



Volume 2011 No. 5
 Next Meeting – May 17, 2011
 7:00 p.m., Universal City Library
 100 Northview Drive, 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: **Elaine Adams, the Aldersea family, Jonathan Gaddy, Irma Gutierrez, Dr. Sean Habina, Gale Haradon, Dan Higgins, Suzy Mudge, Olga Samaniego-Martinez, the Smith family, Gerda Van Impelen, Mervin Buss, The Lindsey family, Michael & Carolyn Travis, Sandra Wilkinson, Pam Adams, David Davis, Chen Fang, Barbara Harder, Myrna Marcucci, Irma Obregon, Miguel Perez, Suzanne Salinas, Nicole Timm, Coleen Young, Cathleen & Rob Patterson and Mary Ellen Watters .** 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.

From the Desk of the Pres.--

The RR club needs a Secretary! If you can carve out 2 hours a month from your busy schedule, you can fill the job! Contact Ellen if you have any questions or want more info about this position. F.Y.I.--Attached to this newsletter is the Proclamation that was presented to the RRs by Mayor Riley from Leon Valley at the March walk event. The next RR club meeting will be held at the Universal City Library, 100 Northview Drive **5/17/11 at 7:00 P.M.** We meet on the third (3rd) Tuesday of each month.

Tales from the Trails

Submitted by Randy Baker
 On the weekend of March 26th, Margie and I headed up to Nacogdoches, "The oldest town in Texas," for the 2011 Azalea Festival, as well as the walk sponsored by the East Texas Trekkers. The walk started at Java Jack's Coffee House right in the middle of town, and

first took us through Stephen F. Austin State University. Right from the beginning, there were colorful azaleas everywhere in full bloom. We also saw flowering dogwoods, wisteria, and many other flowers along the walk. When we left the campus, we entered the Mast Arboretum, where there were even more azaleas and other beautiful flowers all throughout the trails in the arboretum. This portion of the walk allowed us to wander freely without a specific marked trail. We took our time and plenty of photos!

The next part of the trail followed trails along a creek, and eventually brought us to historical downtown Nacogdoches. There are historical markers everywhere; whereas Texas has been under six flags, Nacogdoches has been under nine flags. We also found time to stop at the historic Fredonia Hotel to enjoy some cool beverages by the pool. We didn't just walk in Nacogdoches, either. On the way home, we headed down SH 21 and stopped in the Davy Crockett National Forest to walk through the woods for a couple of hours. There we saw many more dogwoods, a few azaleas, and plenty of pine trees. Nacogdoches is about 6 hours from San Antonio along the back roads we took. Of course, one of the fun parts of traveling is getting off the beaten path and seeing parts of Texas you may never otherwise see. I recommend the azalea festival walk for the history, beauty of the flowers, and just the fun of getting out away from the usual local walks.



Randy & Margie at Nacogdoches walk



Fun, Fitness, Friendship

**AVA CHECKPOINT NEWS—
National Physical Fitness and
Sports Month**

Just a reminder that May is National Physical Fitness and Sports Month. Club order forms were sent with the March Checkpoint and are posted to the *Publications-Forms* link, *AVA Club Forms* link and web page. You may also email Kevin Davis at Kevin@ava.org to order. If your club chooses not to purchase patches for your May events, please let folks know that they can get one through the AVA Headquarters by calling (1-210-659-2112 and asking for Kevin Davis). As long as they participated in an event in May, it qualifies for the special patch. Information is also posted to the home page at www.ava.org



Convention time is almost here!!
by Susan Pinneke

We're very excited about the fun walks and activities we have planned for everyone here in Iowa! We can't do it without you; we need your help and participation.

Registration booklets were mailed a couple of weeks ago, delivery is now up to the U.S. Postal Service. We're sorry if your booklets have been delayed even further. All registration information is available on line on the convention website; you can even email in your registration form.

The birthday Party Slide Show is coming along. We're gotten some pictures but definitely could use more. Be sure your club is included!! Please

send or email pictures by May 1 deadline 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: kimyong1981@gmail.com. Be sure to include all the identification information in your email.

Don't forget the silent auction. Many thanks to all who have donated something so far. We know many of you are planning to bring your donation to the convention, this is wonderful and we thank you. You may not even know what you plan to donate right now, but if you plan to donate something please let us know. We are trying to plan space right now and want to make sure we have plenty of room to display your items to their very best advantage. Please email Tom Doyle at tjdoyle98@msn.com, just to let me know you plan to make a donation or have any questions. If you want to ship your item ahead, please send it to: Susan Pinneke, 221 Prospect Ave, West Des Moines, IA 50265. Please indicate silent auction item on the outside of the box. The silent auction donation form was attached to the January, 2011 *Checkpoint*.

Volunteers are needed. We need bunches of help with all aspects of the convention. You can volunteer online on the convention website or by sending in a volunteer form, attached to the February, 2011 Checkpoint. If you have any questions please contact Marg Powell at 515-277-3233 or by email at powellmarg@msn.com. Remember all volunteers will get a cow print t-shirt to wear. This will be a unique shirt only available to volunteers.

Questions, check the convention website or contact Suzy Belle herself at susanp221@msn.com

Publicity Pointers *by Joan Lampart*
First, let me thank all who have submitted entries to the Biennial Publicity Contest. I am happy not to be a judge, there are so many good entries for all categories. Winners will be announced at the Iowa Convention.

Hope you will be there to possibly pick up your winning ribbon. Secondly, never miss an opportunity to get some publicity for AVA. I was visiting my orthopedic doctor last week and we were discussing some surgery. I told him I would not make any decisions until after volksmarching at the IOWA convention. He asked me what was volksmarching -- and then I proceed to tell him as briefly as possible (you know how difficult that can be) all about our sport. He was very excited and asked me to get more information. I told him about the AVA website, which a member of his staff checked, immediately. He became more enthused and told me to bring some literature (I am sending the grabber with my name on the back). He thought this was a great idea and will start recommending it to his patients.

Necrology May 14th is the deadline for submitting the names of those volkssporters who have passed away since the last convention, please send their name, city, state and club information to Linda Rebmann at Linda@ava.org so that we may add their name to our remembrance list in the convention program booklets.



Martin Callahan & Indie taking a picture of Sue, Joe & Q-tip Noonan at the Fawncrest Vineyard Canyon Lake walk



Fawncrest Vineyards- Canyon Lake walk



Marta & Ruben Knapp with Indie at Camp Verde walk.



Phyllis Eagan & Ellen Ott with Indie at Camp Verde walk



Wild flowers on the Ft. Sam Houston Golf Course at the Fiesta Walk



Pat Gunter, Clara Plizga & Darlene Oner at 1st Check point-Ft. Sam Fiesta walk



Martin Callahan with Indie & Rusty VanCleave in front of old Station Hospital at Fiesta walk

***All photos are courtesy of Martin Callahan**

Coming Texas Events:

5/1/2011 - 5/1/2011 - Walk

Event Number: 89819 10km/5km

Start: Bear Creek Scout Reservation, shotgun range pavilion

Event City: Hunt - Late Spring Oddfest Walk

Host Club: BTC Oddsports Club

Event Website:

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

5/1/2011 - 5/1/2011 - Boating

Event Number: 89820 1500m

Start: Bear Creek Scout Reservation, shotgun range pavilion

Event City: Hunt - Late Spring Oddfest Boat

Host Club: BTC Oddsports Club

Event Website:

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

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5/7/2011 - 5/7/2011 - Walk

Event Number: 89847 10km/5km

Start: Katy & E. Don Walker Education Center @ Sam Houston Memorial Museum Complex

Event City: Huntsville - Huntsville Historical Walk

Host Club: Houston Happy Hikers

Event Website:

www.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/

5/7/2011 - 5/7/2011 - Walk

Event Number: 89846

16km/10km/5km

Start: Fisherman's Pavilion at LCRA North Shore Park

Event City: Bastrop - From North Shore to South Shore around Lake Bastrop

Host Club: Colorado River Walkers

Event Website:

www.coloradoriverwalkers.org

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

Write for more information to:

1215 Inks Ave., Austin, TX 78702

Contact: Joann Fries, (512) 480 - 0291

E-Mail:joannwoolf@aol.com

Club Website:

www.coloradoriverwalkers.org/

5/14/2011 - 5/14/2011 - Walk

Event Number: 89587

15km/10km/5km

Start: Lady Bird Johnson Trailhead

Event City: San Antonio - Salado Creek Greenway 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

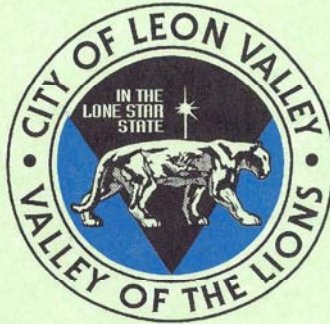
E-Mail:GeraldK726@aol.com

Club Website:

www.walktx.org/TexasWanderers

5/14/2011 - 5/14/2011 - Walk

Event Number: 89909 10km/5km



**PROCLAMATION
3RD ANNUAL VOLKSMARCH**

WHEREAS, the Leon Valley Volksmarch celebrates its third event anniversary on March 12, 2011; and,

WHEREAS, each year the Volksmarch focuses on participants walking, jogging, or running, each activity to be done at individual pacing, encouraging and celebrating physical fitness; and,

WHEREAS, the 3rd Annual Leon Valley Volksmarch celebrates family participation in fitness activities in a non-competitive spirit.

NOW, THEREFORE, I, CHRIS RILEY, MAYOR, on behalf of the Leon Valley City Council, do hereby proclaim March 12, 2011 as Volksmarch Day in the City of Leon Valley, and encourage the citizens of Leon Valley to participate in the 3RD Annual Volksmarch and to practice physical fitness for the improvement of personal and community life.

Signed by my hand on this the 12th day of March, 2011.

Chris Riley
Chris Riley, Mayor

