can run as high as \$390. He also recommends people who have foot or ankle problems see a doctor before buying shoes with unusual platforms.

The American Council on Exercise is sponsoring studies on the effectiveness of such shoes according to spokesman Pete McCall and the findings will be available sometime in 2010.

### **Choose the Right Shoe**

[vidavis@express-news.net](mailto:vidavis@express-news.net)

Physicians and long-time walkers say the wrong pair of shoes can wreak havoc upon not only feet but also a person's overall health.

Chose the right shoes for your feet and the activity. Buy a new pair every six months as experts and physicians suggest.

The American Chiropractic Association says the best time to shop for shoes is after a workout or at the end of the day when feet are largest. Bring the socks you'll be wearing while exercising and wear the shoes for at least 10 minutes in the store.

### **Coming Texas Events:**

2/13/2010 - 2/13/2010 - Walk

**Event Number:** 84925 10km/5km

**Start:** Del Webb's Hill Country Retreat Resort Center

**Event City:** San Antonio - Hill Country Retreat by Del Webb

**Host Club:** Randolph Roadrunners

**Event Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

**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.randolphroadrunners.info](http://www.randolphroadrunners.info)

2/20/2010 - 2/20/2010 - Walk

**Event Number:** 86502 10km/5km

**Start :** McKinney Roughs LCRA

Nature Park: Mc Kinney Rough's Nature Park, 1884 State Highway 71, West, Cedar Creek, Texas 78612.

**Event City:** Cedar Creek - McKinney

Roughs Nature Park Volksmarch

**Host Club:** Colorado River Walkers

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

**Write for more information to:**

P.O. Box 13051

Austin, TX 78711-3051

**Contact:** Joan Fries, (512) -48 - 0291

**E-Mail:** [joannwoolf@aol.com](mailto:joannwoolf@aol.com)

**Club Website:**

[www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

2/20/2010 - 2/20/2010 - Walk

**Event Number:** 86571 12km/5km

**Start:** Orchard Park

**Event City:** Orchard - Pamela's Walk

**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:**



