



Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)

Volume 2010 No. 12
 Next Meeting – January 18, 2011
 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
 Dana Stokes

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, Barbara & Frank Marrou, 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, Bilita & Don VanCleave, Rueben & Marta Knappe, Wanda Stephens, Betty Halsell, Corinne Gaudio, Jim Knight, Les & Diane Boren, Carol & Gary Ulmer, Victor Ritter, Daniel Essel, Ed Olson, Ron & Joyce Noble/Sheldon, Angela Onkels, Desiree Bell & Milanne Caldwell.
 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 Member!

Mary Stevens Schertz

RR MEETINGS----

The next RR club meeting will be 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 scheduled for 1/18/11 at 7:00 P.M. We meet on the third (3rd) Tuesday of each month.

We will not have a club meeting December, 2010.

From the Desk of the Pres.

Please welcome Dana Stokes as our new RR club Secretary! Dana jumped right in and took minutes at the November 16th club meeting and we are very happy to have Dana with us. And re-upping for another term as President, myself (Ellen Ott), and as club

Treasurer; Pat Gunter. We all thank you, Pat, for your service to the club.

Remember – there will be no club meeting in December. Our Holiday party will be held on December 14th and Totsy Miller has made arrangements for our party at the Little Red Barn, 1836 S. Hackberry St., San Antonio. The party will start at 6 p.m. We will have our regular Chinese auction. Gift maximum is \$15 and minimum \$10. Come out and bring your appetite!

Our guest speaker for the January meeting is Wimberley author, Allan Kimball. Allan has written a handy guide to Texas State Parks, the Big Bend Guide, a history behind the names of all the state parks in Texas and many other interesting books that would be of use to walkers. Allan has promised to bring some his slides to the meeting so it should be an interesting and informative evening. Allan's website is: www.allankimball.com

Another RR event for 2011: Mark your calendar now
 11 June SunRise walk Taco Cabana at 1604 & Blanco
 "Fun"draiser for the AVA. More details to follow.

Kudos to the Following Volkssport Achievers:

(From TAW - Events and Distance Awards)

| | |
|-----------------|--------------|
| Bernard Weiner | 2,000 events |
| Jane Radigan | 2,200 events |
| William Radigan | 3,400 events |
| Martin Callahan | 22,000 km |

Please turn in your books, if any completed ones are hanging around. The walkers need their award and AVA needs the numbers!

Ellen/av

Greetings to the ZZZzzzzeee Walk Event Staff...

My belated but honest THANK YOU for helping at the ZZZzzzzeee Walk at

the Rio Cibolo Ranch, Saturday, 11/6/10.

Saturday morning was the coldest day of the season with a low of 37 degrees. Believe it or not, that was the same thermometer reading for the start of our last event at St. Mary's University last year on 30 January. BUT... the difference between the two days is that the thermometer only rose to 48 degrees when the Start Window closed at St. Mary's but it tripled last Saturday and it turned out to be a very, very nice day for walking.

THE UNEXPECTED: A GLITCH!

We had an excellent event and, as usual it seems, an unforeseen "challenge" was presented to us: a last minute, large-scale morning event at the RCR that clogged the normally deserted roads with scads of cars. **Unbelievable!** This of course did not contribute to a peaceful walking environment for our participants; however, thankfully, we received NO complaints of which I am aware. I only learned about what was taking place when the sheriff's deputy told me what was going on: we were directing every car into the Zuehl House gate thanks to our highly efficient parking crew. :-) I met with the Director of Marketing at the RCR on 19 October to review the event plan and I was told, "Heinz, you will have the ranch to yourself Saturday morning. In the afternoon we are expecting a group of about 600 people but that event should not interfere with your walk." Hmhmhmhm, famous last words!

Regardless, we had an excellent event and what made it successful was the event staff. Each one of you made the event happen: setting up; parking; welcoming walkers; registration; finish; checkpoints; Volkssport sales; and checkpoint re-supply. This is the keystone of any event and I deeply appreciate the contribution of your time and expertise to make it happen and make it happen properly.

An extra special element was having the Director of the Atlantic Region, Sam Tollett, attend the event and use his special IVV Certification Stamp. This was an added touch that contributed to the uniqueness of our event.

Everyone played an important role and as I have told you before, you are

VERY SPECIAL PEOPLE who always can be counted on to do an outstanding job.

Thank you very, very much for your help and continued support.

Heinz Johnson
AVA - SW Regional Director

PS: We are slated to return to the RCR on 22 October next year. Maybe, just maybe, we can extend the walk into the back part of the ranch. Keep your fingers crossed!



"Moving together toward a healthier America"

AVA News ----

NEC Meeting

The next meeting of the NEC will be held in Floribama on the border of Florida and Alabama, Friday, February 18 – Sunday, February 20. Further details will be posted when they become available.

TAW Deadline

Deadline for the February/March 2011 issue of *The American Wanderer* is December 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.

Biennial Publicity Contest

March 1, 2011 is the deadline for entering the *Biennial Publicity Contest*. The form has been posted to the *Publications-Forms* link, select *AVA Club Forms* link, select *2010 Publicity Contest Entry Form* link and is an interactive (fill, save, email) form. The form is also posted to the *June 2010 Checkpoint* listing. Please submit forms to Joan Lampart.

CONVENTION NEWS: Help Clubs Celebrate 35 years of American Volkssporting

As part of our celebration, we are working on a pictorial history of Volkssporting in the US. We hope to feature photos from every club in the US. We need your help to do this!!

Please send us your photos recent and past events. Each photo should include your club name and number, information about the event (date, location, as much as is known), and who is in the photo. Send photos to: Kim Young, 701 S 25th Ct., West Des Moines, IA 50265. If you need the photos returned, you must put your name and address on the back of each photo. They will be available for pickup at the convention or returned by mail if a stamped self-addressed envelope is included. Photos may be emailed as an attachment in tiff or jpeg format to: kimyoung1981@gmail.com. Be sure to include all the identification information in your email.

A Big Shout Out for Silent Auction Donations

The 2011 AVA convention is just around the corner. It is definitely not too early to think about making a donation to the convention's silent auction. In past years the silent auction has featured a variety of goods and services. Some examples of past donations include jewelry, quilts, handmade items, gift baskets of local specialties, art work, children's books & toys, walking related items, gift certificates for a variety of products, meals and get aways.

The silent auction is our association's biggest fundraising opportunity and the funds raised go to support national Volkssporting. We all benefit from the funds raised during this event. Be creative, but remember these items will need to be transported home from the convention. You might ask local businesses, who are often glad to help. Get your whole club involved in putting together a basket of fun local merchandise. Once you've decided on a donation, please let us know so we can plan the space. Call or email Tom or June Doyle, Silent Auction Chairs, at 608-576-7414 and/or email: tjdoyle98@msn.com. If you'd like to ship the items ahead; please ship to Susan Pinneke, 221 Prospect Ave, West Des Moines, IA 50265. Please indicate silent auction item on the box. Thank you in advance for your generosity.



New AVA Sponsor -

Thank you for the privilege of serving the AVA! May I introduce Brazos Walking Sticks to you & your clubs by answering several questions?

1. Do you see a regional or urban vs. non-urban trend between your customers?

We are in natural areas with trails, like in National and State Parks, from Yosemite and Grand Canyon to Colorado Bend State Park in Texas and Lost River State Park in West Virginia. However, many neighborhood hardware stores successfully carry our wide assortment walking stick line in suburbia, and sporting good outfits along with gift shops and health food stores offer the Brazos Walking Sticks and Canes in the cities. With walking coming on strong as a non-impact way to exercise, we are strong supporters of walking sport folks like the American Volkssports Association and health folks like the American Heart Association, who walk in all venues. Our handcrafted in America, wide stick assortment from Free-Form to Hardwood to Exotic to Colorwood to cane specialties for Men and Ladies, as well as the Garden Yard Stick and the Snow Stick, meet many needs in many venues. This wide appeal is especially true with our many accessories from thermometers to whistles to compasses, along with personalization with metal seals and laser engraving. We often custom design walking sticks for special occasions like for Heads of State.

2. Do you think more of your customers use sticks for hiking or for fitness/lifestyle walking?

Since we have dozens of styles to choose from, we see a real diversity in the way our products are used. We do sell quite a few to hikers, backpackers, and campers, but we also sell a large amount of sticks every year to fitness walkers and people just wanting to get back into shape. Our walking sticks are very versatile, being National Sponsors of the American Volkssport Association [ava.org] and the American Hiking Society [americanhiking.org/Partners/Corporate]

3. We are also supporters of the

American Heart Association and their startwalkingnow.org initiative:

http://honor.americanheart.org/site/TR/Events/General?pg=fund&fr_id=1030&pxfid=179159&JServSessionIdr004=d7x7dnzwx3.app217b

3. Do any of your customers comment on the self-defense possibilities of using a walking stick?

We do have customers, who want to use their walking sticks or canes for self defense, but we make every effort to communicate that our sticks and canes are not designed for that purpose.

4. Do you see differences between men and women in buying a walking stick? Men tend to go for taller sticks with a bit more "beef" on them; for example, a 58-inch hickory. Women usually choose woods that are lighter in weight, but still versatile, like sassafras, aspen, or even bamboo. Colors and colorwood sometimes differentiate between the genders.

5. Are there walking stick collectors who are looking for something in exotic woods, etc.?

We definitely cater to the needs of collectors. Again, we have so many styles and wood choices that even top-of-the-line collectors can stay pretty busy accumulating our merchandise, as with our Exotic line. We had one collector, a nice lady in a neighboring state, who bought a cane a week for several months!

6. What should someone consider in making a gift of a walking stick? Is it such a personal item that it might be better to give a gift certificate so a person can choose their own style? Walking sticks make great gifts! Some of the primary things to consider are stick height, weight, and aesthetics. While choosing a walking stick can be a very personal choice, we find that most people who receive them as gifts really do come to love the stick that was given to them. Our laser engraving (for personalization) and gift notes really come in handy when buying a stick as a gift.

Please check us out on the web at www.brazos-walking-sticks.com We can Laser Engrave all kinds of graphics, including the AVA logo, do Event shields and also attach special Seals. Also, consider our unique accessories like our Travel Bag...so you can take your favorite Brazos Walking Stick to your next event, like Nicole just did to Washington State from Texas. See [\[sticks.com/accessories.html\]\(http://sticks.com/accessories.html\). Click on one of the two bag photos.](http://www.brazos-walking-</p></div><div data-bbox=)

For long walks, we have lightweight woods and also a VERY LIGHT unique walking stick made out of VERY STRONG Iron Bamboo...that same stuff the Asians build with! See <http://www.brazos-walking-sticks.com/free-form-iron-bamboo-walking-stick/>

Please let me know what you think! And call anytime on how we can team up at your local events!

At your service,
Steve Walsh
Brazos Walking Sticks
Toll Free 800-581-4352
Cell 214-907-2990

-The Importance of Walking- *Submitted by: Anna Cottrill to E.Ott*

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7,000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word "exercise" I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years, just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm

sticking to it.
AND

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

You could run this over to your friends, But just e-mail it to them

Coming Texas Events:

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

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: 89198 10km/5km

Start: Bear Creek Community Center

Event City: Houston - Bear Creek Park

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

EMail: hvhpresident@houstonhappyhikers.org

Club Website:

www.houstonhappyhikers.org/

12/11/2010 - 12/11/2010 - Walk

Event Number: 89352 10km/5km

Start: Hammond House Bed & Breakfast

Event City: Calvert - Historic Calvert Christmas Walk

Host Club: Brazos Valley Trailblazers

Event Website:

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

Write for more information to:

4044 Bird Pond Rd.

College Station, TX 77845

Contact: Patricia Salzman, (979) 774 - 9038

E-Mail: bvtrailblazers@gmail.com

12/12/2010 - 12/12/2010 - Walk

Event Number: 89356 10km/5km

Start: 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

12/18/2010 - 12/18/2010 - Night Walk

Event Number: 88104 10km/5km

Start : Starbucks Coffee Company

Event City: Highland Park - Christmas

Lights Night Walk

Host Club : Star Trekkers of Irving

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

Write for more information to:

217 Chamberlain, Irving, Tx 75060

Contact: Gary Whitford, (214) 536 - 9756

E-Mail: grwhitford@gmail.com

Club Website: www.startrekkers.org

12/31/2010 - 12/31/2010 - Walk

Event Number: 89399 10km/5km

Start: St. Joseph's Halle

Event City: Fredericksburg - TVA

Memorial Walk

Host Club: Texas Volkssport Assn.

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

Write for more information to:

17314 Spring Hill Drive

San Antonio, TX 78232

Contact : Phyllis Eagan, (210) 496 - 1402

E-Mail: papre1947@yahoo.com

Club Website: walktexas.org

1/1/2011 - 1/1/2011 - Walk

Event Number: 89400 10km/5km

Start: St. Joseph's Halle

Event City: Fredericksburg - TVA

Midnight Walk

Host Club: Texas Volkssport Assn.

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

Write for more information to:

17314 Spring Hill Drive

San Antonio, TX 78232

Contact: Phyllis Eagan, (210) 496 - 1402

E-Mail: papre1947@yahoo.com

Club Website: walktexas.org



Free Holiday concert!

Welcome Wounded Warriors
Saturday, December 4, 2010
5:00 to 7:00 P.M.

With Artist's reception following
from 7 to 8 P.M.

At Zion Lutheran Church of
Helotes

9944 Leslie Road
Corner of Loop 1604 & Braun
Rd.

For more info: www.dftm.org or
call 684-9110 or 771-5809

Presented by the *Dreams
Fulfilled Through Music*
organization.

Join



Soldiers' Angels!

Soldiers' Angels is a volunteer-led 501(c)(3) nonprofit providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, and their families. [Founded by the mother of two American soldiers](#), its hundreds of thousands of Angel volunteers assist veterans, wounded and deployed personnel and their

