



Volume 2011 No. 8
 Next Meeting – August 16, 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 & Publicity
 Ellen Ott 210-525-8574
Event Flyers
 Liz LeVan 210-492-1778
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, Schertz
 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

AVA Website

www.ava.org

TVA Website

www.walktexas.org

SW Regional Director

Bill Hamilton 830-285-7062
 Fredericksburg, TX
sw_rd@ava.org

Renewal Time

The following membership renewals are currently due: **Pam Adams, Rick Siluk, David Davis, Chen Fang, Barbara Harder, Myrna Marcucci, Irma Obregon, Miguel Perez, Suzanne Salinas, Nicole Timm, The Young family, The Patterson family, Mary Ellen Watters, Bill Ackerman, The Dodd family, Eleanor Garcia, David Geary, Lois Kight, Dina LaPorta, Maeve Reddin, Sharron Stewart, Bill Tabb, Viki Trautman, Margie Youngblood, and Dorothy Martin.** 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.



Tales from the Trail

Submitted by Ellen Ott
 AVA Convention – Des Moines, IA
 When it took an hour and twenty minutes for the mandatory shuttle bus to go the 15 miles from Harrah’s to the Hitchcock Nature Center, the start for the first convention event, I knew this could be the start of a very frustrating day. The bus driver claimed she was lost due to the many road closures caused by flooding.

It wasn’t bad enough that it was raining, but the loose crumbly sediment left by the glaciers across the Missouri flood plains made the very steep hills of Loess Hills a muddy mess.

It took Mike and me over two hours to complete the 5km through the wooded and prairie areas of this muddy, hilly terrain. This tale turned out to be more like a nightmare. The one thing that saved us – my walking stick! Mike had the walking stick and I held his hand. Thank goodness neither of us fell like so many of the other walkers. Finally, the walk was closed when the trail master realized too many folks were joining the “muddy-butt” club.

The remainder of the convention walks were great. They spanned from Omaha, NE in the west to the Quad Cities walk to the east. They featured the best of what Iowa has to offer even if it rained sporadically throughout the week.

**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.

Life time RR membership dues of \$30 per individual --- now available. The next RR club meeting will be held at the Universal City Library, 100 Northview Drive **8/16/11 at 7:00 P.M.**

Texas House Bill #1499, regarding the historic designation of roads comprising the part of the Old Spanish Trail in northwestern Bexar County, would designate a group of roads that were part of the OST as the “Scenic Loop Road--Boerne Stage Road--Toutant Beauregard Road Historic Corridor.” House Bill 1499 passed.

The next TVA meeting will be held in El Paso, August 6th at the Jose Cisneros Cielo Vista Library, 1300 Hawkins, El Paso, TX. The walk will be the Fort Bliss YRE on Sunday, August 7th starting at 6 a.m. at The Inn, 1744 Victory Ave.

Kudos to the Following Volkssport Achievers:

From TAW - Events and Distance

Awards, August/September, 2011:

Carole Merle	75 events
Caryl Swann	125 events
Rodney Koch	225 events
Irma Koch	200 events
Marta Knape	250 events
Reuben Knape	250 events
Gus Glaser	350 events
Joanne Forinash	1,250 events
Bilita VanCleave	1,500 events
John White	1,800 events
Carlen Forinash	2,200 events
Jane Radigan	2,300 events
Patricia Gunter	3,100/3,200 events
William Radigan	3,500 events
<i>Distance</i>	
Jennifer Angell	500 km
Audrey Vertucci	2,500 km
Gus Glaser	4,500/5,500 km
Don VanCleave	15,000 km



Fun, Fitness, Friendship

AVA CHECKPOINT—

TAW Deadline Deadline for the October/November issue of *The American Wanderer* is August 25. All articles and photographs should be submitted directly to Laurel Parrott, Editor taw@bhi.com or mail to 3526 Humboldt Ave. N., Minneapolis, MN 55412. Be sure to include "TAW" in the subject line if emailing. Questions on commercial or club advertising please email Linda@ava.org.

Next Meeting of the NEC

The next meeting of the NEC will be held on 24, 25 and 26 August at the Fairfield Inn at 3009 and IH-35. The first two days will be training and the actual meeting will be on Friday.

Sanctioning of YRE & Seasonals

A motion and second at convention in Des Moines, IA effective July 1, 2011 to permit the IVV stamp to be used in event books each day an event, Traditional, Year-Round or Seasonal, was voted on the floor and passed 117 to 101. (Rules for distance and event books are more aligned each completion of distance for distance credit and each

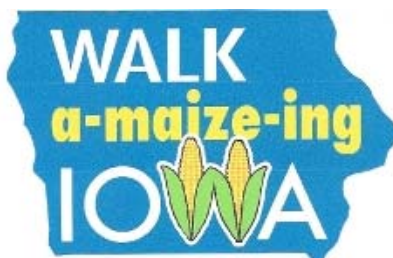
day an event is completed for event credit.) Remember to remove the "+" sign from your YRE/Seasonal stamps.

Starting Point 2011 Edition on Sale August 1st

Help support AVA by purchasing a copy of the 2011 Starting Point book at the low price of \$14.00 per copy plus shipping/handling cost (no discounts apply) starting August 1. Email Kevin@ava.org after August 1, OR FAX 1-210-659-1212 OR call 1-210-659-2112 after August 1 to order while supplies last.

FootMatters Promo

FootMatters has a link at www.ava.org home web page under *Advertisers* <http://www.footmatters.net/index.htm>. FootMatters is giving AVA a 10% discount on purchases if you use the discount promo code at checkout AVAVALUE on orders over \$10. FootMatters merchandise is not listed in the AVA Merchandise Store.



The 17th Biennial Convention was a Huge Success

Thanks to all North Central Region Volunteers and all AVA Members who assisted the 17th Biennial Convention Committee. AVA Staff had an enjoyable and productive time serving AVA attendees. Checkout the *Cow Tails* newsletters for each day of the Convention at <http://www.ava.org/clubs/ava2011convention/index.asp>. Click each individual date link from June 18 – June 26 to see details that you may have missed.

AVA Volkswalking "Off the Beaten Path" Marketing Video

Share this video at health seminars and on your club website, or any potential new outlet to learn all about "volkswalking" a unique take on non-competitive fitness walking. Many of you have requested use of the beautiful

video prepared for AVA friends, by Kaiser Permanente a large health care provider in the Northwest and Colorado area. We have been granted permission to use this video found on *YouTube* at <http://www.youtube.com/watch?v=hISCd4v-ng> as a marketing aid and opportunity for growth. Many familiar smiling faces are featured on this video, along with a positive message about our wonderful organization, and our AVA family. If you are the web person for your Club website email Linda@ava.org for the HTML coding that you will need to copy/paste the video link to your website

Merchandise Store and Club Statements

We are encountering some programming issues that will affect the *AVA Club Statement* mailing addresses. Our IT programmers are working on the situation, and at the present time financial addresses are coming across from the database correctly, however, there is always a chance that it could go down before we print the statements. If this happens, all club statements will be addressed and delivered to your *Official Club Address*. The *AVA Merchandise Store* is encountering some intermittent issues that are being worked on at this time. Please feel free to contact Headquarters staff by telephone (210-659-2112), fax (210-659-1212) or email (Kevin@ava.org) to place your orders if needed. We are extremely sorry for this inconvenience and ask for your continued understanding. Our IT programmers are working diligently to find the cause and correct.

AVA Grabber Cards

Remember that AVA has a supply of Grabber cards for your use to place at points of interest to further AVA's growth. Email Kevin@ava.org to order. Shipping and Handling charge applies.

AVA Recognition Awards 2009-2011 Des Moines, IA Convention

Recognition Awards were presented to honor individuals, clubs, and organizations for service, deeds, and accomplishments that have advanced the ideals and aspirations of Volkssporting. Recognition Awards presented at the American Volkssport

Association 17 Biennial Convention include the following:

AVA President's Award:

(The AVA President bestows this award upon individuals, clubs, or groups who through their exemplary display of Volkssporting spirit are worthy of national recognition.)

David Toth San Antonio, TX
David has been actively engaged in Volkssporting for over 35 years. He was extremely active during the early days of the AVA culminating in service as AVA President. Taking over the thankless job of AVA Historian, he has done a magnificent job in updating the history, biographies, and bibliography of our sport. He is an inspiration and example of a true Volkssporter.

Meritorious Service Award:

(The Meritorious Service Award recognizes individuals who have given at least five years of outstanding service to the AVA.)

Diane M. Duesterhoeft San Antonio, TX

In recognition for being the catalyst and originator of an annual Traditional Walk at St. Mary's University in San Antonio, Texas. Her resourcefulness and innovativeness in resolving a multitude of arrangements with university officials were absolutely distinctive achievements and she is commended for her superb efforts.

Joanne Forinash San Antonio, TX

Joanne continues to show enthusiasm and unwavering support of Volkssporting by chairing the Randolph Roadrunners Sales Committee, updating the display board she made for the AVA Special Events Program and coordinating an annual Traditional Christmas Walk. No one is prouder to be a Volkssporter than Joanne.

Ellen Ott San Antonio, TX

In recognition of continually being in the forefront of promoting walking in the San Antonio area, 24/7. She is a sterling "ambassador extraordinaire" and never misses an opportunity to market Volkssporting. Her efforts reap dividends as new people and

organizations are introduced to Volkssporting.

Anthony (Tony) Paulson
Schertz, TX

Tony gives an inordinate amount of time and energy to Volkssporting. He coordinates three Year Round Events as well as coordinates two Traditional Walks annually. Last year he developed two new Year Round Events. He maintains the Randolph Roadrunners equipment and supplies and is a loyal supporter of all club events.

William Radigan Helotes, TX

In recognition of providing exemplary service to the LoneSt*r Walkers of San Antonio, Texas through superb assistance in planning, organizing and conducting meaningful and well organized Volkssport events. He selflessly devotes his time, energy and talents to making "things" work and he clearly shows superior competence as a Volkssport leader.

Richard (Rick) White Kirby, TX

Rick White provides an exemplary effort to make any walk highly successful. He improved and now coordinates five Year Round Events for the Trinity Trekkers including all aspects of their 2010 Founder's Day Walk. Rick can be found working diligently for any club with spirited enthusiasm and quality assistance.

Certificate of Service Award:

(The Certificate of Service Award recognizes individuals who have given at least three years of significant service to the AVA, appointed officials of the AVA, and members of all AVA committees.)

Certificate

Randy Baker
Carol Shaner
Pat Roberts

Bronze

Priscilla Johnson
Audrey Vertucci

Silver

Suzanne Markgraf
Nancy Paulson

Gold

Larry Cook
Carlen Forinash
Pat Gunter

Gold with Leaf (35 years)

Heinz Johnson

Certificate of Appreciation

(The Certificate of Appreciation Award recognizes individuals, organizations, and businesses for service to AVA on a regional, state, or club level.)

Martin Callahan
Carlen Forinash
Joanne Forinash
Priscilla Johnson

Certificate of Service Award

AVA Committees:

Ellen Ott, National Nominating
David Toth, Chair-History

Standards & Evaluation:

Heinz Johnson, Chair
Bill Radigan
David Toth

Congratulations to each recipient. Your dedication and enthusiasm in support and promotion of American Volkssport Association programs is reflected in each nomination.



Martin Callahan & Indie & The convention Cow on the Taco Cabana patio - Sunrise Walk, 6/11.



RR Sales table at Sunrise walk with RR t-shirts for sale and some visors & sleeve pins made by Pat Roberts.



Pat Gunter & Darlene Oner (Pat Roberts in background) working the registration table at TC Sunrise walk



Sheri Logan, Carol Shaner, Blanca Betancourt & Clay Baulch at Joshua Springs Park walk



Priscilla & Heinz Johnson working the finish table -Taco Cabana, Sunrise walk.



Reuben & Marta Knape & Bill Hamilton - Ring Mountain, Joshua Springs walk



Nancy & Tony Paulson working checkpoint 1 at TC Sunrise walk.



Marta Knape, Martin Callahan, Bill Hamilton & Indie at the lake - Joshua Springs walk

**ALL PHOTOS ARE COURTESY OF MARTIN CALLAHAN*

Coming Texas Events:

8/20/2011 - 8/21/2011 - Walk
Event Number: 89876 10km/5km
Start: Big Springs Ranch for Children @ Ed Brune High School
Event City: Leakey - Walk the Hills with BTCO #2
Host Club: BTC Oddsports Club
Event Website: faculty.sulross.edu/cbaulch
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

8/20/2011 - 8/21/2011 - Walk
Event Number: 89875 10km/5km
Start: Big Springs Ranch for Children @ Ed Brune High School
Event City: Leakey - Walk the Hills with BTCO #1
Host Club: BTC Oddsports Club
Event Website: faculty.sulross.edu/cbaulch
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

9/3/2011 - 9/3/2011 - Walk
Event Number: 90173 10km/6km
Start: Castroville Regional Park Swimming Pool Breezeway
Event City: Castroville - Castroville's 8th Annual Volksmarch
Host Club: Castroville Chamber of Commerce
Event Website: www.castroville.com
More Details: [Click here for directions, ratings, etc.](#)

Write for more information to:
PO Box 572
Castroville, TX 78009
Contact: Ashlee Bates, (830) 538 - 3142
E-Mail: ashlee@castroville.com



Walkers at Sunrise walk – Deerfield subdivision.

RANDOLPH ROADRUNNERS
PO Box 2744
Universal City TX **78148-174**

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

Address _____

This fee applies to the primary member. Additional family members require a \$2.00 fee per individual.

_____ Apt No. _____

RENEWAL FEE: \$4.00 for one year

City _____ State _____ Zip code _____

\$10.00 for three years

Telephone number _____

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.

E-mail address _____

Lifetime membership for (1) one person is available for a \$30 fee.

Family members _____

AVA Volkssport Associate Yes No

Amount submitted \$ _____

Eager to serve as club officer _____ or committee chair _____