



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2010 No. 10
 Next Meeting – October 19, 2010
 7:00 p.m., Universal City Library
 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
 Pat Gunter 210-479-0805
Year-round Events, Universal City
 Tony Paulson 210-658-8324
Year-round Events, San Antonio
 Carlen Forinash 210-493-8543
Seasonal Events, Abilene
 Joanne 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: **Edna Molina, Marjorie Molina, Alma Galan-Acevedo, Sandra Casanova, Carolyn Miller, Maria Ramirez, Carol Shaner, Ramon & Lori Smitherman, Charles Dill, Patricia Lagleder, Barbara & Frank Marrou, Alan & Gloria Mick, Tony & Nancy Paulson, Shelta & Bob Reese, Elaine Talarski, Nancy & Fred Riley, Linda & Walter Rogers, Bobbie & Tom Kelner, The Osterhaus family, Agatha & Anastasia Kerr, Raquel Ramos, Barbara Schneider & Jennifer Brown, Melvin & Donna Kautzman.** 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

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

Welcome, New Members!

Diana Lacy	Cibolo
Patricia Muse	Converse
Charles & Sandy Hunnefeld	Schertz
Danielle Colera	Cibolo
Marilyn Doyle & Michael	Chitty
	Austin
Linda & Jeff Large	Converse

Kudos to the Following Volkssport Achievers:

(From Aug/Sept., 2010 TAW - Events and Distance Awards)
 Pat Roberts 50 events
 Patricia Heller 250, 275 events
 Linda Elms 425 events

Tom Elms	475 events
Joanne Forinash	1,050 events
Ellen Ott	1,450 events
Carlen Forinash	2,000 events
Rick White	2,200 events
Patricia Gunter	3,000 events

Distance:

Carol Shaner	7,000km
Joanne Forinash	11,000km
Carlen Forinash	21,000km
Patricia Gunter	30,000km
Rick White	35,000km



Walkers at the finish point at the Kramer House – Walk'n Old Schertz event*

Walk'n Old Schertz Event

Many thanks to all our wonderful volunteers at the Schertz walk on Saturday, Sep. 18th: Joan Whealen, Suzanne Markgraf, Pat Gunter, Darlene Oner, Dawn Williams (our daughter), Anthony Williams (our grandson), Alan Mick, Carol Shaner, Jan Heyer, Randy Baker and Margie Kent, Pat Heller, Totsie Miller, Pat Roberts, Larry Cook, Rick White, and Heinz and Priscilla Johnson. We appreciate you all!

*Nancy & Tony Paulson,
 Event Coordinators*



Pat Roberts and Nancy Paulson at sales table Walk'n Old Schertz event*

*All photos courtesy of Martin Callahan

RR Club News:

Our guest speaker for the September meeting, Wimberley author, Allan Kimball, has rescheduled and will speak at our January meeting. Allan has written a handy guide to Texas State Parks, a Big Bend guide and many other interesting books that would be of use to walkers.

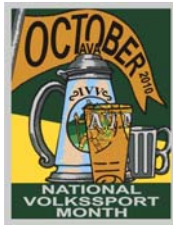
And, WE STILL NEED A SECRETARY.

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

Ellen Ott, Pres. RR

AVA News ----

Participate in an event during the month of October and qualify for an AVA National Volkssport Month patch. Look for this award patch at an event near you. If not available at that time, send a statement to AVA-NVM, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148-4147, or fax credit card order to (210)659-1212, or call (210)659-2112 to order. \$5.00 (includes shipping) for each patch. Texas residents add 8.25% sales tax. No shipping charge, no discounts, no refunds, no returns. Patch design courtesy of Dorm Batson, Northwest Region.



New Executive Director is in the House The new ED, Nicole Rogers, was officially handed the reigns of leadership from Jackie on August 30, 2010. (We wish you the best Jackie!) She will be working hard to fill Jackie's shoes, but would still like it if you would stop by, call, or email her a friendly "hello" and let her know why Volkssporting is so important to you!

New Staff Member Karen Winkle has joined our staff and will be processing your event and distance books. Please join us in making her feel welcome and a part of the AVA family.

Hi Friends,

I have posted new photos to the main AVA web page www.ava.org. Please remember to email or mail 2 or 3 photos for consideration to print in a future TAW, to taw@bhi.com with the *subject*

line saying "for TAW consideration" and Where, Date, What the photos are about.

Thanks for all that you folks do for AVA. You are the wind beneath our wings.

Linda Rebmann

Administrative Assistant/
Membership Services/Assistant
Webmaster

American Volkssport Association, 1001 Pat Booker Rd, Suite 101, U.C., TX

TAW Deadline The deadline for the December issue of *The American Wanderer* is October 25. All articles and photographs should be submitted directly to The American Wanderer, Laurel Parrott, Editor, 3526 Humboldt Ave. N., Minneapolis, MN 55412, email TAW@bhi.com. Be sure to include "TAW" in the subject line of the email. Some folks continue to send these to AVA Headquarters and this causes delays in your information getting in. The Club TAW advertising rates have been reduced. So....consider placing an ad in the next TAW! Advertising Agreement Forms are found at the *Publications-Forms* link and then selecting the *AVA Club Form 907* link

National Executive Council Meeting Agenda Index

The next meeting of your National Executive Council is October 1-2, 2010, in Albany, NY. The meeting will take place at the Albany Airport Inn, 200 Wolf Road, Albany, NY 12205. Everyone is invited to attend.

How to Host Your Club's Website on the AVA Server

Contact AVA HQ .. avahq@ava.org
HQ will forward your request to the IT Committee. Your account will be set up on the AVA server. The club president will be given the user id and password. Each club is responsible for loading and maintaining their own website. FTP the files to the server and you are in business. Go to address <ftp://ava.org/clubs> and type in your user name (login) and password.

Each club that has space on the AVA server is billed \$60.00 per year on May 1. This amount is prorated for the

first year depending on the month the club comes on board the AVA server.

Enhancing Customer Service

The staff of AVA has been conducting meetings to come up with ways to enhance customer service. With such a small staff, all felt it was important for anyone in the office to be able to answer questions for other areas. Staff also felt that there should be some sort of method of feedback so those that are going beyond the norm to provide excellent customer service could be recognized.

With this in mind; cross training is on going for all staff. This will be a continuing process as people leave and new people come on board. Comments to staff for excellent service are now being tracked. AVA management is asking that you help us provide incentives for excellent service by writing or emailing your customer service comments concerning any staff member to the Financial Director and Staff Supervisor, Candace Purcell. Her email address is candy@ava.org or you may write to her attention at our normal mailing address. While we want good comments, part of providing customer service is also addressing the problems, so if your comments are concerning problems you have had please feel free to contact Candace concerning those also.

The Starting Point

Please check the AVA website for changes that are posted on the 2010 Starting Point Changes web page found by clicking on the *Find Walking Events* link and then the *2010 Starting Point Changes* link as there are more than twenty 2010 Event new start location and location name changes since the printing of the 2010 Starting Point. Look for the 2011 Starting Point Book form after October 15th. Most AVA Club forms are located on the *Publications-Forms* link on the AVA website.

Headquarters has several copies of the 2010 Starting Point that are available for pick-up if you know a school, library, or non-profit organization that would appreciate the donation! Please note these will not be mailed out (Sorry,

but it's just too expensive) If you have an interest, just let Linda Rebmann know and we will get them ready for you to pick up. You can reach Linda at Linda@ava.org or at 210-659-2112.

Hunger & Exercise

By Maria Kinirons, RD

Exercise that's at high intensity appears to reduce hunger, according to short-term studies that evaluated food and hunger level right after a workout. A longer-term study found that people overcompensate by eating about 30% of the calories burned in a workout, but not enough to counteract the additional 70% burned during exercise. Newer research shows that individuals may respond differently to exercise. A 2009 study of people in a 12 week exercise program found that some participants who did not lose weight reported increased hunger after exercising. It's possible that for some, calories consumed after a workout become a reward for having exercised.

Use The News: Don't let working out be an excuse to indulge in a hot fudge sundae or sit around for the rest of the day. If you are hungry after exercising, eat one serving of a filling food, such as a banana, slice of fat-free cheese or carrot sticks.

Coming Texas Events:

10/2/2010 - 10/2/2010 - Walk
Event Number: 87014 10km/5km
Start: Cherry Spring Historical School
Event City: Fredericksburg - Cherry Spring Historical School
Host Club: Volkssportverein Friedrichsburg
Event Website:
www.walktx.org/AVA1
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
2148 Stone Oak
Fredericksburg, Tx 78624
Contact: Joyce O'Rear, (830) 992 - 2053
E-Mail: tnjocole@austin.rr.com
Club Website: www.walktx.org/AVA1

10/7/2010 - 10/7/2010 - Guided Walk
Event Number: 87544 10km/5km
Start: Toot 'n Totum Convenience Store
Event City: Amarillo
Host Club: International Wanderers
Event Website:

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

Write for more information to:
PO Box 871000
Vancouver, WA 98687-1000
Contact: Dan Friesen, (360) 260 - 9393
E-Mail: fun@walkingadventures.com
Club Website:
www.walkingadventures.com

10/8/2010 - 10/8/2010 - Walk
Event Number: 87102
13km/10km/5km
Start: Visitors Center @ McKittrick Canyon, Guadalupe Mountains National Park
Event City: Pine Springs - McKittrick Canyon Walk
Host Club: West Texas Trail Walkers
Event Website:
www.ava.org/clubs/wttw/
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
1801 Lavaca St., Apt. 6G
Austin, TX 787011306
Contact: Charles Wortz, (512) 479 - 0741
E-Mail: cwortz@texas.net
Club Website:
www.ava.org/clubs/wttw/

10/9/2010 - 10/9/2010 - Walk
Event Number: 84627 10km/5km
Start: Center Junior High School
Event City: Center - TX Poultry Festival Walk
Host Club: East Texas Trekkers
Event Website:
www.walktx.org/easttexasrekkers/2010
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
901 Edgewood Dr.
Jacksonville, Tx 75766
Contact: David C. Porter, (903) 534 - 1960
E-Mail: d.c.porter56@suddenlink.net
Club Website:
www.Walktx.org/EastTexasTrekkers/

10/10/2010 - 10/10/2010 - Walk
Event Number: 87104
17km/12km/5km
Start: Pine Springs Visitors Center @ Guadalupe Mountains National Park Headquarters
Event City: Pine Springs - Guadalupe Peak (Top of Texas) Walk
Host Club: West Texas Trail Walkers
Event Website:
www.ava.org/clubs/wttw/

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

Write for more information to:
1801 Lavaca St., Apt. 6G
Austin, TX 787011306
Contact: Charles Wortz, (512) 479 - 0741
E-Mail: cwortz@texas.net
Club Website:
www.ava.org/clubs/wttw/

10/16/2010 - 10/16/2010 - Walk
Event Number: 87384 10km/5km
Start: Jackson Nature Park
Event City: Stockdale - Nature Park Walk
Host Club: Texas Wanderers
Event Website:
www.walktx.org/TexasWanderers
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
Club Website:
www.walktx.org/TexasWanderers

10/23/2010 - 10/23/2010 - Walk
Event Number: 86839
15km/10km/5km
Start: Cleburne State Park
Event City: Cleburne - Cleburne State Park
Host Club: Dallas Trekkers, Inc.
Event Website:
www.dallastrekkers.org
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
7102 Abrams Rd, Dallas, Tx 75231
Contact: Lesley Bowen, (214) 732 - 6725
E-Mail: lesleybowen@aol.com
Club Website:
www.dallastrekkers.org/

10/23/2010 - 10/23/2010 - Walk
Event Number: 87205 10km/5km
Start: The Alamo Plaza
Event City: San Antonio - Founders Day Celebration Walk
Host Club: Trinity Trekkers
Event Website:
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
5134 Redding Dr.
Kirby, TX 78219-1347
Contact: Rick White, (210) 661 - 0608
E-Mail: rickwalks@aol.com

