



**Official Newsletter of the RANDOLPH ROADRUNNERS (AVA44)**

Volume 2011 - September No. 9  
 Next Meeting – September 20, 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](http://www.randolphroadrunners.info)

*AVA Website*

[www.ava.org](http://www.ava.org)

*TVA Website*

[www.walktexas.org](http://www.walktexas.org)

*SW Regional Director*

**Bill Hamilton 830-285-7062**

**Fredericksburg, TX**

[sw\\_rd@ava.org](mailto:sw_rd@ava.org)

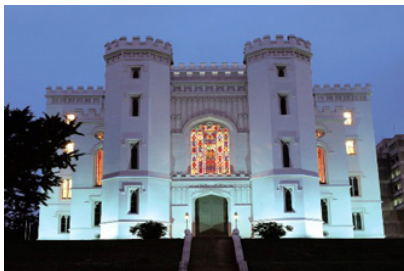
**Renewal Time**

The following membership renewals are currently due: **Bill Ackerman, The Dodd family, Eleanor Garcia, Lois Kight, Dina LaPorta, Sharron Stewart, Bill Tabb, Viki Trautman, Margie Youngblood, Shirley Conrad, Shelta & Bob Reese and Joan Whealen.**

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](http://www.RandolphRoadrunners.info)

and send it with your fees to Nancy Paulson c/o the club address.



**Tales from the Trail**

*Submitted by Suzy Krisak*

It was Spring Break 2011. Time for a little R & R and Baton Rouge seemed like a promising destination, close by, and a capital city. Cliff and I checked into the Belle of Baton Rouge Hotel and Casino and enjoyed a little gaming action the first night.

The next morning we decided to walk along the river, to the Capital, about a mile away, where the walk officially began. As we got to the building, we noticed a very large group of State troopers, and other police officers all around the front of the Capital. We entered through the ground floor and went up to the main floor to find the visitor's center where the walk box was located. As the elevator door opened, a guard met us and told us that we couldn't get off on that floor, because they were having a mock disaster drill, and we needed to exit the building, which we did.

To kill a little time, we found a restaurant and had breakfast, then wandered around a bit, and visited St. Joseph's Cathedral. After about an hour, we headed back to the capital, the mock disaster was over and we got to finally begin our walk. The first instruction was to go back to the Belle of Baton Rouge! We decided to do the walk backwards instead. The Capital grounds have beautiful gardens and monuments and overlook the Mississippi River.

Baton Rouge is a really lovely city and the walk took in many different neighborhoods and attractions. Since it was just one week after Mardi Gras, there were still beads and decorations hanging from the trees. Spanish Town is an historic neighborhood very near the Capital and government complex. The unofficial mascot of Spanish Town is the flamingo, and there were flamingos of every shape and size on houses and businesses all over the area.

The walk toured the downtown area, and went through some residential districts, before it went back to the entertainment district. It was St. Patrick's Day, and there was an Iris Pub along the route, so a stop for some refreshments was in order.

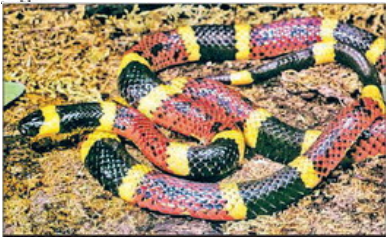
We finally ended up back at our hotel. Next to the hotel is the navy destroyer, USS Kidd. We toured the ship and its museum, while Cliff relived his navy days. All in all, it was a great walk through a very nice city, and I got another stamp in my Capital city book.

**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.

Lifetime 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 9/20/11 at 7:00 P.M.



## SNAKES ALIVE!

### TEXAS HAS ITS FAIR SHARE OF THE SLITHERING CREATURES

By LANA BERKOWITZ | STAFF WRITER S.A. Express News

#### Do you have ophidiophobia?

It's the fear of snakes, and the phobia is quite common. Something about the scaly, slithering, legless creatures makes us want to run away or go into attack mode with a shovel. Texas has more varieties of snakes than any other state, according to Houston Zoo herpetology curator Stan Mays, who writes a blog about reptiles. More than 110 species and subspecies are native to Texas. However, the only species you need to worry about are the venomous ones: Texas coral snake, copperhead, cottonmouth and rattlesnake. Since few of us are experts at snake identification, the best policy is to leave all snakes alone.

"Snakes will not bite unless they are provoked or feel that their life is in danger," Mays says.

#### DOUBLE PIERCINGS

Bitten by a snake? Seek medical attention immediately.

Texas Department of Health Services advises lifting the bitten limb so that it is level with the heart to slow distribution of the venom to other parts of the body and reduce swelling of the affected limb.

Gently wash the bite wound with soap and water, if available.

#### DON'T USE SNAKE OIL

If bitten, do not attempt to suck venom from the bite wound, make cuts over the snake bite, apply a tourniquet or cold pack, take pain reliever or other medications unless instructed to do so

by a physician. Do not drink alcoholic beverages.

#### DON'T TREAD ON ME

If you are hiking or walking in a field, wear long pants and boots. Watch where you step and don't put your hand anywhere without looking first.

Many accidental snake bites have two things in common: You didn't see the snake and the snake didn't see you, according to the Houston Zoo's curator of herpetology.

#### SNAKES ON THE PLAINS

The Sweetwater Rattlesnake Roundup, a Texas tradition started in 1958, is held the second weekend in March.

#### SNAKES IN THE GRASS

About 7,000 people are bitten by venomous snakes in the U.S. annually.

WHO says studies show that about 20,000 deaths occur worldwide from snake-bites each year.

Most deaths are attributed to elapids (cobras, kraits, mambas, corals), vipers and sea snakes.

About 1 out of 500 venomous snakebites result in death. On average, one to two people die each year from venomous snake bites in Texas, according to statistics from the Texas Department of Health Services.



*Fun, Fitness, Friendship*

### 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.

#### AVA TRAIL/ROUTE RATING SYSTEM

The event brochure including the AVA electronic event listing (Walking Events – Event Details) must identify a trail

rating for all events except swimming, boating and skating events. In addition, any route obstacles or special conditions must be explained to describe the level of difficulty of the event.

Although any rating system is somewhat subjective the two-part numerical/alpha rating system will give event organizers a reliable tool so participants have an idea about what to expect on a route whether it is for walking, biking, cross-country skiing, or snowshoeing. They need to know about major elevation gains, heavy traffic, narrow road shoulders, construction detours, roaming dogs, cattle guards, and the like on the route. Also, this is a safety issue since an improperly/underrated event could have serious consequences for someone who is not physically prepared for more strenuous route conditions.

The sponsoring club will decide this rating based on the scale given below. The Regional Director should work with chartered clubs to achieve uniformity in the assignment of all trail ratings.

#### **Examples:**

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

#### **Part 1 – INCLINE**

**1.** Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: up to 500 feet.

**2.** Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500-1500 feet.

**3.** Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500 – 2500 feet.

**4.** Lots of significant hills or stair climbing. Elevation gain from Starting Point: 2500-3500 feet.

**5.** Many steep hills. Elevation gain from Starting Point: more than 3500 feet.

#### **Part 2 – TERRAIN**

**A.** Almost entirely on pavement. Probably suitable for strollers and wheelchairs.



**B.** A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.

**C.** A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers and wheelchairs.

**D.** A significant part of the route is on very difficult terrain.

**E.** The majority of the route is on very difficult terrain.

### **Cow Race Final Standings**

Late contributions had the lead changing hands a bit, but the final late contribution put Messy well into the lead. Final standings-

1.Messy (SCRD) \$1,171; 2.Bonnie Belle (NCRD) \$875; 3.(tie) Kolorful Kow (SERD) & Dennis Van Gogh (Pres) \$736; 4.Sammy (NWRD) \$685; 5.The Colonel (SWRD) \$664; 6.Dude (PARD) \$470; 7.Mauvelicious (VP) \$352; 8.(tie) Sarge (ATRD) & Moola (Treasurer) \$255; 9.Mikey (RMRD) \$185; 10.Cora Belle (MARD) \$64; 11.Phil (NERD) \$58; 12.Ghost (Sec) \$0.

Thanks to the NEC for their fund raising efforts and to Mikey, Cora Belle, Phil & Ghost for being such good sports at the Barn Dance!!



### **October is National Volkssport Month ---**

Patch design courtesy of Dorm Batson, Northwest Region

### **Coming Texas Events:**

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](http://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](mailto:ashlee@castroville.com)

9/10/2011 - 9/10/2011 - Walk

**Event Number:** 90098 10km/5km

**Start:** Shelter in Friendship Park on Peyton Street

**Event City:** Burkburnett - Burkburnett City Walk

**Host Club:** Holy Family Walkers

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

**Write for more information to:**

1714 NW 49th Street

Lawton, OK 73505

**Contact:** George J. Snyder, (580) 357 - 2930

**E-Mail:** [walkingfan@aol.com](mailto:walkingfan@aol.com)

**Club Website:**

[www.ava.org/clubs/holyfamilywalkers](http://www.ava.org/clubs/holyfamilywalkers)

9/10/2011 - 9/10/2011 - Walk

**Event Number:** 90120 10km/5km

**Start:** Jesse H. Jones Park - Barbeque Pavilion

**Event City:** Humble, TX 77338-2003 - Jesse H. Jones Park Walk

**Host Club:** Houston Happy Hikers

**Event Website:**

[www.houstonhappyhikers.com](http://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

**email:**

[hvhpresident@houstonhappyhikers.org](mailto:hvhpresident@houstonhappyhikers.org)

**Club Website:**

[www.houstonhappyhikers.com](http://www.houstonhappyhikers.com)

9/10/2011 - 9/10/2011 - Walk

**Event Number:** 90208

11km/7km/5km

**Start:** The National Vietnam War Museum

**Event City:** Mineral Wells - National Vietnam War Museum Walk

**Host Club:** Hood County Hummers

**Event Website:**

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

**Write for more information to:**

6394 Village Bend Rd

Mineral Wells, Tx 76067

**Contact:** Arlene Miller, (940) 325 - 1715

**E-Mail:** [arlmiller@wildblue.net](mailto:arlmiller@wildblue.net)

**Club Website:**

[www.walktx.org/HoodCountyHummers](http://www.walktx.org/HoodCountyHummers)

9/17/2011 - 9/17/2011 - Walk

**Event Number:** 90239 12km/6km

**Start:** The YMCA at White Rock

**Event City:** Dallas - Lakewood/Santa Fe Trail Walk

**Host Club:** Dallas Trekkers, Inc.

**Event Website:**

[www.dallastrekkers.org](http://www.dallastrekkers.org)

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

**Write for more information to:**

7418 Fair Oaks, Apt. C

Dallas, TX 75231

**Contact:** Dianne Duke, (214) 368 - 9730

**E-Mail:** [d.w.duke@live.com](mailto:d.w.duke@live.com)

**Club Website:**

[www.dallastrekkers.org/](http://www.dallastrekkers.org/)

9/17/2011 - 9/17/2011 - Walk

**Event Number:** 90118 10km/5km

**Start:** Land Heritage Institute

**Event City:** San Antonio - Land Heritage Institute Walk

**Host Club:** Randolph Roadrunners

**Event Website:**

[randolphroadrunners.info](http://randolphroadrunners.info)

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

**Write for more information to:**

11906 Pepperidge Cove

San Antonio, Tx 78213

**Contact:** Ellen Ott, (210) 723 - 8574

**E-Mail:** [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

**Club Website:**

[www.randolphroadrunners.info](http://www.randolphroadrunners.info)

9/18/2011 - 9/18/2011 - Bike

**Event Number:** 90290 26km

**Start:** Castroville Chamber of

Commerce parking lot

**Event City:** Castroville - Sunday Fall

Bike 1 - Castroville to LaCoste

**Host Club:** BTC Oddsports Club

**Event Website:**

[faculty.sulross.edu/cbaulch/index\\_files/Page615.htm](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](mailto:btco@satx.rr.com)

**Club Website:**

[faculty.sulross.edu/cbaulch/index\\_files/Page615.htm](http://faculty.sulross.edu/cbaulch/index_files/Page615.htm)

9/24/2011 - 9/24/2011 - Walk  
**Event Number:** 90089 10km/6km  
**Start:** Good Shepherd Episcopal Church  
**Event City:** Austin - Tarrytown / West Austin  
**Host Club:** Colorado River Walkers  
**Event Website:**  
[www.coloradoriverwalkers.org](http://www.coloradoriverwalkers.org)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 2012 Krizan Ave  
 Austin, TX 78727  
**Contact:** Sam Harris, (512) 833 - 8969  
**E-Mail:** [jaltex@sbcglobal.net](mailto:jaltex@sbcglobal.net)  
**Club Website:**  
[www.coloradoriverwalkers.org/](http://www.coloradoriverwalkers.org/)

9/24/2011 - 9/24/2011 - Walk  
**Event Number:** 90220 10km/6km  
**Start:** Old Post Office Museum and Art Center  
**Event City:** Graham - Graham Western Heritage Days Walk  
**Host Club:** Tarrant County Walkers  
**Event Website:**  
[www.walktx.org/TarrantCountyWalker](http://www.walktx.org/TarrantCountyWalker)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 P.O. Box 820548  
 Fort Worth, TX 76182  
**Contact:** Liz Davis, (817) 291 - 6026  
**E-Mail:** [mustangliz9@hotmail.com](mailto:mustangliz9@hotmail.com)

9/24/2011 - 9/25/2011 - Walk  
**Event Number:** 90394 10km/5km  
**Start:** Cypress Creek Community Center  
**Event City:** Comfort  
**Host Club:** Kerrville Trailblazers  
**Event Website:**  
[www.walktx.org/Kerrville Trailblazers](http://www.walktx.org/KerrvilleTrailblazers)  
**More Details:** [Click here for directions, ratings, etc.](#)  
**Write for more information to:**  
 2224 Rock Creek Dr  
 Kerrville, TX 78028  
**Contact:** Barbara Diharce, (830) 257 - 2753  
**E-Mail:** [bdiharce@stx.rr.com](mailto:bdiharce@stx.rr.com)  
**Club Website:**  
[www.walktx.org/KerrvilleTrailblazers/](http://www.walktx.org/KerrvilleTrailblazers/)

**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 \_\_\_\_\_  
 Apt No. \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

**RENEWAL FEE:** \$4.00 for one year  
 \$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 \_\_\_\_\_