



Volume 2010 No. 11
Next Meeting – November 16, 2010
7:00 p.m., AVA Headquarters,
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

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:

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 and Bilita & Don VanCleave. 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 CHANGE!

The next RR club meeting will be held at the AVA Headquarters building in Universal City--- **not at the Universal City Library.**

We will resume our meetings at the U.C. Library beginning January, 2011. Our next meeting is on 11/16/10, 7:00 P.M. at the AVA Headquarters. We meet on the third (3rd) Tuesday of each month.

We will not have a club meeting in the month of December, 2010.

Welcome, New Members!

Joe & Jan King Universal City

RR Club News:

WE STILL NEED A CLUB 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 ----

Special Events

We have received several questions about qualifications for the AVA Special Event – **Walking America's Trails**. Here are the rules printed on the Walking America's Trails book:

1. Any sanctioned AVA event that meets the criteria may be entered in the book.
2. Qualifying events must be at least 50 percent on a trail listed on the American Trails website: americantrails.org.
3. The event begins January, 2011. Retro-active entries are not allowed. Books can be purchased through December 31, 2013.
4. The stamp from a qualifying event may be entered only once per calendar year.

Questions may be directed to:
Volkssport USA at
lworldwalker@earthlink.net

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.

AVA Logo/Tag Line & Brazos Walking Sticks Graphics

Please use the new AVA Logo/Tag Line graphic and new national sponsor Brazos Walking Sticks graphic that has been posted to the Publications-Forms link, AVA Logos/Graphics link. These graphics should be used on newsletters, brochures, etc. moving forward.



"Moving together toward a healthier America"

10/23/10 - Founders Day, Trinity Trekkers Volksmarch Event

We had 89 participants (4 Free walkers). Everyone enjoyed the "Volksmarch," and all the festivities of the Founders Day Celebration, and the walkers had little or no problems following the route instructions.

Dr. David Toth was on hand to meet & greet the walkers and it was great having him back in the Volkssporting game again. David worked the Start table with his son, Andrew. Heinz and Priscilla Johnson worked the Finish table, stamping books with the SWRD/AVA personal stamp and answering questions. Mike Marke worked first shift at Checkpoint 1 and Joann and Carlen Forinash worked the second shift and my son worked a double shift at Checkpoint 2.

Bill Radigan was super at getting the checkpoints set up and manned until the workers arrived. We had to have EZ-Up's (tents) at the Start and Finish tables and at Checkpoint 2, as there was a light drizzle when we were setting-up. But even if the rains didn't come, we knew the sun would (which it did). We had umbrellas at Checkpoint 1 as well as restrooms. All in all, I was happy that we had decent attendance and beautiful weather for the event. Many thanks to all the volunteers for their time and energy. You are appreciated.

Rick White

Volkssporting

Fun - Fitness - Friendship



Walkers on the 10km route at Lazy Hills Ranch



Carlen & Joann Forinash at the Lazy Hills Ranch walk event 9/25/10



Left to right, Pat Roberts, John Zimmerman & Darlene Oner along the 5km route at lazy Hills Ranch



Martin Callahan & Indy at the Cherry Spring School walk 10/2/10



Pat Gunter & Darlene Oner at Cherry Spring School walk

***All photos courtesy of Martin Callahan**

10 Ways Walking Can Land You in Prison

By Wendy Bumgardner

Walking is such a healthy, wonderful activity, right? But you may find yourself on the wrong side of the law, risking a ticket, fine, or arrest. Not all of these moving violations will land you behind bars, but you may get a summons to appear in court.

1. Why Did the Walker Cross the Road? Jaywalking

Guilty, your honor. I jaywalk, as do many of my readers (Jaywalking Poll). I've had many near-death experiences while legally crossing with the pedestrian sign -- drivers turning right, drivers turning left, drivers who don't see me in crosswalk. I think crossing further down the street where there are only two ways to look for traffic might be safer. Luckily, this is not a felony. If you wish to avoid a ticket, cross only at marked crosswalks and obey any pedestrian signals.

2. Where Am I? Trespassing. Whether you are following your nose, a map, or a GPS, you can end up where you shouldn't be. I've followed what appeared to be a public path and ended up in a gated community, facing the security guards. You may end up staring down the wrong side of a shotgun wielded by a distraught homeowner who thinks you are a burglar or peeping tom after following a path that ended in their backyard. Keep an eye out for "Private Property" and "No Trespassing" signs whenever you turn off the sidewalk. Do not trust maps (printed or GPS) to tell you whether a street or path is public or has restricted access. You may land in jail and need bail.

3. Don't Take Your Guns to Town - Weapons Violations

You may be carrying an illegal weapon and not realize it. Maybe that pepper spray was legal in your neighborhood, but it isn't when you go downtown. Your

Swiss Army knife was legal and useful until you detoured through City Hall to admire the new mural, then it became a terrorist's weapon. You may have a concealed carry permit for a firearm, but it may not be allowed when you take a path through school property. To stay out of jail, you must research and know the law in each jurisdiction you are walking through.

4. Please Don't Eat the Daisies - Destruction of Public Property Take only memories and leave only footprints. Don't pick wildflowers on public property. They are there for all of us to enjoy. Stay on the path and don't trample the grass or shortcut the switchback. Control your pet. Teach your children to love and respect nature, not to uproot it and take it home. If you violate this one, you deserve the ticket or a trip to prison, in my book.

5. They Won't Miss It - Theft Have ever picked an apple, tomato or daffodil from a neighbor's yard, without their permission? Stop, thief! Have you found a [ground score](#) that had a rightful owner you should have tried to return it to? Maybe it's "finders' keepers, losers' weepers," but maybe it's theft. You need to be sure anything you take home has truly been abandoned. Otherwise, you may be explaining it to the judge while wearing an orange jumpsuit.

6. When You Gotta Go - Public Urination/Indecent Exposure We folks with smaller bladders who like to take long walks can find ourselves on the wrong side of the law. While a quick trip to a nearby bush may seem innocent, there are places where that can get you arrested and, the worst case scenario, charged with a sex crime.

7. I'm Going to Get You For That! Assault. [Assault](#) is defined as words or actions that cause others to think you are threatening to harm them. How can this happen? Say I'm walking down a sidewalk when a driver backs swiftly down her driveway, almost hitting me. I scream and wave my fist at her, followed by waving my walking poles at her. She hits 911 on her car phone. Now I've got to tell it to the nice policeman

8. Let's Get Physical – Battery Battery is intentional contact with another person that causes harm or is offensive. Let's take the same situation as above -- a car almost backs over me on the sidewalk. The driver gets out of the car, and we start yelling at each other. I am so upset that I spit on her.

That is offensive and may lead to a battery charge. Or, I may poke her with my walking pole to get her to back off. That definitely is battery. Don't let the pedestrian equivalent of [road rage](#) send you to prison. A safe retreat is the better part of valor.

9. Roaming Wild and Free - Leash and Scooper Laws

Dog walkers need to be aware of the leash and pet waste laws wherever they roam. Tickets and fines are possible, as are lawsuits if your dog bites anyone. Maybe you won't go to jail, but your pet may be impounded if it attacks a person or another dog. Be responsible and follow pooper scooper laws faithfully. Train your pet to heel and walk on a short leash.

10. Stopping for Too Long – Loitering You've finished your long training walk and now you're enjoying sitting in the park, people watching. But Officer Friendly taps the bench with his nightstick and tells you it's time to move along. You're no longer resting, you're loitering. Walkers can also run afoul of curfew laws, park opening and closing times, and other local laws intended to keep people from setting up camp. It probably doesn't help that you are sweaty, smelly, and wearing a ratty old t-shirt. Just thank the nice officer and move along.

Coming Texas Events:

11/6/2010 - 11/6/2010 - Walk
Event Number: 87515 11km/5km
Start: Zuehl's Hall @ Rio Cibolo Ranch
Event City: Zuehl - ZZZzzzee Walk
Host Club: LoneStar 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

11/13/2010 - 11/13/2010 - Walk
Event Number: 88202 10km/5km
Start: Rancho Ponte Vineyard
Event City: Fredericksburg - Rancho Ponte-Cain City Loop Walk
Host Club: Selma Pathfinders
Event Website: **Error! Hyperlink reference not valid.**
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
PO Box 700946, San Antonio, TX 78270

Contact: Phyllis Eagan, (210) 496 - 1402

E-Mail: papre1947@yahoo.com

Club Website:
www.selmapathfinders.com

11/13/2010 - 11/13/2010 - Walk
Event Number: 84628 10km/5km
Start: Playground Area @ Faulkner Park
Event City: Tyler - Faulkner Park 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/

11/20/2010 - 11/20/2010 - Walk
Event Number: 87641 12km/5km
Start: Starbucks @ Lake Highlands
Event City: Dallas - Creeks of Lake Highlands Walk
Host Club: Dallas Trekkers, Inc.
Event Website:
www.dallastrekkers.org
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
7418 Fair Oaks, Unit C, Dallas, Tx 75231

Contact: Dianne Duke, (214) 368 - 9730

E-Mail: d.w.duke@live.com
Club Website:
www.dallastrekkers.org/

11/20/2010 - 11/20/2010 - Walk
Event Number: 87170 10km/5km
Start: Mueller Lake Park
Event City: Austin - Mueller Redevelopment Volksmarch
Host Club: Colorado River Walkers
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
3109 Rogge Lane, Austin, TX 78723
Contact: Carol Obianwu, (512) 928 - 9301

E-Mail: Cobianwu@mail.utexas.edu
Club Website:
www.coloradoriverwalkers.org/

11/20/2010 - 11/20/2010 - Walk
Event Number: 88860 10km/5km

Start: Pool Pavilion @ Miramar Park
Event City: Seabrook - City of Seabrook Walk
Host Club: Houston Happy Hikers
Event Website:
houstonhappyhikers.com
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:hkhpresident@houstonhappyhikers.org
Club Website:
www.houstonhappyhikers.org/

12/4/2010 - 12/4/2010 - Walk
Event Number: 87447 10km/5km
Start: Luther Hall @ St. John's Lutheran Church
Event City: Boerne - Christmas Walk
Host Club: Randolph Roadrunners
More Details: [Click here for directions, ratings, etc.](#)
Write for more information to:
1726 Fawn Crest, San Antonio, Tx 7824
Event Website:
randolphroadrunners.info
Contact: Joanne Forinash, (210) 493 - 8543
E-Mail:sjforinash@sbcglobal.net

12/4/2010 - 12/4/2010 - Walk
Event Number: 87141 10km/5km
Start: Smithville City Hall
Event City: Smithville - Festival of Lights Walk
Host Club: Smithville Volkssport Club
Event Website: www.smithvilletx.org
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 - 2312
E-Mail:adena.lewis@smithvilletx.org

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 \$ _____